



1.ROUND OFF FLICK (CONNECTED)

Gymnasts should perform a round off directly connected into a flick (back handspring), showing a smooth and continuous movement between both skills. Coaches should look for a strong lunge into the round off (front knee bent, back leg straight, arms by the ears), and a fast snap down of the legs together (showing a dish shape). The gymnast should then immediately push into the flick, with arms by the ears, straight arms on contact, and shoulders pushed tall. Coaches should also ensure gymnasts are not “sitting” in the connection.

REDUCE THE CHALLENGE

Gymnasts can practise the round off and flick separately before attempting to connect them. They can also perform the flick with support from a coach, or use preparation drills such as snap-down rebound jumps and backward jumps onto mats to build confidence and timing. To gain confidence in the connection they can do a round off jump to back (onto mats).



INCREASE THE CHALLENGE

Gymnasts can add a rebound jump out of the flick or connect additional skills to develop flow, power, and performance quality.



PROGRESSIONS

- Handstand snap down
- Round off rebound
- Bridge rocks
- Flick prep jumps backwards onto stacked mats
- Spotted flick
- Flick onto stacked mats
- Round off rebound
- Round off, Jump to flat lie
- Round off flick (spotted progressing to independent)



2.FRONT SOMI

Gymnasts should perform a front somersault, taking off from two feet and rotating forwards in the air before landing on their feet. Coaches should look for a strong take-off with a clear arm throw (opening through the shoulders and driving forwards), good lift, and a tight body shape. The gymnast should demonstrate controlled rotation, maintaining body tension in the air, and finish with a safe landing—knees bent, chest upright, and good balance.

REDUCE THE CHALLENGE

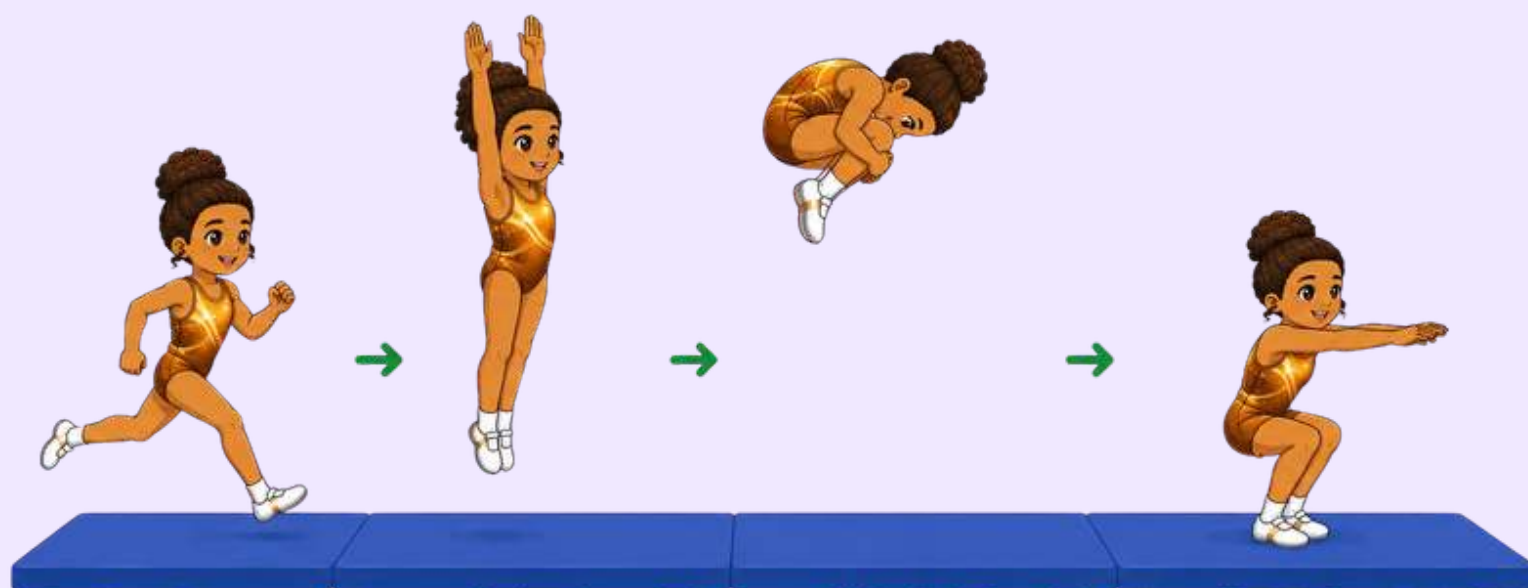
Gymnasts can practise preparation drills such as jumps into tuck or dish onto mats, arm throw drills, and front somi preps from a stand or low surface. Higher or softer mats can be used, and a coach can provide support through the rotation to build confidence and correct technique.

INCREASE THE CHALLENGE

Gymnasts can aim for a more powerful take-off and tighter shape to improve height and rotation. They could also focus on controlled “stick” landings, or they can look at progressing to a pike front somi.

PROGRESSIONS

- Stretch jump to dish landing
- Front somi take-off arm throw drill
- Dive roll onto mats
- Front somi prep jumps onto stacked mats
- Run, hurdle, jump to dish onto mats
- Front somi with coach support
- Front somi onto stacked mats
- Front somi from springboard to soft landing





3. FREE CARTWHEEL

Gymnasts should perform a free cartwheel without placing their hands on the floor, travelling through the movement while maintaining control and body tension. Coaches should look for a strong lunge entry (front knee bent, back leg and a good strong push through the bottom leg, straight, arms a clear split-leg action throughout. The gymnast should demonstrate good coordination, balance, and control, keeping the chest lifted and finishing in a stable lunge facing the opposite direction.

REDUCE THE CHALLENGE

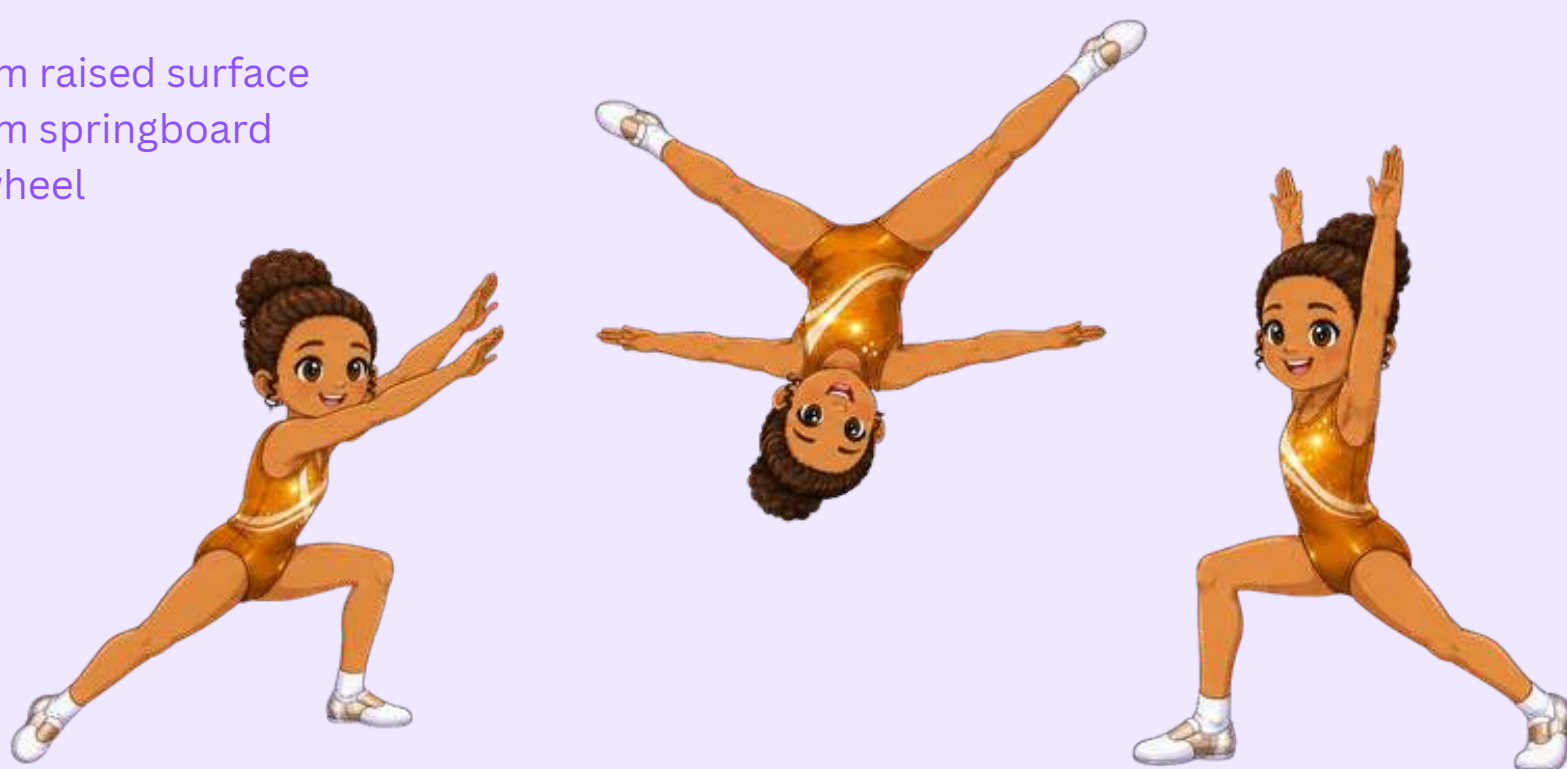
Gymnasts can start from a springboard or raised surface to help generate height and rotation. They can also perform a cartwheel with a jump onto the hands first to build confidence and understanding of the movement. A coach can provide support throughout the skill to guide technique, timing, and body shape.

INCREASE THE CHALLENGE

Gymnasts can aim for greater height while maintaining a clear split shape and control. They can also try to perform the skill on a line or floor beam.

PROGRESSIONS

- One-handed cartwheel
- Flighted cartwheel
- Free cartwheel from raised surface
- Free cartwheel from springboard
- Spotted free cartwheel





4. HANDSPRING - DIVE ROLL

Gymnasts should perform a handspring directly connected into a dive roll, showing continuous movement between both skills. Coaches should look for a strong run and lunge entry (front knee bent, back leg straight, arms by the ears), straight arms on contact, and an active push through the shoulders during the handspring. The gymnast should then transition smoothly into the dive roll, demonstrating a controlled forward dive, tucked chin, rounded back, and safe roll over the shoulders. The sequence should show good rhythm, coordination, and control throughout.

REDUCE THE CHALLENGE

Gymnasts can practise the handspring and dive roll separately before connecting them together. They can also perform the skill onto raised or softer mats, or receive support from a coach to help guide the connection, timing, and body shape through both elements. They can also focus on the handspring into a rebound jump to work on the connection.

INCREASE THE CHALLENGE

Gymnasts can aim for a smoother, faster connection between the handspring and dive roll with no pauses. They could also focus on generating more power through the handspring to create a longer, more dynamic dive into the roll, finally they can progress to a handspring front somi.

PROGRESSIONS

- Dive roll onto soft mats
- Handspring into rebound jump
- Handstand bridge to stand
- Supported handspring to dive roll





5. TUCK BACK OFF BLOCK (ASSISTED)

Gymnasts should stand on a block and perform a backward tucked salto with assistance, rotating backwards and landing safely on a mat. Coaches should look for a strong upward take-off through the legs, with the gymnast jumping up rather than throwing backwards. Arms should drive upwards before pulling into a tight tuck shape, and the head should stay neutral rather than being thrown back. The gymnast should demonstrate good body tension, controlled backward rotation, and a safe landing position with bent knees and chest upright.

REDUCE THE CHALLENGE

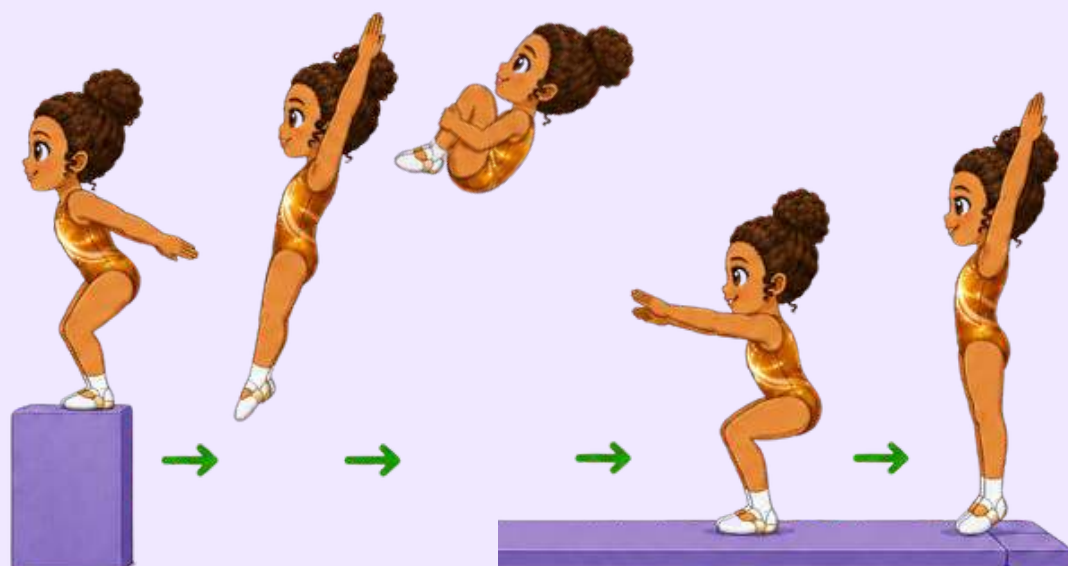
Gymnasts can practise tuck jump shapes, backward rolls, and jump backs onto stacked mats to build confidence with backward movement and rotation. A coach should provide support throughout the skill, guiding the lift and rotation. Higher or softer stacked mats can also be used to reduce fear and impact.

INCREASE THE CHALLENGE

Gymnasts can aim to perform the skill with less assistance or on their own while maintaining a tight tuck shape and controlled rotation. The height of the block or landing surface can be adjusted to increase challenge, and gymnasts can focus on “sticking” the landing position.

PROGRESSIONS

- Tuck jumps with quick knee lift
- Dish to tuck rocks
- Jump backwards to shoulder stand onto stacked mats (arms by ears)





6. VAULT - RUN - HANDSPRING OVER HARD VAULT

Gymnasts should perform a controlled run-up, jump onto the springboard, reach their hands on the hard vault, and complete a handspring over, landing on their feet. Coaches should look for a strong and consistent run, a correct jump from the board, arms by the ears, and straight arms on contact with the vault. The gymnast should demonstrate a powerful push through the shoulders (block phase), maintaining a tight, straight body shape through the flight phase, and finishing with a controlled landing—knees bent, chest upright, and good balance.

REDUCE THE CHALLENGE

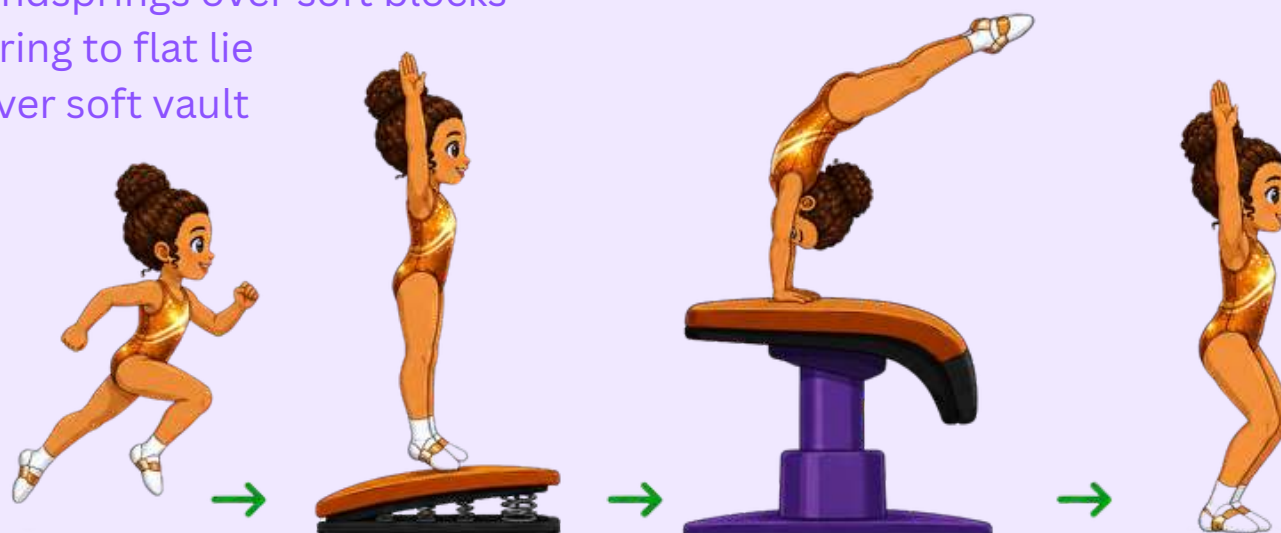
Gymnasts can practise preparation drills such as run-hurdle entries, shoulder shrugs, and handsprings onto stacked mats before progressing to the hard vault. Softer or raised landing mats can be used, and a coach can provide support through the movement to help develop confidence, technique, and timing.

INCREASE THE CHALLENGE

Gymnasts can focus on generating more power through the run and block phase to create a clearer second flight. They could also work on controlled “stick” landings. They could also progress to a half on vault.

PROGRESSIONS

- Run and hurdle drills
- Handstand holds and shoulder shrugs
- Handstand Hops
- Handstand fall to flat lie
- Handspring preps onto stacked mats
- Supported handsprings over soft blocks
- Run – handspring to flat lie
- Handspring over soft vault





7. VAULT - RUN - HALF ON OVER BLOCK

Gymnasts should perform a controlled run-up, jump onto the springboard, place their hands on the block, and complete a half turn onto the vault before travelling over and landing on the other side. Coaches should look for a strong and consistent run, correct jump from the springboard, and accurate hand placement on the block. The gymnast should demonstrate a controlled half turn through the shoulders and upper body, a strong block from the block, maintaining a tight body shape and controlled landing with bent knees and good balance.

REDUCE THE CHALLENGE

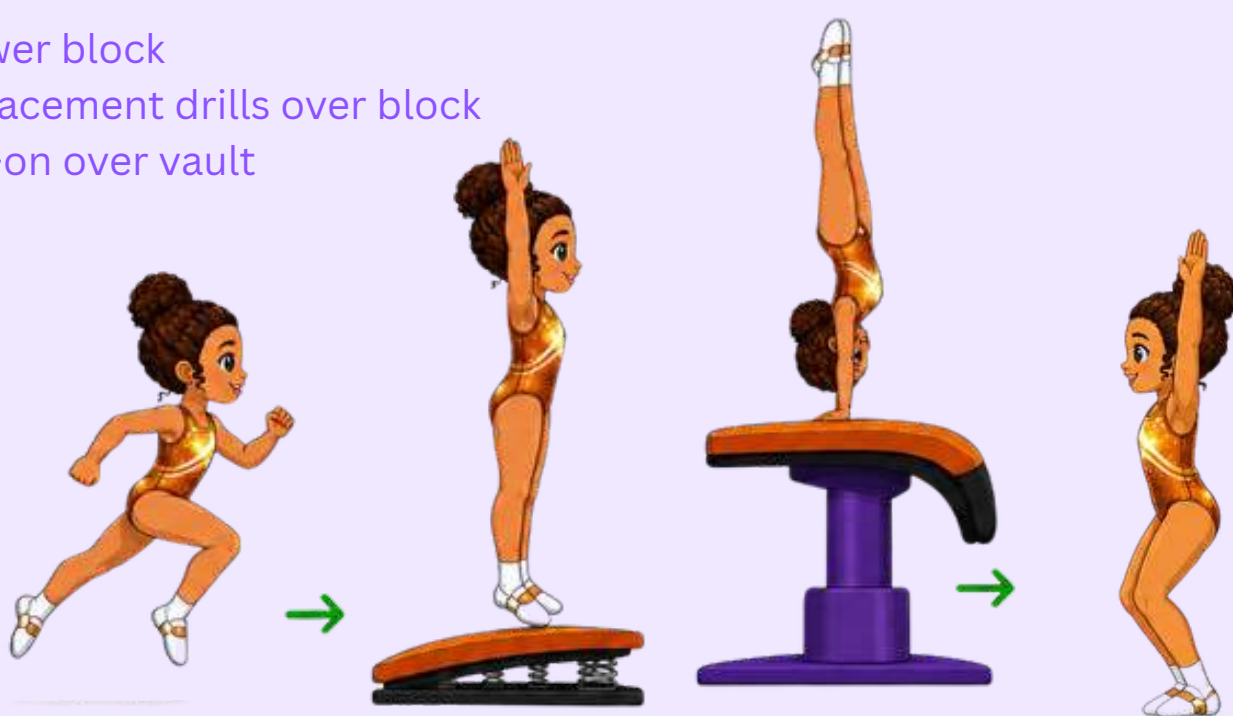
Gymnasts can perform the skill on a lower block, receive support from a coach to guide the skill, or focus on perfecting their handspring over the block first before adding the half turn. Softer or raised landing mats can also be used to help build confidence and control.

INCREASE THE CHALLENGE

Gymnasts can focus on generating more power through the run and block phase to create a clearer second flight. They could also work on controlled “stick” landings. They could also progress to a half on vault half off vault. They can also look at moving the skill to the hard vault.

PROGRESSIONS

- Handspring over block
- Handspring over hard vault
- Round off
- Half on over lower block
- Half-on hand placement drills over block
- Supported half-on over vault





8.BARS - STRADDLE/PIKE SHOOT FROM FRONT SUPPORT

Gymnasts should start in a strong front support position on the bar and perform a straddle or pike shoot through, bringing the feet onto the bar, swinging underneath in straddled or pike position before shooting the feet up and off the bar to land on the mat. Coaches should look for straight arms and legs, and strong body tension throughout the movement. The gymnast should demonstrate a clear straddle or pike shape, lifting the hips and coordinating the shoot through action with control, finishing with a safe landing on the feet.

REDUCE THE CHALLENGE

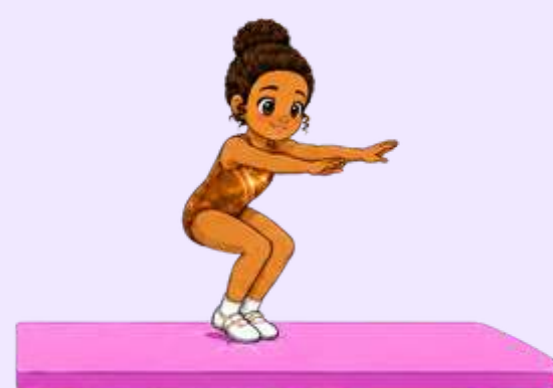
Gymnasts can receive coach support throughout the movement to help guide timing, shape, and coordination. They can also work on their hip and lumbar flexibility to improve compression and body positioning for the shoot through action. Performing the skill from a block instead of front support. Coaches can support the skill to help gymnasts build confidence and understanding before progressing to the full movement from the bar.

INCREASE THE CHALLENGE

Gymnasts can perform the skill from a higher bar to increase the challenge and flight phase, or add a half turn during the dismount. They could also focus on creating a quicker and more dynamic shoot through while maintaining strong body tension and a controlled landing.

PROGRESSIONS

- Dish hold and leg lift exercises
- Pike and straddle stretches on floor
- Front support shapes and holds on floor
- Straddle/pike swings under the bar
- Shoot throughs from a block
- Assisted shoot through drills





9.BARS - BACKWARD HIP CIRCLE

Gymnasts should start in a strong front support position on the bar, perform a small cast away from the bar to create momentum (in a dish shape), and then complete a backward hip circle, rotating backwards around the bar and returning to front support (maintaining a dish shape throughout). Coaches should look for straight arms, a secure grip, and a tight body shape throughout the movement. The gymnast should keep their hips close to the bar during the circle, maintaining control and continuous rotation, and finish in a stable front support position with good posture and body tension.

REDUCE THE CHALLENGE

Gymnasts can practise front support holds, backward leaning drills, and small circling actions around the bar before attempting the full skill. A coach can provide support to help guide the rotation and reinforce correct shape and timing.

INCREASE THE CHALLENGE

Gymnasts can aim to perform the backward hip circle with a bigger cast, tighter body shape, and smoother, faster rotation. They could also perform the skill on a higher bar or connect it into other elements to improve flow and control.

PROGRESSIONS

- Front support holds
- Dish hold exercises
- Front support shoulder leans
- Small cast drills
- Backward lean and return drills
- Small supported circling actions
- Assisted backward hip circles
- Backward hip circle with lighter support





10. CARTWHEEL (HIGH BEAM)

Gymnasts should start in a strong lunge on the high 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 and accurate hand placement, straight arms, and a clear split-leg position throughout the movement. The gymnast should demonstrate good alignment along the beam, body tension, coordination, and finish in a controlled, balanced position.

REDUCE THE CHALLENGE

Gymnasts can practise the cartwheel on the floor, along a line, or on a low beam before progressing to the high beam. A coach can provide support at the hips or legs to help with alignment, timing, and confidence. Mats can also be built up around the beam to reduce fear and increase safety while learning the skill.

INCREASE THE CHALLENGE

Gymnasts can perform multiple cartwheels in a row without falling off, or connect the cartwheel into other beam skills to improve rhythm, confidence, and performance quality. They can also try to land their cartwheel with no wobbles.

PROGRESSIONS

- Cartwheels along a floor line
- Cartwheel on floor beam
- Cartwheel on low beam
- Cartwheel on high beam with support
- Cartwheel on high beam with stacked mats

