

Understand > Teach fill-in-the-blank skill template

<p>Identify skill:</p> <p>(sequence drawing of skill)</p>		<p>Biomechanics</p> <p>(✓ and label phases of drawing with the most important DMPs)</p> <p>✓<input type="checkbox"/> Static?</p> <p>✓<input type="checkbox"/> Landing?</p> <p>✓<input type="checkbox"/> Locomotion?</p> <p>✓<input type="checkbox"/> Spring?</p> <p>✓<input type="checkbox"/> Rotation?</p> <p>✓<input type="checkbox"/> Swing?</p>
<p>PBAs & Conditioning</p>	<p>Progressions</p>	<p>EDC&C</p>
<p>(✓ the most important actions & give an example conditioning drill for each action you choose)</p> <p>✓<input type="checkbox"/> tight body alignment?</p> <p>✓<input type="checkbox"/> trunk flexion / ext.?</p> <p>✓<input type="checkbox"/> hip flexion/extension?</p> <p>✓<input type="checkbox"/> shoulder flexion / ext.?</p> <p>✓<input type="checkbox"/> spring from legs?</p> <p>✓<input type="checkbox"/> spring from arms?</p> <p>✓<input type="checkbox"/> other?</p>		<p>(list common errors, usual causes, & possible corrections)</p>

For your information ...

This template was used in Canadian coach education courses as a quick & easy way for coaches to explain how they teach gymnastics skills.

After filling in the template, alone or in groups, coaches present their approach for feedback.

Rick McCharles