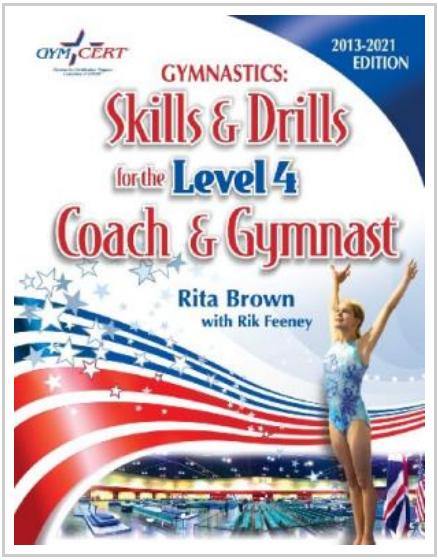


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Gymnastics: Level 4 Skills Drills for the Coach and Gymnast (Paperback)

By Rita Brown, Rik Feeney

Rjc Publishing, United States, 2013. Paperback. Book Condition: New. 277 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.The GYMCERT Skills Drills for the Level 4 Coach Gymnast covers most aspects of gymnastics elements needed for the level 4 competitive gymnast. Gain a better understanding of how to prepare your gymnast s for compulsory competition. Would you like to have an edge for your compulsory competitive team members? GYMCERT s new Skills and Drills for the Coach and Gymnast is an excellent reference for suggesting alternate: lead-up skills; drills; coaching and spotting tips; and, safety notes for each skill presented. Techniques, drills, and complementary skill guidelines are provided to make the training of each skill as specific to the individual gymnast s needs as possible. In addition, conditioning exercises along with progressive variations for many of the skills are provided. As an added benefit, basic dance preparation guidelines and techniques for teaching and improving dance elements is included along with the Floor and Beam sections. To help with planning, suggested guidelines for developing a training schedule for the competitive season along with skill and strength tracking forms to monitor the progress of each gymnast are...

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