
Easy Drills for Twisting Skills

“**Easy Drills for Twisting Skills**” is a FUNdamental progression system that coaches can use to teach twisting skills in their recreational classes. Almost all of the drills are appropriate for and could be performed by 6-year-old beginning gymnasts up through adults. This is a comprehensive list of drills to be performed at various stations: floor exercise, mat stations, and trampoline. This system has proven very effective but is by no means the “end-all” list of possible progressions. If you have any other drills that you have used that have worked well, please contact me so I can add your suggestion to this list.

Dominance Drills

1. Eye
2. Thumb
3. Hand
4. Arm
5. Head
6. Jump
7. Cartwheel

Floor Exercise

1. Jump ½ turn – dominant direction
2. Jump full turn – dominant direction
3. Jump ½ turn – non-dominant direction
4. Jump full turn – non-dominant direction
5. Hollow position on back on floor, arms overhead, roll over to stomach
6. Hollow position on back on floor, arms overhead, full roll over to back hollow
7. Forward roll, jump ½ turn – dominant direction
8. Forward roll, jump ½ turn – non-dominant direction
9. Backward roll, jump ½ turn – dominant direction
10. Backward roll, jump ½ turn – non-dominant direction
11. Forward roll, jump full turn – dominant direction
12. Forward roll, jump full turn – non-dominant direction
13. Backward roll, jump full turn – dominant direction
14. Backward roll, jump full turn – non-dominant direction
15. Forward roll, jump ½ turn – dominant direction, immediate backward roll
16. Backward roll, jump ½ turn – dominant direction, immediate forward roll
17. Forward roll, jump ½ turn – non-dominant direction, immediate backward roll

18. Backward roll, jump ½ turn – non-dominant direction, immediate forward roll
19. Forward roll, jump full turn – dominant direction, immediate forward roll
20. Backward roll, jump full turn – dominant direction, immediate backward roll

Floor Exercise

1. Kick or jump to handstand, fall forward to belly flop on crash mat
2. Kick or jump to handstand, fall forward, ½ turn to back drop on crash mat
3. Kick or jump to handstand, fall forward, full turn to front drop on crash mat
4. Kick or jump to handstand, fall backward to back drop on crash mat
5. Kick or jump to handstand, fall backward, ½ turn to front drop on crash mat
6. Kick or jump to handstand, fall backward, full turn to back drop on crash mat
7. Back extension roll to handstand, fall forward to belly flop on crash mat
8. Back extension roll, handstand, fall forward, ½ turn to back drop on crash mat
9. Back extension roll, handstand, fall, full turn to front drop on crash mat
10. Back handspring to handstand, fall forward to belly flop on crash mat
11. Back handspring to handstand, fall forward, ½ turn to back drop on crash mat
12. Back handspring to handstand, fall, full turn to front drop on crash mat
13. Back handspring to handstand, fall forward to push-up position on crash mat
14. Back handspring to handstand, fall, full turn to push-up position on crash mat

Mat Stations (stacked mats or blocks)

1. Back extension roll to handstand, fall forward to rebound push-up position
2. Back extension roll, handstand, fall, full turn to rebound push-up position
3. Back handspring to handstand, fall forward to rebound push-up position
4. Back handspring to handstand, fall, full turn to rebound push-up position
5. Back extension roll to handstand, fall forward to hollow position stand
6. Back extension roll, handstand, fall, full turn to rebound hollow position stand
7. Back handspring to handstand, fall forward to hollow position stand
8. Back handspring to handstand, fall, full turn to hollow position stand

Trampoline / TumbITrak

1. Back drop, full turn, back drop
2. Front drop, full turn, front drop
3. Back drop pullover, bounce, full turn
4. Back tuck, bounce, full turn
5. Back tuck, full turn
6. Back salto (open tuck or layout) with half twist
7. Back salto (open tuck or layout) with $\frac{3}{4}$ twist
8. Back salto (open tuck or layout) with full twist

A Few Suggestions

1. Safety Always!
2. Be aware of potential use areas where an athlete may fall and make sure every area and station is properly matted so as to avoid injury.
3. Beware of unsupervised activities through, around, anywhere near your class.
4. At no time should any athlete be out of your field of vision.
5. Do not allow athletes to attempt skills before they have mastered all lead up skills and are properly prepared (physically, mentally, and emotionally) for the next drill.
6. Avoid “Paralysis By Analysis.” At the beginning levels of learning, worry less about technique and more about the process. Let the student experience the natural desire to swing and let them explore the movements. Form and execution can be addressed as the comfort level of performance increases.
7. Keep vigilant for signs of fatigue. Some of these drills are so much fun for the athletes that they may want to continue when they should stop.
8. Try to engage the athletes in having fun and help instill the desire to learn. Remember to teach the child and not the skill.
9. Use visual cues whenever possible. Give the student something to look for.
10. A good reinforcement drill

NOTES: