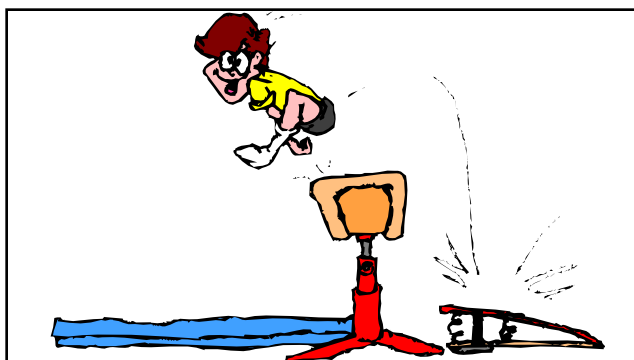


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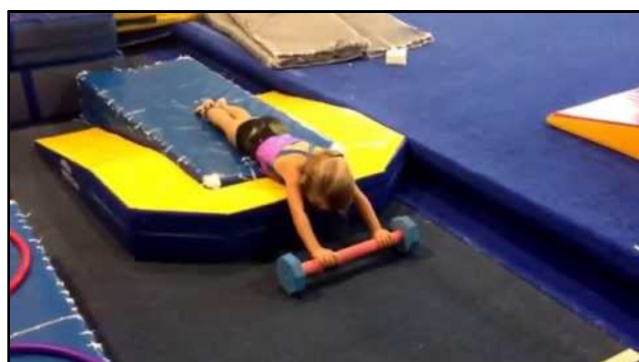
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Drills for the Run

Running drills should be run forward and backward, 2 laps each, one slow-one fast

- March, focusing on arm swing (ear to hip)
- Long stride run (with no arm swing)
- Long stride run (with exaggerated arm swing)
- Short step run
- Run with high knees
- Run with feet high in back (kick butt)
- Right leg sprint / left leg sprint (forward only)
- Partner Runs -
 - Run with surgical tubing (or elastic band) around waist while partner holds tubing
 - Run backwards with hands on partners shoulders

6

Drills for the Hurdle

It is important to keep the hurdle trajectory moving forward (not up and down) to maximize speed to the table. Upon board contact, the feet will be slightly in front of the center of gravity, hip angle open, entire body tight and hips tucked under. Push through the feet to pointed toes.

Short run hurdle – On a lengthwise folding mat, gymnast takes a two or three step run into a hurdle onto vaulting board to a two-foot stop. Ensure they have their toes at the top of the board and that their arms are down by their legs.

Short run hurdle – On a lengthwise folding mat, gymnast takes a two or three step run into a hurdle onto vaulting board, jumping up to a high resi mat / block / stacked mat

Hoop run to hurdle – Use a series of hoops, have gymnast run with one foot in each hoop into a hurdle onto vaulting board, jumping up to a high resi mat / block / stacked mat

Increase the length of the hurdle - Roll up a towel and place it on the springboard to hurdle over, unroll the towel a little more with each successful hurdle.

7

Short Run to Hurdle Straight Jump – Have the gymnast do a short (three or four step) run to a line on the floor and perform a hurdle with an underarm swing to immediate a straight jump onto a mat. If an athlete can generate good lift off the floor, then they certainly will have the ability to use a springboard.

Underarm Swing Rebound on a vault board - The punch of the board should be quick and powerful. Emphasis should be on obtaining a strong vertical lift while achieving a tight body in the air, toes pointed toward the ground. Rebound and then land back on the board.

Hurdle Punch Back - Hurdle from the eight-inch mat to the springboard and immediately punch backwards to land back on the eight-inch mat. Look for a quick and tight punch with their toes in front and a correct arm circle that had the arms down when their feet hit the board.

Hurdle Punch Back to Doggie Drop - Hurdle from eight-inch mat to the springboard and do the same immediate punch backwards, but instead of landing on feet, land on all fours in a doggie drop position on the eight-inch mat.

Hurdle Punch Back to Belly Drop - They once again perform the same hurdle with an arm circle and once they have punched the board, they drive their feet backwards out from under them and land in a tight belly drop position on the eight-inch mat.

8

Drills for Pre Flight

The main objective of the run, hurdle and preflight is to establish force and rotation that, in turn, transfer into vertical lift and airtime off the horse. The objective of preflight is to establish massive rotation by powerfully inverting the body.

Inverted positions – HANDSTANDS! Back to wall, stomach to wall, just get the gymnasts upside down. Include shoulder shrugs and wrist shrugs. Regardless of the vault, having the gymnast strong and comfortable in an inverted position will improve their confidence and performance.

Body Tension - Have the gymnast practice holding a tight, straight body over a folding mat and then between two folding mats. Gymnasts should practice this shape with their belly facing up and then down.

Heel Drive - Instruct the gymnast to stand with their back facing a mat and have them jump and drive their heels into the mat behind them. Bonus drill, have the gymnast jump and drive their heels and then fall forward onto a barrel or a landing mat.

Increase the height of the landing surface - Rebound onto elevated surfaces, raising the height as the gymnast gains proficiency.

9

Drills for Blocking / Repulsion

Push through your fingers - Teach your athletes to block using the entire hand. Have them put their hands together and push them apart with the fingers separating last.

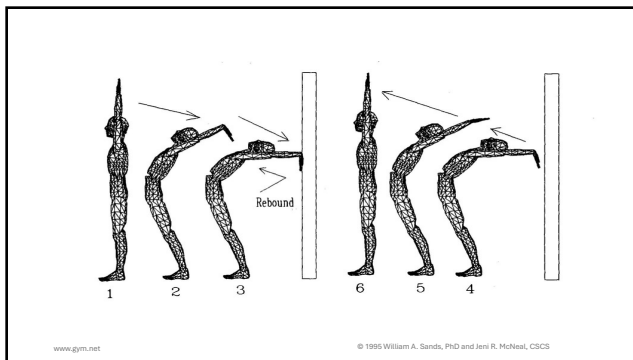
Block Quickly - Put a wedge against the wall and an 8" mat on the floor. Have the gymnast perform the Pop, Lock, & Drop drill. Gymnasts arm circle into the wall and push/block/rebound away from the wall while remaining tight to land on their stomach.

Handstand pops - From a long lunge, swing the arms downward and then forward to contact the floor while inverting to a handstand. Powerfully explode through the shoulders to rise off the floor. After popping off the floor the gymnast can land back on the hands or fall to their back onto a soft surface. As the gymnast progresses, have them do handstand pops up onto elevated surface(s).

Swing the arms downward and forward into a stationary object (a wall, the horse, etc.) while lifting your body to horizontal. Contact the surface with a blocking action, rebound from it and land on stomach on a skill cushion.

Trampoline bounces - Have the gymnasts bounce on their hands on the trampoline or TumbiTrak.

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Drills for Post Flight

Body Tension - Have the gymnast kick to a handstand in front of a donut mat and fall to their back remaining tight. If the gymnast loses tension and pikes they will fall into the donut.

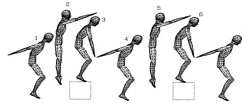
Teaching Toes Up - Have the gymnast kick to a handstand in front of 2 wedges and fall keep the toes pointed up.

Focus on the the hurdle and preflight first to make the post flight easier.

Handstand pops - From a long lunge, swing the arms downward and then forward to contact the floor while inverting to a handstand. Powerfully explode through the shoulders to rise off the floor. After popping off the floor the gymnast can land back on the hands or fall (rebound) directly to their back onto a soft surface. As the gymnast progresses, have them do handstand pops up onto elevated surface(s).

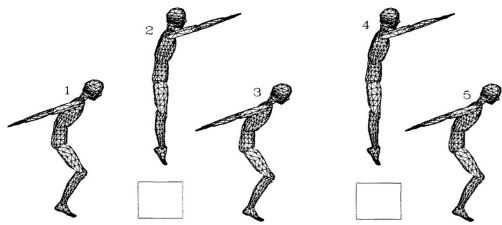
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Drills for Landing



- Chasse sideways left, then right
- Chasse forward left, then right
- Straight Jumps from / over block to safe landing position
- Straight Jumps with 1/2 and full turns from / over block to safe landing position
- Straight Leg Jumps side to side – ("slalom" over a line)
- Tuck Jumps side to side – ("slalom" over a line)
- Forward roll, jump to safe landing position
- Backward roll, jump to safe landing position
- Forward roll, jump, half-turn to safe landing position
- Backward roll, jump, half-turn to safe landing position
- Forward roll, jump, full-turn to safe landing position
- Backward roll, jump, full-turn to safe landing position

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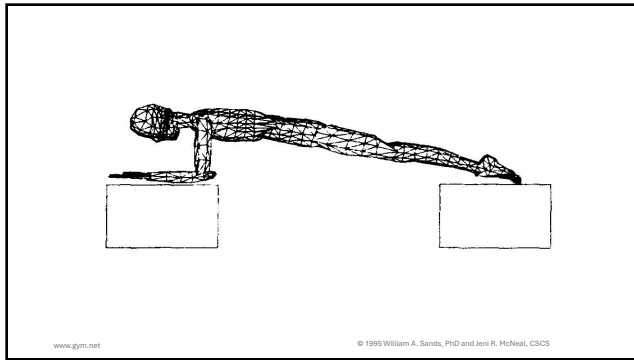
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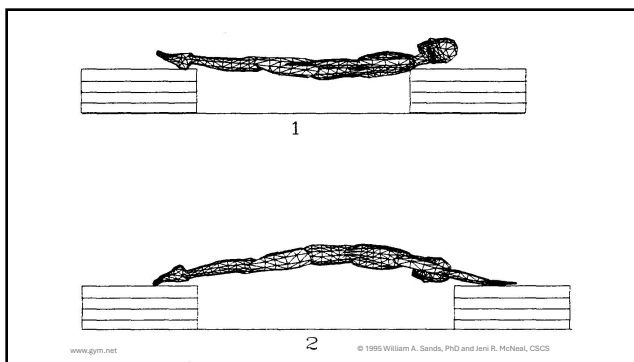
Conditioning for Vault

- "V-sit" toe raises legs straight
- Ankle flexion (pull back)
- Hamstring curls
- Hold hollow body position 20 seconds, then rock
- Side arch hold 20 seconds, then rock
- Arch hold 20 seconds, then rock
- Side arch hold 20 seconds, then rock 10
- Arms overhead, arch-hollow roll left without allowing feet/knees or chest/shoulders to touch floor
- Arms overhead, arch-hollow roll right without allowing feet/knees or chest/shoulders to touch floor
- Side plank hold 20 seconds
- Plank push up, hold
- Mountain Climber forward then backward

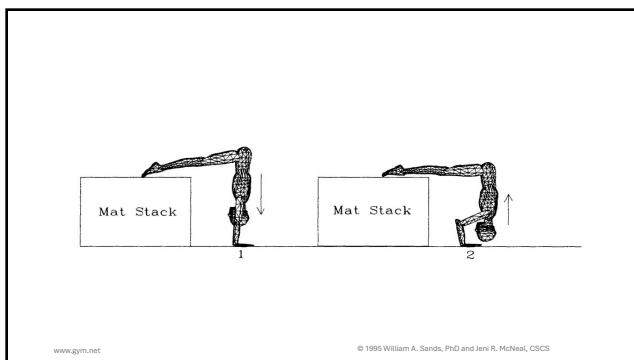
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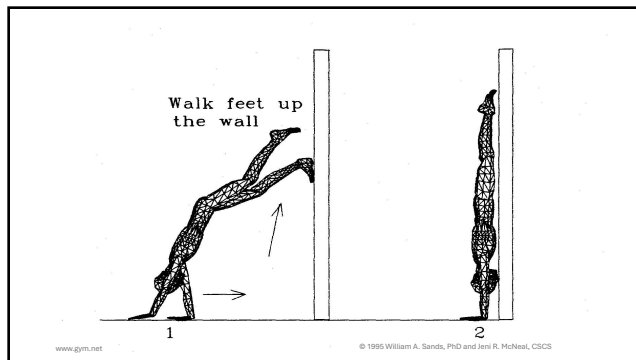
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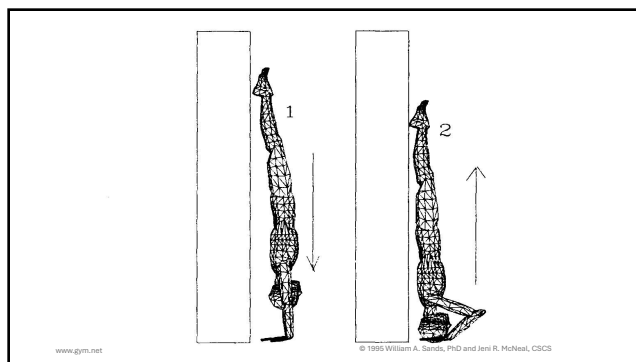
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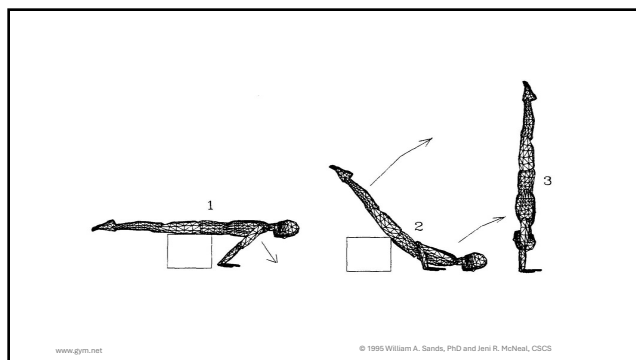
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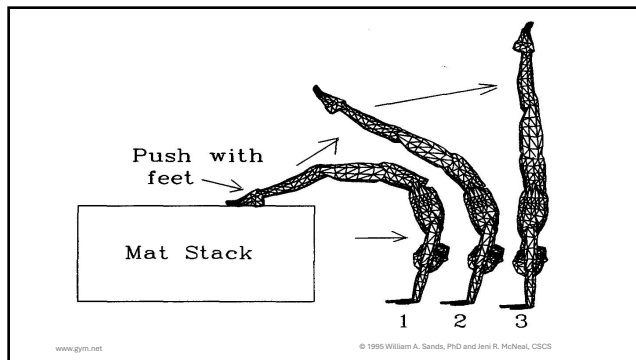
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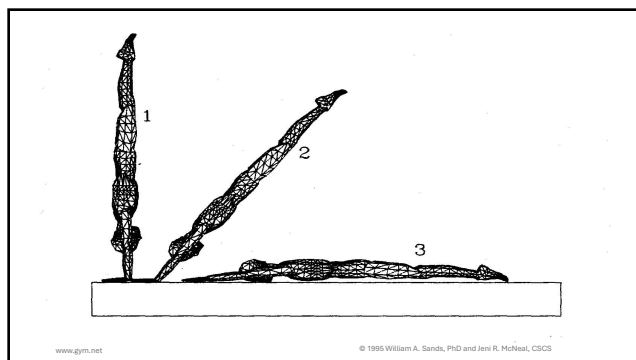
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The new level 6/7 vault

For years, the standard level 6 and 7 vault has been a front handspring. However, coaches across the country have been hoping for a change. The change has come!

This year gymnasts have three different options for their vault. First, they can perform a round off entry vault (Yurchenko entry). The second choice is a Tsukahara entry, the gymnast punches forward and turns onto the table. Last, the gymnast may perform a front handspring entry vault. Each of these vaults is performed as a timer, or drill, for flipping vaults that level eight plus gymnasts perform. The gymnasts are judged on the angle of arrival, the length of time on the table, the angle of departure, and the height and distance they generate away from the table. The gymnast is not judged on the landing.

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What coaches should be looking for

1. Angle of arrival

The angle of arrival is the angle the gymnast is at when her hands contact the table. The judges are looking for the angle to be under 45 degrees from vertical to receive no deduction. If the gymnast makes contact past that angle, then the judges can take up to three tenths in deduction. The further the gymnast is from the correct angle the more the deduction, with the maximum being three tenths.

2. Length of time in support

The judges also evaluate the length of time that the gymnast's hands are on the table. The goal is for the hands to only make brief contact. I like to tell my gymnasts to think of the vault as a hot potato. You don't want to burn your hands by leaving them on too long. This part of the vault and judging is important for future vaulting success. Judges can take between zero to five tenths of deduction for the length of time on the vault.

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3. Angle of departure

The angle of departure is the angle the gymnast's hands leave the table. For this angle, the goal is to leave the table by vertical. If the gymnast's hands are off by vertical there is no deduction. If the gymnast leaves the table between one degree and 45 degrees past vertical the range of deductions is between 5 hundredths and tenths. If the angle is between 46 degrees past vertical to horizontal the range becomes larger 6 tenths to one full point. This angle of departure plays a critical role in future vaulting success.

4. Height & Distance

Once the gymnast has left the table coaches want to see both height and distance. Lack of height from the table can result in up to five tenths in deduction, while distance can result in up to three tenths in deduction. Keep in mind to consider the size of the gymnast when evaluating height and distance.

5. Safe landing positions

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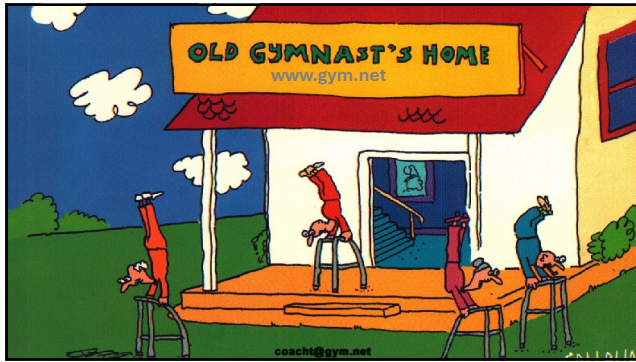
Vault Conditioning

- Piked body (lean against wall, hips at 90 degrees) toe raises (20 forward, 20 turned out, 20 turned in)
- Shoulder (handstand) hops up onto 8" mat - (20)
- Punch backs - to 8" landing mat to land on stomach in straight body position, arms up!
- Handstands -
 - Stomach against the wall -
 - Shoulder shrugs - (20)
 - Wrist shrugs - (10)
- Repeat with Back against the wall
- Shoulder (handstand) hops with 1/2 turn, fall to bridge - (10)
- Laying with hips across folding mat, hold straight body position with arms up (ten 20 second holds)
- Jump Backs-jump onto springboard and land back onto mat.
- Arm circle rebound off the springboard.
- Handsprings progressions - stretch jump

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