

AAU Summer Clinic- August 19

Shannon Hageli- Education/Communication for AAU GA Gymnastics

Complex/Warm-ups for pre-team through Xcel Silver

What is the purpose of a complex?

- Giving the coach time to plan for the workout
- Reviewing vocabulary that you need the athletes to memorize
- Hitting the basics every single day- Slow is smooth and smooth is fast
- Using every training moment to focus on the weaknesses you see in practice
- Teaching leadership to your athletes

Time: 5 minutes

It will take at least 3 practices for them to begin doing the complex at normal speed. Create a “standard” warmup and ensure your athletes are 50% proficient before adding the fun stuff. Change/Update your warm up every 4-6 weeks.

Younger or lower levels should not be learning a new warm up on every event at the same time.

Props to use:

Dry Erase Board

Sand Timers

Digital wall timer

Manipulatives- bands, blocks, seasonal items

Flashcards or cones with signs on them

Good habits to build...

- Have a consistent set of expectations
- Use the same verbiage each time
- Teach them a formal start and finish pose
- Use the same traffic pattern/ space each time
- You are more likely to follow your plan if it is written down.



Vault- Running technique, coordination and speed training

The most basic part of vault is running. Your training stations will address hurdles, punching, body tension and shaping.

Verbal cues:

- Make your elbows into corners (right angles)
 - Keep your eyes forward
 - Stay light on your feet, pick up your feet quickly, stay on the ball of your feet
1. Running Technique as a group
 - At a wall- seated arm swings, marching, hands on the wall, lunge hold
 - On a spot- seated run, high knees/march, punches with elbow to a mat behind athlete
 2. Running technique with partner or stations
 - Fast feet on the side of a mat
 - 5 step run and “luge” into the pit or mat
 - Hot spot or Resi quick heel raises
 - Loop band single leg lifts
 - Partner sprint
 3. Running drills in “lines “. Watch running videos from track coaches. Educate yourself on what running form looks like and how to identify correct form. Video your athletes doing sprints and then watch them in slower speed. Think about the running drills you did as an athlete and what the goal of each running pattern can teach. Check out this link for more running education <https://youtu.be/hk4mqg9Ppvk>
 4. Strength for speed- Women are quad-dominant. Spend time working the hamstrings to balance this ratio. This will also go a long way to preventing knee injury. Here are a few from Shift Movement Science (great resource!) <https://www.youtube.com/watch?v=7BJKr35pFt8>
 - 5.

SAMPLE 1: Basic vault warm-up with little need for set-up or planning
Right leg sprint, left leg sprint, high knees, power skips

SAMPLE 2: Tumbl-Trak style warm-up as a group
Seated running arms, running 1-5 steps with the coach

SAMPLE 3: Stations
Seated running with elbow to mat, loop single leg lifts, resistance band running, partner sprints

Bars- Hand/Grip strength, building endurance for “easier skills”

Uneven Bars is all about strength and form. You can be a beautiful, artistic gymnast; but bars are the great equalizer. Keep your warm-up consistent and focus on documenting the strength. Lower reps with great form are the key to success. Making your athlete perform more reps than they are strong enough to perform is a sign of a weak coaching philosophy. Use partners and modifications to build strength little by little.

Sample 1- Hang, Hold, Hover

- Tuck hang
- Modified Chin Hold
- Banded cast hover, resistance band cast shape

Sample 2-Sticks and Bricks

- Hollow hold
- Arch hold
- Straight hang
- Tuck hang
- Cast shape on floor bar

Sample 3-In-Season Option

- Low bar endurance
- High bar endurance (or strength)
- Wrist rehab
- Shoulder strength

*lower levels can divide routine into part for endurance

Games to avoid Coach burnout and increase athlete enjoyment.

- Sloth race/obstacle
- Pit Block pass
- Board games (Connect 4, Candyland, Jenga)

Beam- Balance, Posture, Confidence

Complex should involve static holds for strong relevé and core activation, active flexibility (battements), motor skills (hop, jump, run, walk) and review root skills.

Use your routine to guide your warm up.

Example: Xcel Silver routine

- Half turn on one foot with arms in middle crown
- Split jump
- Handstand
- Side handstand dismount

Motor skill pass...

Turn drill pass...

Jump drill pass...

Handstand shaping pass...

Other...

Games!

1. Simon Says with arm positions
2. Walking complex to music
3. Barre workout using high beam for balance
4. Over/Under
5. Seasonal additions to your complex with rewards for creativity

Floor- Punching, Shaping, Dance work

This event is where I like to include handstand and/or press handstand warm ups. Remember that they will have plenty of stations for skills, but we also need artistry. Floor lines or complex are a great way to get your dance done everyday and still have plenty of time for tumbling.

Teach them several ways to line up. Give it a name so they can remember what you mean.

Windows- best for static skills, single skills that don't travel

Pairs or Tris- best for stations, strength, HIIT activities

Lines- best for large groups and basics

Thing to include-

1. Cardio motor skill
2. Rolls
3. Cartwheels
4. Dance drill
 - a. Single leg skip
 - b. Chassé
 - c. Turn prep

Don't forget about using both sides of the body in multiple directions.

Resources you might not know about....

Teachers Pay Teachers, Canva, Tumbl-Trak demo videos

Rec Gym Pros, Happy Gymnastics. (our Canadian coaches are great too!)

YouTube- The PE Specialist, Just Dance, PE with Mr. G, Fitness Marshall

GymnasticsHQ (awesome printables and games)

Yoga anatomy books, Illustrated bargain workout books

Darebee.com for printable/scalable workouts by type and muscle group

Sample Warm-Up for Xcel Silver (5 hours of practice per week)

Monday: Plyo circuit, Ankle strength

Thursday: Cardio with "Sucker"

General Stretch

Vault: Mat push down the runway, 20 high knees on return

Bars: 10's workout

Vacuum cleaners, Single leg lift from L stand, 10am stick hold hollow rocks

Modified chin hold, Spotting block support shrugs, Stress ball squeeze

Beam: Motor Skill Mash Up (even number of beams)

Walk, run, jump, skip- perform a stick off each beam

Return to the beginning with a coach assisted relevé walk arms side middle

Floor: Artistic (Synchronized) Swimming on Floor

Stand feet parallel arms low diagonal

Presentation walk three steps and close feet parallel

Tuck forward roll three times in a row to straight stand

Salute

Leave the floor with three steps in unison

The next list of games came from Michelle Kocan at Congress this year. She is the brand ambassador for Tumbi-Trak and I give her 100 percent of the credit for this list 😊

Vault Games

121. Motorcycle Jump and Land: Teach players a safe landing shape by showing them how to land with knees bent, arms neutral, feet facing forward., as if they are riding on a motorcycle.
122. Evil Kenevil: Set up jump and land from different heights and over obstacles
123. Relay Races: Use the length of the runway to race.
124. Dog sled Races: Place a panel mat on the runway, with a few players sitting on top. Other players push the mat down the runway. Switch places so all players have a chance to push.
125. Sitting Slider Pulls: One student sits on slider, other student uses a rope to pull slider down the runway.
126. Sitting Slider Pushes: One student sits on slider, other student pushes from behind.
127. Handstand Hops: Use the Tumbi Trak to see how many hops you can get in a row!
128. Handstand Stair Walk: Vary panel mat heights to see how many steps student can walk up in handstand.
129. Slip and Slide: Place a parachute on an incline.
130. Nascar Crashes: Set up an inclined soft mat stack at the end of the vault runway. Have students run full speed down the runway, “splatting” onto the mat stack.

Bar Games

132. Hanging: Two hands -Two Feet
133. Hanging: Two hands – One Foot
134. Hanging: One hand – Two Feet
135. Hanging: Ski lift – bend knees while hanging from hands and give stuffed animal a lap ride.
136. Balloon Kick: In partners, one student hangs from the bar. Partner tosses a balloon at the person hanging feet.
137. Bean Bag Basketball: Player hangs from the bar with beanbags near their feet. Player picks up bean bag between feet and lifts legs, tossing the bean bag into a bucket nearby.
138. Backward Bean Bag Basketball: Player hangs from the bar with beanbags near their feet. Player picks up bean bag between feet, lifts legs and tosses bean bag backward, over the bar.
139. Glide Bowling: Place a few bowling pins or cones for player to glide and knock down with their feet.
140. Ring the bell. Traverse the bar in possum, monkey or hanging to ring a bell hung from the opposite end of the bar.
141. Flex arm hang – Beginner: Challenge kids to hold flexed arm hold with feet up on a block for as long as they can
142. Flex arm hang – Intermediate: Place a block lower for feet, increasing the challenge for flexed arm hang.
143. Pass the Block (or stuffed animal) A few players hang from the bar. End player has a large stuffed animal held by the feet. Players pass the animal sideways to another player’s feet.
144. Windshield Wipers: Hang from the bar with body piked and toes close to the bar. Move toes side to side making a windshield wiper action.

145. Around the Clock: Hang from the bar with legs at 6 o'clock". Move legs sideways and around the clock in a full circle. Repeat in a counter clockwise direction.
146. What time is it? As player hangs with legs at 6 o'clock, player ask teacher "What time is it" Teacher responds 3 o'clock. Player does a leg lift toward 3 o'clock the returns to 6 o'clock. Repeat with different times!
147. Pull UP contest: Include modified versions to increase success!
148. Leg Lifts: How many correct leg lifts in a row? Team level : timed for 30 seconds. – leg lifts are straight legs, toes touching the bar. Rec level: legs do not have to be straight.
149. Air Tag: In a bar station with many bars, choose a tagger. All players must keep feet off the ground, by hanging on a bar. If player is on the ground, they can be tagged.

Balance Beam Games

102. Solo Toss and Catch: Kids stand on beam while tossing and catching an item (bean bag, stuffed animal, ball...)
103. Partner Toss and Catch: Across Beams, or on the same beam.
104. Hoola Hoop Jumping: How many jumps in a row?
105. Beam Obstacle: Have teams race while hurdling/climbing over the balance beams.
106. Beam Stalders: How many stalders can you do under the beam?
107. Pike Around: Have kids hold pike shape in various positions around the beam (under, lying over...)
108. Long Jump Challenge: How far can you do a standing long jump down the beam?
109. Beam Obstacles: Place various obstacles on the beam to cross over.
110. Hokey Pokey: Yes, on the beam!
111. Macarena: Fun for the kids?
112. Beach ball Volleyball: How many hits can the group make before the ball touches the ground?
113. Beam Basketball: Place a bucket near the beam and make as many baskets as you can.
114. Trading Spaces: Players must switch from one side of the beam to the other – without touching the group.
115. Pull Overs under the beam to front support on top.
116. Monkey Hangs: Traveling the beam underneath!
117. Sloth hangs: Like monkey hangs but slower!
118. Split under the beam (Paulette): Do a split under the beam!
119. Animal Slithers: Practice moving on the beam at different levels in animal shapes! Bear walks, crawling, crab walking, slithering are all great options for balance awareness!
120. Make Believe balance beam: 1) Place plastic flowers on one end of the beam and a stuffed animal on the other... Give the student fairy wings and a basket and let her carry flowers to the stuffy, one at a time. 2) Place small items (nuts, washers, small round rocks) on one end of the beam and have students transport via toy dump truck to the other end where a bucket waits.