

# Gymnastics for sport

## Module 1: The strong body

Time	Headline	Description
1:20	Healthy spine	Using rocking and rolling to improve your spine mobility and the strength of your trunk muscles. Includes common faults and difficulties and how to work around them and improve.
11:56	Hand balances	Developing upper body strength through balance exercises. This starts with simple holds and prepares your wrists, elbows and shoulders for more advanced work as well as absorbing impact if you trip or fall playing your sport.
20:28	Combinations.	Using movements from the first two sections to develop your own combinations. This helps develop your mind and creativity as well as your body. Rarely does sport unfold as neatly as planned but we often train in quite fixed modes. This goes some way to helping you embrace the chaos.
28:01	Reducing force	Most strength work looks to produce force (jumping, sprinting) but the ability to reduce force (landing, braking) is as important. Most injuries occur in the latter. These progressions help you improve your ability to land and brake safely on your upper body.
31:15	Shoulder stands and head stands	Using these balances to develop neck, back and trunk strength. The progressions start at the beginning and add complexity and variety as you get stronger and your balance improves. The inverted posture helps counter the hunched, flexed position that many of us spend a lot of time in.
36:43	Crawling	Guided discovery and exploration of different ways to move on hands and feet. The different pathways and combinations help develop hip to shoulder

		strength and coordination.
39:40	Dancers roll	How to do the dancers roll. This movement helps dissipate force when landing and also moving back to your feet in a smooth fashion. This reduces the chance fo injury and allows you to get back into the action quicker.
42:29	Symmetrical/ assymetrical shapes	By creating different shapes when you roll and balance you will strengthen your body in different ways. Remember that strength in sport and movement requires different muscles to work together rather than in isolation. These ideas help you understand and feel how your body is working.
46:47	Rolling backwards	How to roll backwards safely. Athletes get knocked over or trip while moving backwards and then either fall flat or roll over theri neck and shoulders. This module teaches you to and and roll safely going backwards. Being upside down and going backwards feel 'unnatural' unless you train them.
49:55	Shoulder rolls	How to roll forwards safely and return to action. It's easier to learn this once you can roll backwards.
53:05	Landing at speed	More advanced drills and skills that help you reduce force when you land and speed. Only to be practiced after you have developed the earlier skills.

Module 2: The adaptable body

Time	Headline	Description
1:31	Arcs	Moving legs then arms then both together helps your body synchronise and become more efficient. Using the arc as a template, you can build up a series of movements on and off the floor. This creates a big rotation movement which helps athletes who have to throw or strike. It also shows how this can progress to cartwheel variations from the ground up.
20:40	Curl, stretch and twist.	Every human movement involves curling, stretching and twisting. This section takes you through some sequences that put your body into new positions. Examples are shown using just the body, a wall and the floor, each of which creates a challenge for the body to which it has to adapt. This framework allows you to create an infinite possibility of stretching movements rather than repeating the same 3 or 4 each time you train.
27:44	Space	Developing an awareness of movement in personal space and also in space around us. Before athletes can negotiate space in and around opponents they need to understand how to control their own body in space. The first section helps you understand how to do this. The second section shows how to move in and out of space quickly and safely in different ways.
37:48	Body management: raising and lowering.	Raising and lowering different limbs creates a movement puzzle for the body to solve. Rather than think of 20 different exercises, this 'theme' allows you improve your balance and mobility in all planes of movement.
48:05	Obstacle course	Using cones to create an obstacle course that you can work around with different types of movements.
49:16	Balances	Some direct demonstration and instruction of a series of more traditional balance exercises that leads to exploration of balance challenges through symmetrical and asymmetrical positions. You can then create your own flow sequence of moves.

56:41	Stick challenges	Using a wooden dowel or broomstick to create a further series of movement challenges for you to solve. The ones shown here are useful for thoracic spine and shoulder movement especially.
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Module 3: The agile body

1:36	Jumping	Jumps, leaps, bounds: the different foot patterns involved in jumping and how to develop them. Adding different directions and shapes and timing to improve each athlete's ability to jump and land. We also add different movements after the jump and landing to help prepare for the uncertainty of sport.
10:35	Lowering	Adding an upper body element to moving and braking in different direction, starting with a step and lower. This helps athletes learn how to cushion the impact if they fall down on their upper body.
10:26	Clock pattern	Putting together sequences of movements that you have learned in the other modules. By now you will be able to move in many different ways, rather than just running or walking, and this section helps guide you to discover different combinations.
14:32	Pathways	Using cones to creat different pathways that allow you to develop your movements further.
15:28	Arms before legs.	How changing your arm movements can affect the rest of your body. Use them to create momentum that helps leaps jumps and spins.
19:46	Changing levels	Working at the high, medium and low levels and changing between them. Starting with simple pathways and combinations of movements, then adding complexity.

22:10	Asymmetrical locomotion	By adding asymmetrical movements and shapes to your normal locomotion your body will be out of balance and therefore have to adjust. When you return to your normal locomotion it will seem easy and faster.
24:28	Butterfly kicks and combinations.	A horizontal, rotational jump action building on the arcs movement in section 1. Then adding other rotational movements to build up sequences.
27:42	Combinations.	Creating your own warm up or agility sequences using the framework of: '3 jumps, 3 balances and 3 movements on hands.' There is a note on how to move between tension and relaxation. Both are important when moving and playing sport. These exercises help you develop a feel for both.