



Achievement award level 3 blue - Girls 4 piece

Home learning resource

You will be tested on the following routines on each piece of equipment listed below.
The idea behind this is to perform the moves below to the best of your ability to be tested which move you and the coaches need to help you with.
Please try to learn the routines even if you can not perform the move correctly.

Floor drills

A. Control

Horizontal hold of leg, bad leg first, bring leg round to fishstand, back to free Y-scale, forward roll to sit, straddle lift to handstand full turn, forward walkout, backward walkover, forward walkover

B. Dance

Pike jump, double jump turn, double spin, single spin leg horizontal, side bodywaves, illusion turn, scissone jump, cat leap full turn, change leg, split leap, tuck jump full turn

C. Acrobatics

Free walkover, handspring to one, handspring to two, flyspring, front summersault

Round off, flick, flick, back summersault

Round off, flick arabian

Forward roll lever to handstand, one handed cartwheel, free cartwheel

Beam drills

A.

Straddle over to half lever, lift to feet (handstand), cartwheel, jump half turn, full spin, front summersault dismount

B.

Forward roll on, free forward roll, W-jump, Fortette turn, forward walkover, chasse handspring half turn dismount

C.

Jump to feet on beam, Y-scale, backward walkover, backflip to one foot, round off backflip, back summersault dismount

Bar drills

A.

Float upstart
Cast clear hip circle
Cast stoop on straight legs
Jump to catch high bar
Baby giant
Cast straddle undershoot half turn

B. Strap bar

Circle up on low bar
Squat on sole circle
Jump to catch high bar
Long upstart
Cast to handstand
Backaway dismount

C. Strap bar

Cast to handstand
3 X back giants
3 X forward giants
Swing forward into straddle
edo prep swings x 3

Vault drills

A.

Handspring at 120cm

B.

Handspring half on at 120cm

C.

Handspring half on half off at 120cm

D.

Yurchenko preparation
(round off on to spring board, flick onto block and crash mat)

In association with




Director of coaching - Easton Gymnastics Club

