

Pommel Horse through the levels

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SKILLS AND DRILLS FOR EACH LEVEL

- Freshman: Hit the event often for short periods of time.
 - Stations are key with a large amount of kids
 - Delta swings
 - Walk around
 - Mushroom circles
 - Flank circles/flank mount
 - Sled (just showing positions)
 - Side planks extending the top leg
 - Skills
 - Leg travels
 - False scissor/scissor drills
 - Loop on and off (leads to circle loops and walk arounds)
 - Scissor half only if done correctly
 - Coaches' notes
 - Supervision is a must (use your specialist to help coach)
 - Excitement is a must (kids will eventually like this event if you show interest)
 - Six skills done well are better than ten terrible ones.
 - Two fluid scissors are a must at this level.
 - Watch out for change in direction
- Sophomores: Smaller groups more time
 - Stations are still good at the beginning moving toward lists of things to get done.
 - Warm up with delta swings
 - 2 X false scissor, scissor, false scissor, scissor
 - Mushroom circles
 - Flank circles
 - Circles
 - Downhills
 - Skills
 - Scissor, scissor, scissor half (with rhythm)
 - Mount with two center circles (meets a requirement)
 - Downhill loop around
 - Start playing with a travel down
 - Start playing with a front or rear pick up
 - Coaches' notes
 - Circles in the middle is a major goal (once they can swing they will like the event more)
 - Downhill loop around is a secondary goal
 - Anything beyond that is a bonus
 - Start walking while doing sled (hand position is important)
 - Wrist maintenance important (stretches and exercises)

- Juniors: Should be working out with the varsity and fighting for a spot
 - Stations (done)-homework lists with what needs to be accomplished (time limits)
 - Warm up with 5 consecutive scissors
 - 5 circles in uphill, downhill and center
 - Front pick ups into a skill (travel, front out, etc.)
 - 2 and 3 trick combinations (ex. travel down loop off)
 - Skills
 - Scissor, scissor pickup into circles (front is better than rear)
 - Scissor full (It's a C)
 - Uphills
 - Circle travel down loop around/ off
 - Jump moore circle, moore or travel down
 - Front out loop around/ off
 - Russian walk around out of a loop or uphill
 - Coaches' notes
 - Push juniors to compete at the varsity level even for a meet
 - 6-B routines with all requirements meet is a good goal
 - The harder you work are this year the more fun they can have their senior year
- Seniors: Should hopefully be in shape when season begins.
 - Stations (done)-same as Junior year
 - Skills
 - Back travel Russian (C + C) or (C+B+B)
 - Front out Russian (C + C) or (B+B+B+B)
 - Moore circle Moore (C) or (B+B)
 - Travel down loop around Russian (B+C) or (B+B+B)
 - Begin playing with back (discussed later)
 - Coaches' notes
 - Start with a base set that can be easily added upon
 - Moore, moore, travel down, loop around, Russian can be upgraded to bailey, moore, travel down, loop around Russian.
 - Construct a routine that is the easiest for the gymnast (obviously)
 - Use combinations twice.

DEVELOPING VARSITY ROUTINES AND PHILOSOPHIES

- Teach skills that build off of one another
 - Downhill loop around to uphill
 - Leads to moores in the center (high Bs)
 - Also leads to travels downs because it teaches a gymnast to post up on their left arm (clockwise) and turn their hips under.
 - Loop around, uphill, Russian walk around
 - Leads to front out loop off / on (B + B) or C
 - Also options for C dismounts (Russian or Front out)
 - Further, nice building blocks for a Tong Fei or Wu (D)

- Back loop, back loop (C) or front loop, front loop (B) & pommel mushroom circles
 - Leads to center circles, pommel loop, back loop, back loop, Russian (C + C + C)
 - Also Baileys (moore, pommel loop, finish the moore)
 - Further direct stockli B (downhill, pommel loop, finish the moore to the center).
 - Finally Magyar travels
- Specialists are a must (horse is the special teams of gymnastics)
 - 1 to 2 kids from every freshman class. Typically conscientious students who work hard.
 - Your upper classman specialists can help you run drills with your freshman (they don't need 3 hours of practice)
 - 2 per year guarantees four upper classman horseman per year.
- Training and Goals
 - Horse guys will practice like they compete (routines galore)
 - Start with hitting halves
 - Cold routines
 - Pressure sets
 - KISS
 - You don't need to do big tricks to win meets (at the team level)
 - 24.0 can be achieved without big tricks

QUESTIONS OVER TECHNIQUES.