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# **WAG COACHING COURSES OFFICIAL SYALLBUS**

January 2024

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## IGA COACHING COURSE POLICY

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### **Gymnast Criteria Attendance:**

Coaches MUST BRING gymnasts who meet the specific criteria for the level of the course they are attending. It is essential to ensure that the gymnasts are at an appropriate skill level for the course content. This policy aims to optimise the learning experience for both coaches and gymnasts.

### **Safeguarding Attendance:**

Coaches are NOT permitted to attend a course without accompanying gymnasts. This policy is in place for safeguarding reasons to maintain a secure environment. The presence of gymnasts ensures that coaching practices can be demonstrated and observed in a practical setting, fostering a safe and supervised learning environment. Coaches arriving without accompanying gymnasts may be refused entry by the tutor. Tutors are not accountable for supplying gymnasts and depend on coaches to ensure their presence for the successful conduct of the course

### **Coaching Attire:**

Coaches MUST ATTEND the course in suitable attire conducive to a gymnastics training environment. This includes wearing appropriate sportswear without jewelry and ensuring that long hair is securely tied back. This policy is in place to prioritise safety, hygiene, and a professional appearance during the coaching sessions.

### **Course Frequency:**

We recommend that coaches schedule their next course only when actively coaching at the corresponding new level, with their gymnasts also performing at that level. Coaches who participate in courses prematurely will have a high risk of not successfully completing the course. IGA recommends waiting a minimum of 6 months before attending the next level.

### **Booking Process:**

Club administrators or IGA Members MUST BOOK courses through our event portal in the name of the intended attendee. It is imperative that clubs do not reserve places for other members. This policy ensures accurate participant records, helps manage course capacity, and maintains transparency in the registration process.

### **Eligibility Process:**

Only eligible attendees will be accepted through our online portal. As our courses tend to reach full capacity rapidly, late entries cannot be accommodated once the course is fully booked. To ensure compliance and safety, all members will undergo verification during the booking process to confirm the possession of valid IGA insurance. This policy is implemented to maintain the quality and security of our courses.



## WAG LEVEL 1 SYLLABUS

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### Floor Skills:

- Developing key skills - shapes [Dish, Arch, Straight]
- Headstand tucked and stretched for Handstand & shapes
- Backward roll to front prone/Handstand forward roll
- Handstand
- Cartwheel
- Round off (in prep for the R/O flic)
- Hurdle step
- Handstand bridge to stand
- Forwards and backwards walkovers
- Split leap and spin progressions

### Course Structure:

- 1 Day Course

### Vault Skills:

- Run up
- Take off hurdle step and jump from the board
- Rebound [Difference's between jump & rebound]
- Landing drills
- Handspring to flatback progressions

### High Bar / A Bar Skills:

- Learning different grasps
- Learning to swing
- Swing on high bar
- Work in gloves and loops [ what are they]
- Backward hip circle
- Upward circle
- Cast to land on the floor
- Cast towards handstand
- Upstart progressions

### Beam

- Understanding basic skills for beam - feet placement
- Beam landings
- Understanding how to progress from floor to beam
- How to build confidence on beam - beam warm ups & drills

### Theory & Assessments:

- Why do we do conditioning?
- Safe ways to stretch, and stretching recommendations.
- Competitions, Competition preparation and things to be mindful about.
- Coaching philosophy
- Level 1 Coaching Responsibilities
- Coaches will be assessed throughout the course.



## WAG LEVEL 2 SYLLABUS

### Floor Skills:

- Russian lever
- Development of sideways/forwards splits and jpana;
- Straddle lift to handstand;
- Flighted forwards roll,
- Headsprings & Handspring
- Free cartwheel – Free walkover
- R/off Flick
- Front & Backwards Somersault

### Vault Skills:

- Handspring Flat Back
- Handspring
- Handspring Progressions

### Bars Skills:

#### Low bar skills

- Upstarts & Upstart handstand
- Refining Handstand shape
- Clear hip circle backwards to horizontal [Emphasis on shaping]

#### Transitions:

- Squat on low bar jump to swing

#### Polished bar skills:

- Trolley Swing
- Swings
- Backward Giants & Scoop overs [Emphasis on shapes]
- Forward Giants

#### Dismounts:

- Straddle/Pike Undershoot

### Beam Skills:

- Refining Hand and Feet positions for beam.
- Handstands on beam - Handstand landing drills
- Basic skills on beam:
- Cartwheel
- Forward and Backward Walkover
- Cartwheel tuck back dismount

### Dance and Choreography:

- Leap & Spin drills to enhance leaps
- Change Leg Leap
- Jumps

### Theory & Assessments:

- Level 2 Coaching Responsibilities
- Session Planning/Group Management
- Development of Talent
- Maintaining a safe environment
- Introduction to Biomechanics
- Risk Assessments
- Child Protection
- Understanding Conditioning & Stretching relateable to the syllabus
- Introduction to competitions
- Assessment Video's will be requested for 4 skills selected by the Tutor.

### Course Structure:

- 2-Day Course





## WAG LEVEL 3 SYLLABUS

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### **Vault Skills:**

- Straight forwards somersault to stand onto safety mat
- Handspring to stand on platform
- Tsukahara preparation
- Tsukahara
- Yurchenko preparation
- Yurchenko

### **Floor Skills:**

- Backwards roll to handstand with  $\frac{1}{2}$  and  $1/1$  turn
- Series of flics from round off
- Round off flick straight back - with  $180^\circ$  and  $360^\circ$  turn
- Round off whip back and flic, whip back
- Supporting techniques leading to double backwards somersault
- Straight Front - with  $180^\circ$
- Front somersault walkout

### **High Bar Skills:**

- Backwards giant on polished bar and chalk bar
- Forwards giant on polished bar and chalk bar
- Swing  $\frac{1}{2}$  turn
- Stretched backaway dismount

### **Low Bar Skills:**

- Clear hip circle to handstand
- Upstart cast to handstand with top change-reverse turn
- Stalder and endo swings on polished bar
- Toe on progressions on polished bar
- Hecht forward giants on polished bar

### **Beam Skills:**

- Flick to one/two/Gainer & Korbut
- Backwards walkover flick
- Backwards somersault
- Forwards somersault dismount
- Round off tuck back/straight back dismount
- Training on beam - beam complex

### **Dance and Choreography:**

- Change leg  $\frac{1}{4}$  turn
- Variation of Spins

### **Theory & Assessment:**

- Level 3 Coaching Responsibilities
- Understanding Conditioning & Stretching relatable the the Syllabus
- Prevention of overuse injuries.
- Assessment Video's will be requested for 4 skills selected by the Tutor.

### **Course Structure:**

- 2-Day Course



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## WAG LEVEL 4 SYLLABUS

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### Vault Skills:

- Handspring forwards somersault tucked, piked and stretched
- Tsukhara tucked, piked and stretched
- Yurchenko tucked, piked and stretched

### Floor Skills:

- Whip flic and backwards somersault combinations
- Double backwards somersault tucked or piked
- Backwards somersault stretched with 1 ½ 2/1 and 2 ½ twist

### High Bar Skills:

- Blind Change
- Full turning Giant
- Stalder/Toe on to handstand - with 180° turn
- Stalder or toe on to catch high bar (Mo & Ray)
- Stretched backwards somersault dismount with 1/1 turn (backaway with 1/1 twist)
- Double backwards somersault dismount tucked or piked
- Shoot front from toe action

### Beam Skills:

- Round off flic mount
- Free Cartwheel
- Free Walkover
- Flics in a series and flic layout somersault
- Free walkover flic/forwards somersault korbut (linking forwards and backwards flight elements)
- Forwards somersault with 1/1 turn dismount
- Backwards somersault with 1/1 and 1 ½ twists dismount from round off or back flic

### Dance and Choreography:

- Change leg ring leap
- Change leg 1/2 and full
- Double Spin

### Theory & Assessment:

- Psychology
- Age and stage of maturation
- Injury Prevention
- Assessment Video's will be requested for 4 skills selected by the Tutor.

### Course Structure:

- 2-Day Course



## WAG LEVEL 5 SYLLABUS

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### Vault Skills:

- Handspring forwards somersault
- Tsukahara with full turn
- Kasamatsu
- Yurchenko with 1/1 turn
- Round off ½ turn on forwards somersault off

### Floor Skills:

- Backwards somersault with triple twist
- Double layout backwards somersault
- Back in full out
- Tsukahara (½ in, ½ out)
- Whip into backwards somersault 3/2 turns
- Double arabian somersault tucked or piked

### High Bar Skills:

- Stalder 1/1 turn
- Toe on and off 1/1 turn
- Stoop in and out to handstand
- Gienger somersault
- Jaeger somersault
- Tkatchev
- Pak somersault
- Shaposhkinova
- Backwards somersault with 2/1 twist
- Double back layout
- Double backwards somersault tucked with 1/1 turn
- Double forwards somersault
- Double forwards somersault with ½ turn

### Beam Skills:

- Forwards somersault into immediate acro/dance element
- Flic with 1/1 twist and korbut with 1/1 twist
- Hand support flight elements with ½ turn flic ½ twist walkover out
- Flic with ½ turn
- Forwards somersault with ½ turn
- Round off 2 ½ twisting backwards somersault
- Backwards somersault with 1 ½ and 2/1 twists
- Double backwards somersault - tucked and piked

### Theory & Assessment:

- Psychology
- Age and stage of maturation
- Injury Prevention
- Angular momentum
- Motion in a circle
- Assessment Video's will be requested for 4 skills selected by the Tutor.

### Course Structure:

- 2-Day Course