SKILLS AND DRILLS FOR EACH LEVEL

- **Freshman**: Hit the event often for short periods of time.
  - Stations are key with a large amount of kids
    - Delta swings
    - Walk around
    - Mushroom circles
    - Flank circles/flank mount
    - Sled (just showing positions)
    - Side planks extending the top leg
  - Skills
    - Leg travels
    - False scissor/scissor drills
    - Loop on and off (leads to circle loops and walk arounds)
    - Scissor half only if done correctly
  - Coaches’ notes
    - Supervision is a must (use your specialist to help coach)
    - Excitement is a must (kids will eventually like this event if you show interest)
    - Six skills done well are better than ten terrible ones.
    - Two fluid scissors are a must at this level.
    - Watch out for change in direction

- **Sophomores**: Smaller groups more time
  - Stations are still good at the beginning moving toward lists of things to get done.
    - Warm up with delta swings
    - 2 X false scissor, scissor, false scissor, scissor
    - Mushroom circles
    - Flank circles
    - Circles
    - Downhills
  - Skills
    - Scissor, scissor, scissor half (with rhythm)
    - Mount with two center circles (meets a requirement)
    - Downhill loop around
    - Start playing with a travel down
    - Start playing with a front or rear pick up
  - Coaches’ notes
    - Circles in the middle is a major goal (once they can swing they will like the event more)
    - Downhill loop around is a secondary goal
    - Anything beyond that is a bonus
    - Start walking while doing sled (hand position is important)
    - Wrist maintenance important (stretches and exercises)
• Juniors: Should be working out with the varsity and fighting for a spot
  o Stations (done)-homework lists with what needs to be accomplished (time limits)
    ▪ Warm up with 5 consecutive scissors
    ▪ 5 circles in uphill, downhill and center
    ▪ Front pick ups into a skill (travel, front out, etc.)
    ▪ 2 and 3 trick combinations (ex. travel down loop off)
  o Skills
    ▪ Scissor, scissor pickup into circles (front is better than rear)
    ▪ Scissor full (It’s a C)
    ▪ Uphills
    ▪ Circle travel down loop around/ off
    ▪ Jump moore circle, moore or travel down
    ▪ Front out loop around/ off
    ▪ Russian walk around out of a loop or uphill
  o Coaches’ notes
    ▪ Push juniors to compete at the varsity level even for a meet
    ▪ 6-B routines with all requirements meet is a good goal
    ▪ The harder you work are this year the more fun they can have their senior year

• Seniors: Should hopefully be in shape when season begins.
  o Stations (done)-same as Junior year
  o Skills
    ▪ Back travel Russian (C + C) or (C+B+B)
    ▪ Front out Russian (C + C) or (B+B+B+B)
    ▪ Moore circle Moore ( C ) or (B+B)
    ▪ Travel down loop around Russian (B+C) or (B+B+B)
    ▪ Begin playing with back (discussed later)
  o Coaches’ notes
    ▪ Start with a base set that can be easily added upon
      • Moore, moore, travel down, loop around, Russian can be upgraded to bailey, moore, travel down, loop around Russian.
      • Construct a routine that is the easiest for the gymnast (obviously)
    ▪ Use combinations twice.

DEVELOPING VARSITY ROUTINES AND PHILOSOPHIES
• Teach skills that build off of one another
  o Downhill loop around to uphill
    ▪ Leads to moores in the center (high Bs)
    ▪ Also leads to travels downs because it teaches a gymnast to post up on their left arm (clockwise) and turn their hips under.
  o Loop around, uphill, Russian walk around
    ▪ Leads to front out loop off/ on (B + B) or C
    ▪ Also options for C dismounts (Russian or Front out)
    ▪ Further, nice building blocks for a Tong Fei or Wu (D)
• Back loop, back loop (C) or front loop, front loop (B) & pommel mushroom circles
  ▪ Leads to center circles, pommel loop, back loop, back loop, Russian (C + C + C)
  ▪ Also Baileys (moore, pommel loop, finish the moore)
  ▪ Further direct stockli B (downhill, pommel loop, finish the moore to the center).
  ▪ Finally Magyar travels

• Specialists are a must (horse is the special teams of gymnastics)
  o 1 to 2 kids from every freshman class. Typically conscientious students who work hard.
  o Your upper classman specialists can help you run drills with your freshman (they don’t need 3 hours of practice)
  o 2 per year guarantees four upper classman horseman per year.

• Training and Goals
  o Horse guys will practice like they compete (routines galore)
    ▪ Start with hitting halves
    ▪ Cold routines
    ▪ Pressure sets
  o KISS
    ▪ You don’t need to do big tricks to win meets (at the team level)
    ▪ 24.0 can be achieved without big tricks

QUESTIONS OVER TECHNIQUES.