



1. HANDSPRING

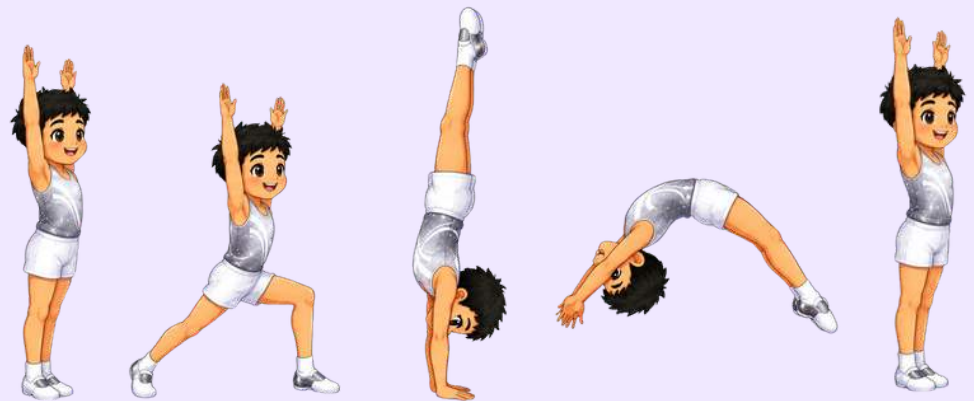
Gymnasts should perform a handspring from a run into a strong lunge, moving into an inverted position and pushing through the hands and shoulders to land on their feet. Coaches should look for a correct lunge technique (front knee bent, back leg straight, arms by the ears), straight arms on contact, and shoulders pushed tall to create a clear push (block) through the hands. The gymnast should demonstrate a tight, straight body shape through the movement.

REDUCE THE CHALLENGE

Gymnasts can perform the handspring from an elevated surface such as a mat, board, or block, landing onto a lower surface to reduce the demand of the movement. They can also receive support from a coach to guide the technique and build confidence.

INCREASE THE CHALLENGE

Gymnasts can add a rebound jump out of the landing or connect the handspring into other skills.



2. FLICK

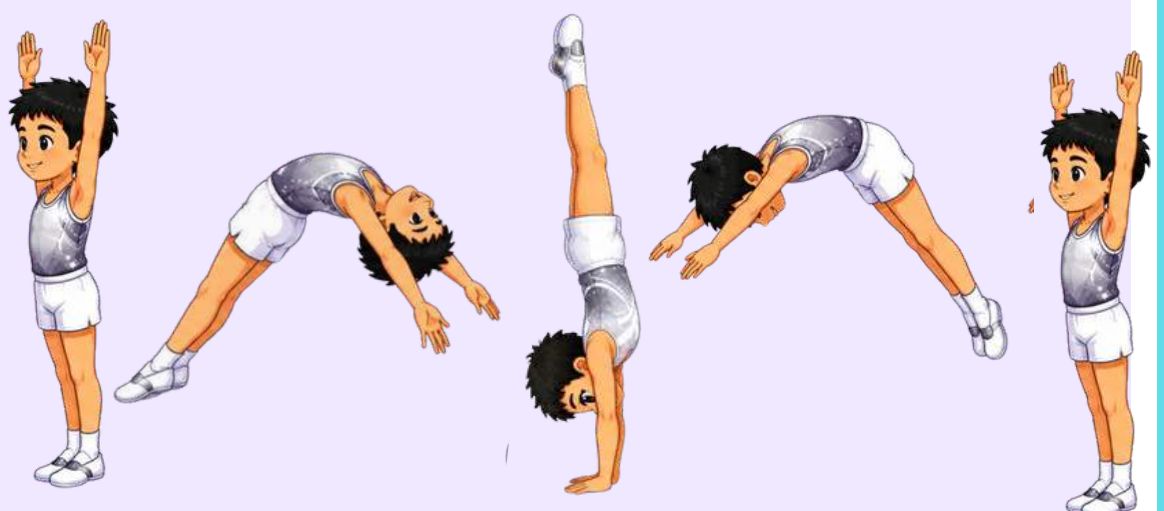
Gymnasts should perform a flick (back handspring) from a standing position, jumping backwards into an inverted position and returning to their feet. Coaches should look for a strong take-off with a clear sit and push backwards in the take off, arms by the ears, and straight arms as the hands contact the floor. The gymnast should demonstrate open shoulders, a tight body shape through the movement, and a controlled, continuous action, finishing with a balanced landing on their feet.

REDUCE THE CHALLENGE

Gymnasts can practise preparation drills such as jumping backwards onto stacked mats (arms by the ears), bridge kickovers. A coach can provide support throughout the movement to guide shape, timing, and build confidence.

INCREASE THE CHALLENGE

They could also add a rebound jump out of the flick or connect it into other skills to develop flow, control, and confidence.





3. HANDSTAND HOP

Gymnasts should perform a handspring from a run into a strong lunge, moving into an inverted position and pushing through the hands and shoulders to land on their feet. Coaches should look for a correct lunge technique (front knee bent, back leg straight, arms by the ears), straight arms on contact, and shoulders pushed tall to create a clear push (block) through the hands. The gymnast should demonstrate a tight, straight body shape through the movement.

REDUCE THE CHALLENGE

Gymnasts can also receive support from a coach to guide the technique and build confidence. They can also work on their shoulder strength through handstand shoulder shrugs pushing tall.

INCREASE THE CHALLENGE

Gymnasts can attempt to do more than one hop before coming out of the handstand or hop up onto a slightly elevated surface.



4. FREE CARTWHEEL FROM SPRINGBOARD/LOW BLOCK (ASSISTED)

The gymnast should start in a lunge on a springboard or low block, then push off to perform a free cartwheel shape in the air without placing their hands on the floor. A coach should support the gymnast throughout the skill to help with lift, rotation and safe landing. The coach should look for a clear lunge position, strong push from the springboard or block, arms reaching out to the side, and a sideways cartwheel shape in the air. The gymnast should show control, body tension and land safely with support.

REDUCE THE CHALLENGE

Start with flighted cartwheels, where the gymnast's hands only lightly touch the floor to help build confidence.

INCREASE THE CHALLENGE

To make it harder, the gymnast can have less assistance as they build confidence and control. They can also try the skill from the floor with coach support, without using a springboard or block.





5. VAULT - RUN FRONT SOMI ONTO MATS

Gymnasts should perform a controlled run-up, hurdle onto the springboard, and execute a front somersault onto stacked mats. Coaches should look for a strong, consistent run, correct take-off from the board, and a clear arm throw action (opening through the shoulders and driving forwards) to generate lift and rotation. The gymnast should demonstrate a tight body shape in the air with controlled rotation and a safe landing onto the mats.

REDUCE THE CHALLENGE

Gymnasts can practise preparation skills such as arm throw drills, jumps into dish or tuck onto mats, a coach can provide support through the rotation and landing to build confidence and correct technique.

INCREASE THE CHALLENGE

The height of the mats can be lifted slightly to increase difficulty, and focus can be placed on tighter shapes and more controlled landings.



6. BEAM - ROUND OFF DISMOUNT (HIGH BEAM)

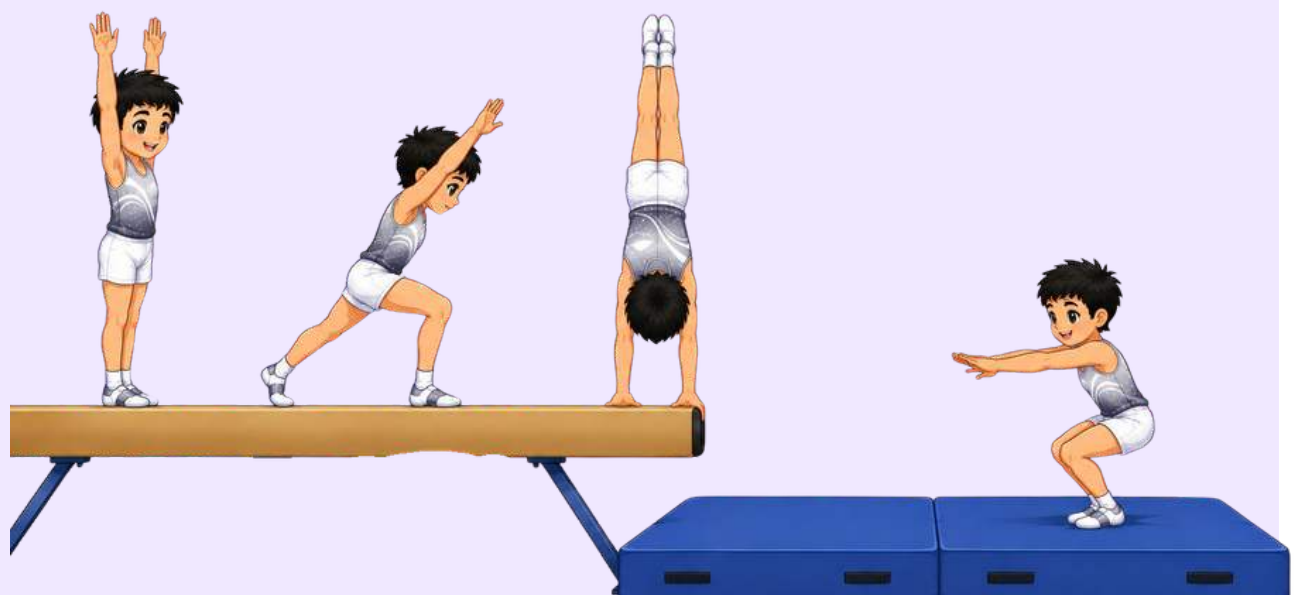
Gymnasts should start in a strong lunge on the high beam with arms by their ears, then place their hands on the beam and perform a round off dismount, driving their legs over to land on the floor. Coaches should look for correct lunge technique (front knee bent, back leg straight, arms by the ears), strong and accurate hand placement, and straight arms.

REDUCE THE CHALLENGE

Gymnasts can practise round offs on the floor or along a line before progressing to beam. They can also start on a low beam or bench, and a coach can support to help with confidence and alignment. Breaking the skill down into lunge, hand placement, and snap-down drills can also help.

INCREASE THE CHALLENGE

Gymnasts can focus on a controlled "stick" landing.





7.BEAM – FORWARD ROLL (HIGH BEAM)

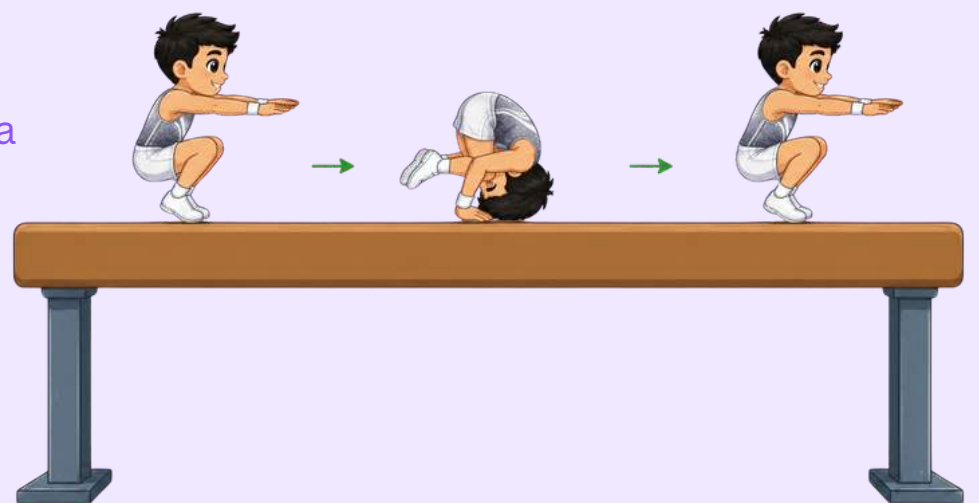
Gymnasts should start standing on the high beam with arms by their ears, then crouch down, bringing their arms forwards before placing their hands on the beam to perform a forward roll. Coaches should look for controlled preparation, correct hand placement, a tucked chin, and a rounded back to support a safe and smooth roll. The gymnast should maintain alignment along the beam without stepping off.

REDUCE THE CHALLENGE

Gymnasts can practise the forward roll on the floor or a low beam/bench before progressing to the high beam. A coach can provide support through the movement.

INCREASE THE CHALLENGE

They could also try performing the roll without using their hands, or see how many rolls they can “stick” in a row before falling off.



8.BEAM – CARTWHEEL (LOW BEAM)

Gymnasts should start on the low beam with arms by their ears and hips square, then place their hands on the beam to perform a cartwheel. They should pass through a sideways inverted position with legs in a split before landing back on the beam. Coaches should look for correct starting posture, strong hand placement, straight arms, and a clear split-leg position. The gymnast should demonstrate good alignment along the beam, coordination, and finish in a controlled, balanced position.

REDUCE THE CHALLENGE

Gymnasts can practise the cartwheel on the floor or along a line before progressing to the beam. They can also use a wider surface such as a bench, and a coach can support to help with alignment and confidence.

INCREASE THE CHALLENGE

Gymnasts can progress to performing the cartwheel on a high beam, or challenge themselves to see how many cartwheels they can complete in a row without falling off.





9.BARS - CHIN UP CIRCLE OVER & CIRCLE DOWN

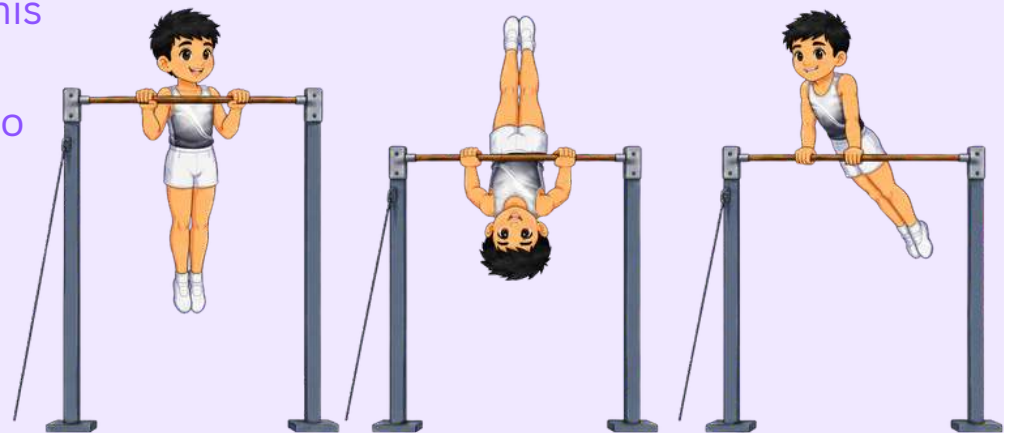
Gymnasts should start by pulling up to a chin-up position on the bar, then perform a controlled circle over the bar into front support, followed by a circle down around the bar. Coaches should look for a strong chin-up hold, a tight body shape, and the hips staying close to the bar during both the upward and downward circles.

REDUCE THE CHALLENGE

A mat or board can be placed under the bar so gymnasts are not performing a full chin-up from a dead hang. This allows them to start higher and focus on the circling action. A coach can also assist through both phases, to guide the movement and maintain correct shape.

INCREASE THE CHALLENGE

Gymnasts can do more continuous circles, or link the movement into other bar skills to develop flow and strength.



10.BARS - BACKWARD HIP CIRCLE FROM CAST (ASSISTED)

Gymnasts should start in front support on the bar, perform a cast away from the bar in a dish shape, and then circle backwards around the bar (maintaining a clear dish shape) returning to front support with assistance. Coaches should look for a strong cast with hips moving away from the bar, straight arms, and a tight body shape.

REDUCE THE CHALLENGE

The coach can slow down the movement to focus on correct shape and technique throughout. Emphasis should be placed on maintaining a tight body position, straight arms, and controlled movement through both the cast and the circle. Gymnasts can also build core strength through dish holds and rocks.

INCREASE THE CHALLENGE

Gymnasts can aim to perform the skill with less assistance, focusing on a bigger, more controlled cast and a smooth, continuous circle. They could also work on maintaining a tighter body shape or linking the skill into other bar elements to develop flow and strength.

