



1. CARTWHEEL CHASSE CARTWHEEL

Gymnasts should perform a cartwheel, followed by a chassé, and then a second cartwheel, showing a smooth connection between all three elements. Coaches should look for strong hand placement and straight arms in both cartwheels, with clear split-leg positions and good body alignment. The chassé should be light and controlled, linking the two cartwheels with rhythm and flow.

REDUCE THE CHALLENGE

Gymnasts can practise each element separately before linking them together. They can slow down the sequence, pause between skills, or use floor markers to guide direction and placement.



INCREASE THE CHALLENGE

Gymnasts can aim to connect the sequence smoothly with no pauses, increasing speed while maintaining control. They could also focus on bigger and more dynamic chassé, or perform the sequence along a line to improve precision and flow.

2. BACKBEND TO STAND

Gymnasts should start standing with their arms by their ears before performing a controlled backbend into a bridge. From the bridge position, they should push through their arms and legs to return smoothly to standing. Coaches should look for strong, straight arms, open shoulders, controlled movement throughout, and a smooth transfer of weight towards the feet. The gymnast should demonstrate strength, control and good posture, finishing in a stable standing position without losing balance.

REDUCE THE CHALLENGE

Gymnasts can receive support from a coach to assist the movement back to standing, or use a raised surface (e.g. hands on a block) to reduce the difficulty. They can also practise rocking in bridge to build momentum and confidence before attempting to stand.

INCREASE THE CHALLENGE

Gymnasts can aim to perform the movement with greater control and smoothness. They can also add a backbend to bridge before standing back up.





3.ROUND OFF

Gymnasts should perform a round off, starting from a run or step into the skill, placing their hands on the floor and bringing their legs together as they pass through an inverted position to land on two feet facing the opposite direction. Coaches should look for strong hand placement, straight arms, a fast snap down of the legs together, and a tight body shape throughout. The gymnast should demonstrate good speed, coordination, and control, finishing with a controlled landing and rebound.

REDUCE THE CHALLENGE

Gymnasts can practise the movement from a step into a lunge rather than a run, or break the skill down into a cartwheel and snap-down action. Floor markers can be used to guide hand and foot placement, and a coach can support to help with alignment and timing.

INCREASE THE CHALLENGE

Gymnasts can aim for a faster, more powerful round off with a stronger snap down and rebound. They could also focus on maintaining a tighter body shape and more dynamic finish, or connect the round off into another skill to develop flow and power.



4.BRIDGE KICKOVER

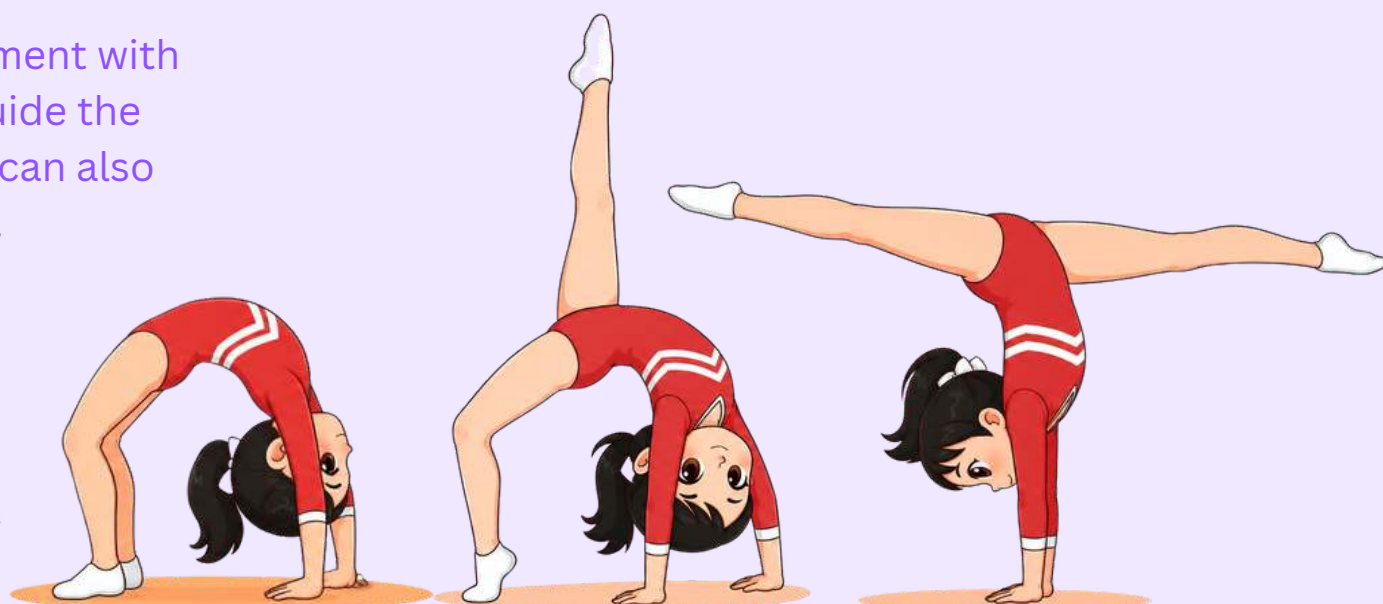
Gymnasts should start in a bridge position and kick one leg over, followed by the other, to return to standing. Coaches should look for straight arms, open shoulders, and a strong push through the shoulders and supporting leg. The leading leg should lift with control and ideally a straight leg, followed by a quick, coordinated kick from the second leg to bring the gymnast up to standing.

REDUCE THE CHALLENGE

Gymnasts can perform the movement with support from a coach, who can guide the legs and assist the kickover. They can also use a raised surface for their feet.

INCREASE THE CHALLENGE

Gymnasts can aim to perform the kickover with straighter legs and less assistance. They could also work on holding the bridge briefly before kicking over.





5. FLICK PREP - JUMP BACKWARDS ONTO STACKED MATS (ARMS TO EARS)

Gymnasts should start standing tall with arms in front, then perform a controlled jump backwards onto stacked mats bringing arms to their ears. Coaches should look for a strong take-off, arms staying by the ears throughout, and a straight body position as the gymnast jumps backwards. The gymnast should demonstrate confidence, commitment to the backward movement, and land safely on the mats with control.

REDUCE THE CHALLENGE

Gymnasts can receive support from a coach to guide the backward movement. They can also practise smaller backward jumps or rocking actions to build confidence and understanding of the movement.

INCREASE THE CHALLENGE

Gymnasts can aim to jump further or onto a higher stack of mats while maintaining correct arm position and body shape. They could also focus on a quicker, more powerful take-off.



6. VAULT - RUN - HANDSPRING TO FLAT LIE (STACKED MATS)

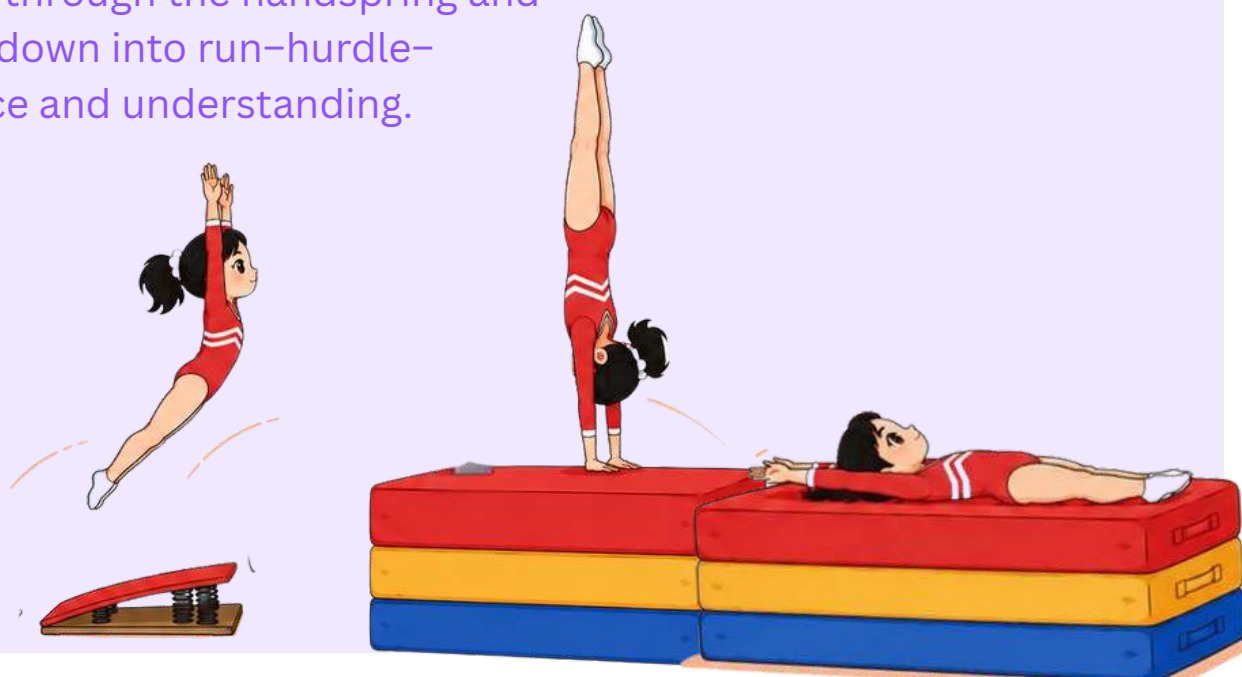
Gymnasts should perform a controlled run-up, jump onto the springboard, reaching their hands on the vault/block, and complete a handspring to land in a flat (tight) lie on the mat. Coaches should look for a strong, consistent run, correct jump and take-off from the board, straight arms, and shoulders pushed tall on contact. The gymnast should demonstrate a clear push through the shoulders (block), a tight, straight body shape through the flight phase, and a controlled flat landing.

REDUCE THE CHALLENGE

Gymnasts can use a lower vault or additional stacked mats to reduce distance and impact. A coach can support through the handspring and landing phase, and the skill can be broken down into run-hurdle-handstand fall to flat lie to build confidence and understanding.

INCREASE THE CHALLENGE

Gymnasts can aim to perform the skill less or no assistance. They can also work on a greater and more powerful second flight.





7. VAULT - RUN - FRONT SOMI PREP (ARMS BY EARS) (JUMPING INTO DISH)

Gymnasts should perform a controlled run-up, hurdle onto the springboard, and use a strong arm throw action to generate lift and rotation, landing onto stacked mats in a tight dish (hollow) shape. Coaches should look for a consistent run, correct hurdle and take-off, and a clear arm action—opening through the shoulders and then powerfully throwing the arms forwards to initiate the movement.

REDUCE THE CHALLENGE

Gymnasts can use a shorter run-up or perform the skill from a jump on the board to focus on the arm action and body shape. Lower stacked mats can be used, and a coach can guide the arm throw and landing position to build confidence and understanding.

INCREASE THE CHALLENGE

The stacked mats can be higher, and gymnasts can focus on a quicker, tighter transition into the dish shape, helping to develop timing and power for front somersault progression.



8. BEAM - TUCK JUMP ON LOW BEAM

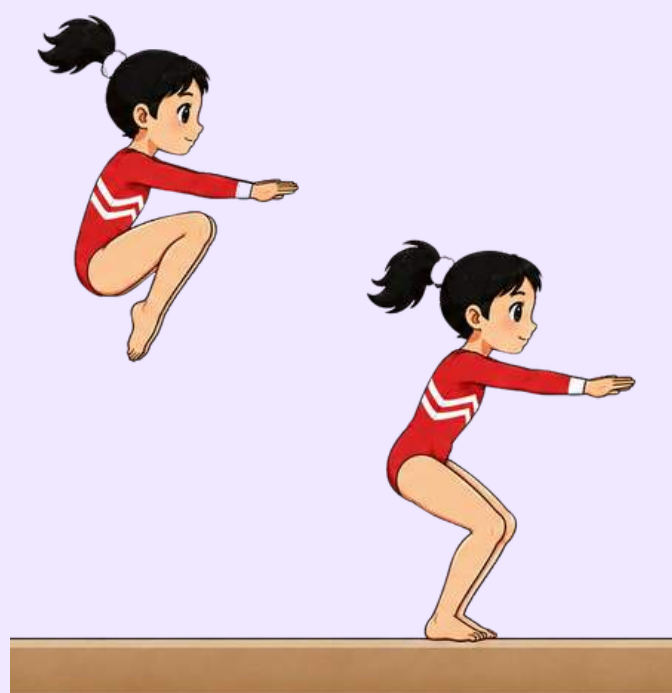
Gymnasts should perform a tuck jump on a low beam, taking off and landing with two feet on the beam. Coaches should look for a strong, balanced take-off, a clear tuck shape in the air (knees lifting towards the chest), and arms used effectively for balance.

REDUCE THE CHALLENGE

Gymnasts can practise the tuck jump on a floor line or bench before progressing to the beam. They can reduce the height of the jump. A coach can stand nearby for reassurance.

INCREASE THE CHALLENGE

Gymnasts can aim for a higher jump with a tighter tuck shape while maintaining control on landing. They can also go up to a higher beam once confident. Coaches could turn this into a stick it competition where gymnasts try to land without wobbling.





9. BARS - DISH ROCKS (FLOOR)

Gymnasts should lie on their back in a tight dish position and perform controlled rocking forwards and backwards. Coaches should look for a strong dish shape (lower back pressed into the floor, arms by the ears, legs straight and together), with the movement coming from a controlled rocking action rather than bending or losing shape.

REDUCE THE CHALLENGE

Gymnasts can reduce the size of the rocks or hold a static dish position before adding movement. Legs can be bent slightly while maintaining the correct shape, and the movement can be slowed down to focus on control. Gymnasts can also lower the arms by their side.



INCREASE THE CHALLENGE

Gymnasts can aim to increase the size of the rocks while maintaining a tight shape, or perform more continuous rocks without losing control. They can hold onto a pole or floor bar to add context.

10. BARS - STRADDLE/PIKE SHOOT FROM A BLOCK (ASSISTED)

Gymnasts should start with their feet on a block and hands on the bar, jumping and bringing their legs either side of their hands into a straddle or between their hands for pike shape to swing under the bar into a shoot off the bar and land on the mat. Coaches should assist and look for a lift in the shoot off the bar instead of just dropping, straight arms, and straight legs.

REDUCE THE CHALLENGE

Gymnasts can use a higher block to reduce the effort needed to lift the legs and a coach can support to guide the movement. They can also practise holding a straddle or pike position on the bar with coaches support before adding the shoot-through action. Gymnast can also practice lumber and japana stretches.

INCREASE THE CHALLENGE

Gymnasts can aim to perform the movement with less assistance. A lower block can be used to increase difficulty, and gymnasts can focus on a higher release and a controlled "stick" landing.

