

Gymnastics Basic Shapes



Stretch: Start and end of moves

Coaching points:

- Hands, shoulders, hips, knees and ankles all in line
- Legs together
- Hips tucked under



Tuck: Rolling, Jumps and Somersaults

Coaching points:

- Feet close to bottom
- Hands on shins
- Knees together



Straddle Sit: Shoulder Rolls, Jumps

Coaching points:

- Knees pointing towards ceiling
- Straight back, arms over legs
- Legs straight and at 90°
- Ankles extended



Pike: Rolling, Jumps and Somersaults

Coaching points:

- Leg straight and ankles extended
- Back straight
- Arms parallel over legs
- Head looking forward



Star: Cartwheel and Jumps

Coaching points:

- Legs wide and straight
- Arms wide and above horizontal
- Tummy pulled in and strong back



Straddle Stand: Vaulting

Coaching points:

- Tummy pulled in
- Arms in line with shoulders
- Legs wide and straight



Landing Shape: Jumping

Coaching points:

- Toes down first, the heels
- Knee bend (like sitting)
- Strong back
- Arms out in front
- Hold for 3 seconds



Crouch: Forward and backward rolls

Coaching points:

- On toes
- Back straight
- Chest up
- Arms in front



Squat: Vaulting

Coaching points:

- On toes
- Hands flat
- Feet close to hands
- Knees and feet together



Dish: *Rolls, Handstands, Handsprings, Back Flics*
 To make the move **easier** – bend the legs in
 To make the move **harder** – move the arms by the ears

Coaching points:

- Back in contact with the floor
- Head, shoulders and feet off the floor
- Hollow chest



Arch: *Rolls, Handsprings, Back Flics*

Coaching points:

- Tummy in contact with the floor,
- Head, shoulders and feet off the floor,
- Head neutral position



Front Support: *Handstands, Cartwheels*

Coaching points:

- Shoulders in line with hands
- Tummy pulled in
- Strong back and rounded shoulders
- Hands flat and fingers facing forward



Back Support: *Handstands*

Coaching points:

- Hips pushed up
- Shoulders in line with hands
- Hands flat facing feet
- Head neutral



Bunny Jump: *Weight bearing, forward rolls, handstands*

Coaching points:

- Hands flat
- Shoulders in line with hands, elbows locked
- Feet and knees together
- Feet close to bottom
- Ankles extended and toes pointed



Bunny hop: *Weight bearing, Handstand prep*

Coaching points:

- Hands flat and fingers facing forward
- Shoulders in line with hands, elbows locked
- Straight leg in the air
- Foot comes in close to the hands when standing up
- Ankles extended and toes pointed