



THE IDEAL MODEL

- What are the Ideal Models?**
- How does this relate to your coaching?**
- How do athletes achieve an Ideal Model?**



GymMix

Lesson Plan Builder
(Gymnastics Australia)

IDEAL MODELS

Basic Positions



STRAIGHT POSITION

KCP (Key Coaching Points)

- Tight, straight body position.
- Legs straight and squeezed together.
- Toes pointed.

What coaching points would you give the athlete in the illustration?



TUCK POSITION

KCP

- Knees bent, legs close to chest.
- Hands on shins.
- Head in neutral
- Toes pointed.

What coaching points would you give the athlete in the illustration?

STRADDLE POSITION



KCP

- Legs straight and horizontal.
- Chest and eyes up, head in neutral.
- Hands on shins.
- Toes pointed.

What coaching points would you give the athlete in the illustration?



PIKE POSITION

KCP

- Legs straight and squeezed together.
- Head in neutral.
- Hands on shins.
- Toes pointed.

What coaching points would you give the athlete in the illustration?

IDEAL MODELS

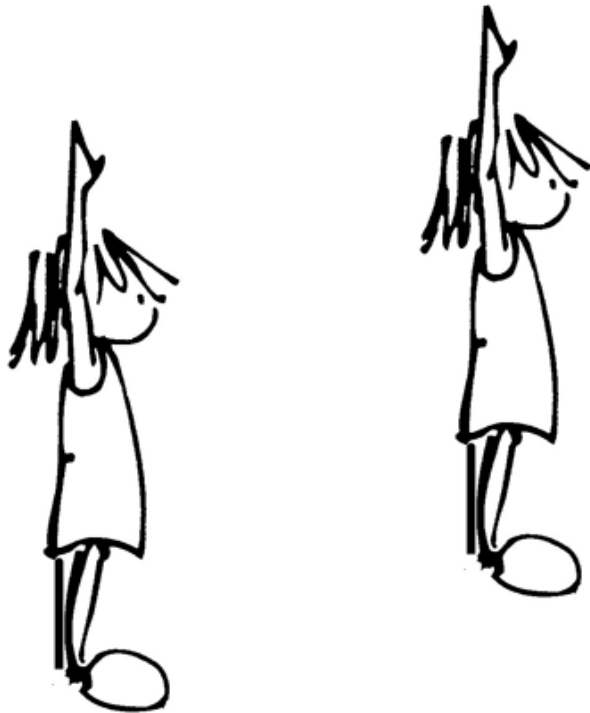
Basic Jumps



TUCK JUMP

KCP

- Strong vertical start
 - Arms straight and raised.
 - Legs squeezed and together.
 - Toes pointed.
- Fast tuck shape
 - Knees bend into chest.
 - Head neutral.
 - Hands touch shins.
- Extension to straight shape.
- Vertical finish.



STRADDLE JUMP

KCP

- Strong vertical start
 - Arms straight and raised.
 - Legs squeezed.
 - Toes pointed.
- Fast straddle shape
 - Legs straight and horizontal.
 - Head neutral.
 - Hands touch shins.
- Extension to straight shape.
- Vertical finish.



PIKE JUMP

KCP

- Strong vertical start
 - Arms straight and raised.
 - Legs squeezed.
 - Toes pointed.
- Fast pike shape
 - Legs straight and toes pointed.
 - Head neutral.
 - Hands touch shins.
- Extension to straight shape.
- Vertical finish.



Extensions

The ideal model of every basic jump involves a vertical start and finish using a basic formula of;

Straight – SHAPE – Straight

This is called an extension or 'kick-out' and is a basic component of every somersaulting skill. It is vital that we teach our athletes their basic jumps using this technique so they are better prepared when learning more advanced skills.

The 3 Phases

There are three phases to every jump.

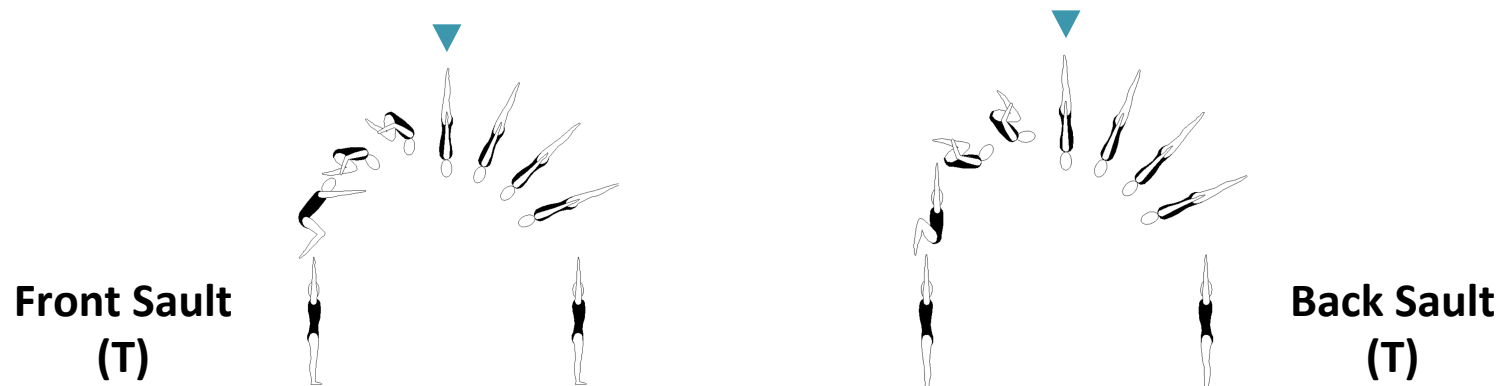
- The **Take-Off** Phase
- The **Flight** Phase
- The **Landing** Phase

This directly relates back to the positions of a basic jump.

Straight – SHAPE – Straight
Take-Off – Flight – Landing

Extensions

Extensions should always take place at the top of the **flight** phase of every skill. This is the **apex** or the **highest point** of the jump.



In somersaults, this is at inverted vertical or when the feet are pointed towards 12 o'clock.



EXTENSIONS

KCP

- Sharp transition to straight shape.
- Tight, straight body position.
- Arms held straight by side.
- Legs squeezed together.
- Head in neutral.

IDEAL MODELS

Landing Shapes

KCP: SEAT LANDING

Vertical start,
straight body position

Chest and shoulders
held upright

Hands flat with fingers
pointing forward

Arms straight and
raised tall

Eyes focused towards
end of flyway

Arms and shoulders
raise, hips open

Core squeezed

Hips bend, toes lift up

Toes pointed

Legs straight and
squeezed together

Arms snap down to
side, hands by hips

Vertical finish,
straight body position

KCP: BACK LANDING

Vertical start,
straight body position

Legs straight and
squeezed together

Leg position held off
bed

Arms straight and
raised tall

Toes pointed

Extend through toes
to straight position

Hips bend, toes lift up

Shoulders and hip land
simultaneously

Core squeezed

Eyes focused towards
end of flyway

Back flat on bed, legs
and arms squeezed

Vertical finish,
straight body position

KCP: FRONT LANDING

Vertical start,
straight body position

Eyes focused towards
end of flyway

Strong push from
arms, shoulders raise

Arms straight and
raised tall

Elbows bend, hands
raise to below chin

Core squeezed, body
remains straight

Hips open, toes push
back

Body lands flat, slight
bend at the knees

Vertical finish,
straight body position

Head in neutral



**But why does
it matter?**

Ideal Models in Context

Ideal models are the best possible version of the skill, they have no deductions. Skills that do not use the ideal technique will incur deductions.

Due to new guidelines brought in with the 2017-2020 Code of Points, athletes now have a very small margin for error when passing levels. This means that if an athlete wants to pass a level, they can only afford to incur a very small amount of deductions. It is therefore in the best interest of every athlete to train the ideal model.

Level 1 Trampoline Routine

Pass Score: **Execution $\geq 8.9/10$**
HD ≥ 9.5

Level 2 Trampoline Routine

Pass Score: **Execution $\geq 8.3/10$**
HD ≥ 9.2

How do we achieve the Ideal Model?

1. Awareness

The athletes need to know what they should be aiming to do. If they don't know, they're never going to get it right.

2. Conditioning

The athletes must be physically able to perform the skill, this means they must be strong enough, flexible enough and have enough time (can jump high enough).

3. Practice and Repetition

The athletes need to have the opportunity to remember what it feels like to perform the ideal model. Additionally, they need to be reminded to practice the ideal model every time they train.

How do we achieve achieving the Ideal Model?

1. Awareness

Progressions and Preparation: Explain the movement to the athlete using lead up drills, breaking each skill down into its basic elements, so they can understand how their body should move.

Demonstration: Use senior athletes to show what a good/bad/ideal position looks like.

Competition: Have the athletes show you their best positions, give them a score out of ten and let them know what they need to do to improve, repeat this until they are performing the ideal model.

How do we achieve achieving the Ideal Model?

2. Conditioning

Identify Areas of Weakness: Choose conditioning exercises based on the areas where the athlete has the most room for improvement.

Make it fun: Conditioning doesn't have to be boring. Lots of conditioning exercises can be turned into games and competitions. For static conditioning (e.g. plank hold or wall sit), you can always use things like trivia questions or riddles to keep the athletes preoccupied.

How do we achieve achieving the Ideal Model?

3. Practice and Repetition

Reinforcement: Once the athlete knows the ideal model, don't let them forget it. Don't let them be lazy. Reinforce good positions and call out bad ones. Tell them they know how to do it properly, ask them if that was the best that they could do.

Make it fun: Get the athletes to compete against each other. Who does the best? Ask them to judge and coach each other. What could this athlete have done better?

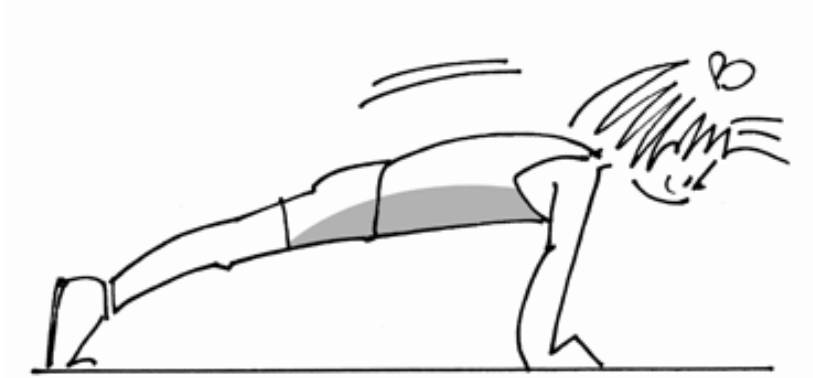
**So...
let's talk about**

CONDITIONING

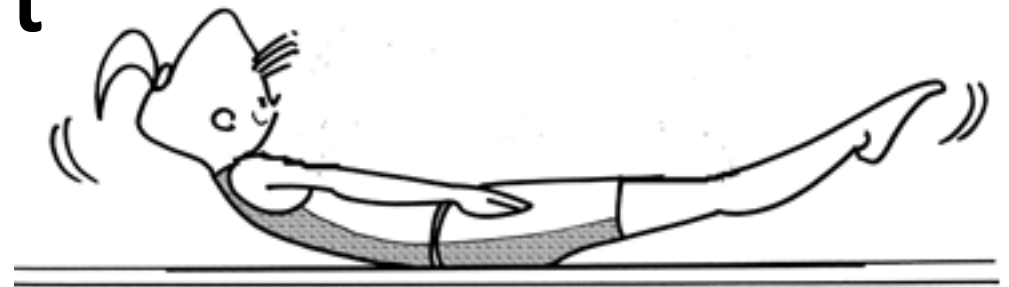


Conditioning

The Straight Shape



Front and Back Support



Dish and Superhero Hold

Statics

Plank Hold



Long Plank



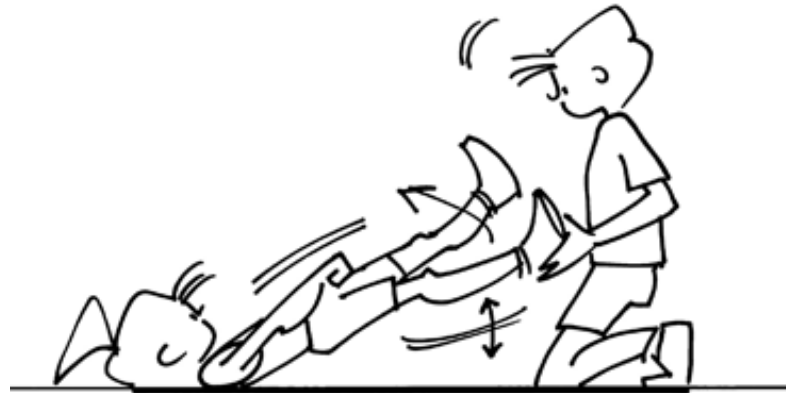
Handstand Hold

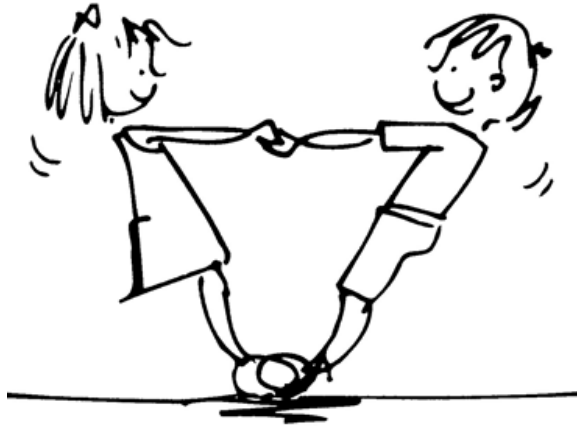
Statics



Body Tension Exercise

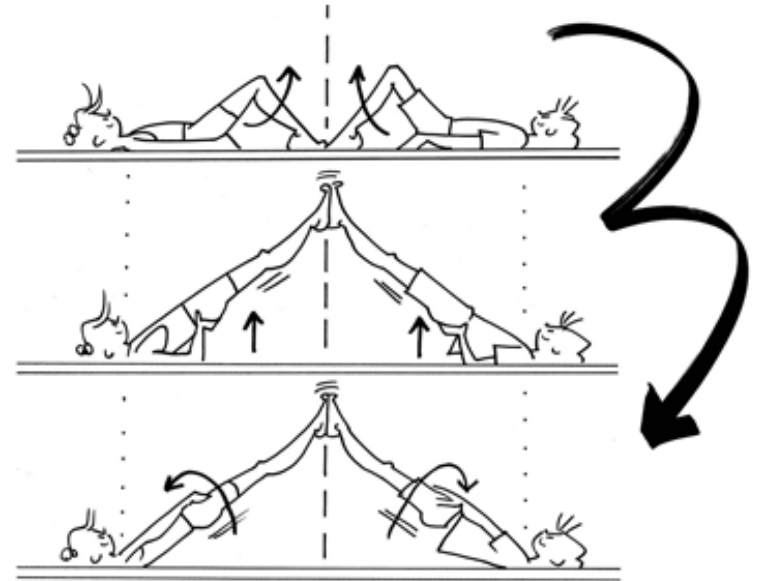
Partner Work





Counter Balance

Partner Work



Supporting Balance



Front Support Balance

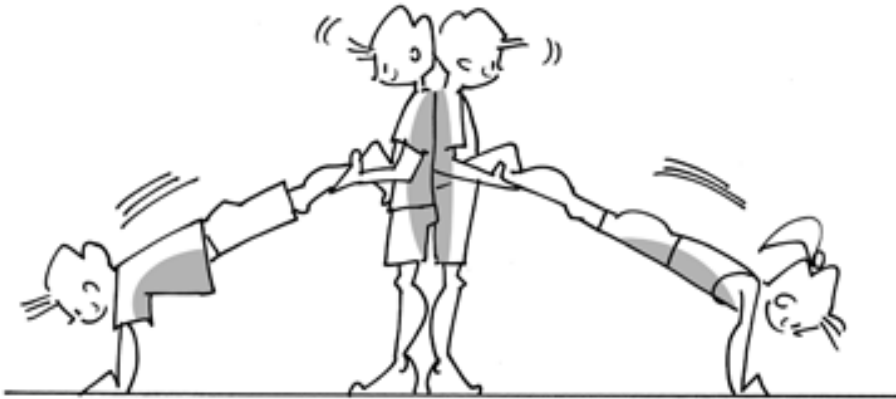


Standing Caterpillar

Partner Work



Front Support Hi-Five

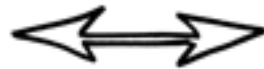


Partner Front Support

Partner Work



Front Support Body Tension



Truck Walk

Partner Work

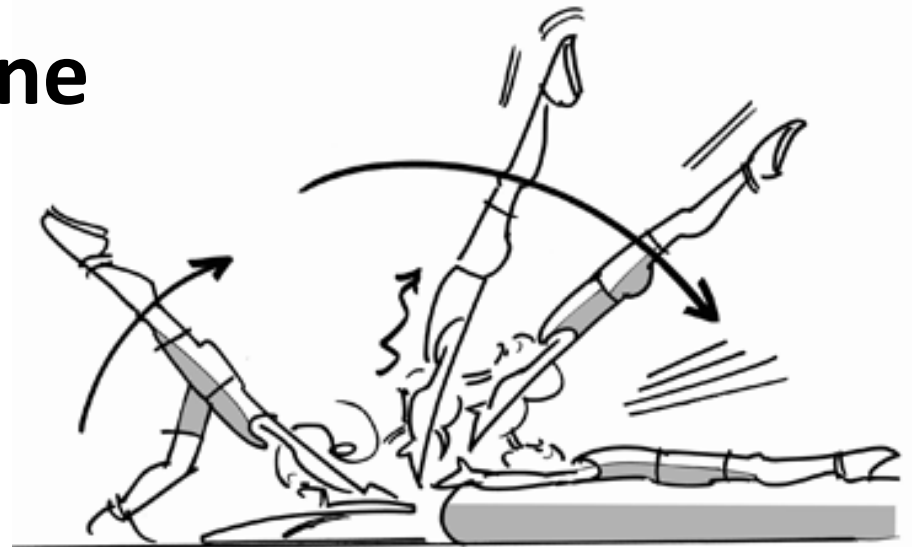


Climb Through

Handstand Fall to Front Support

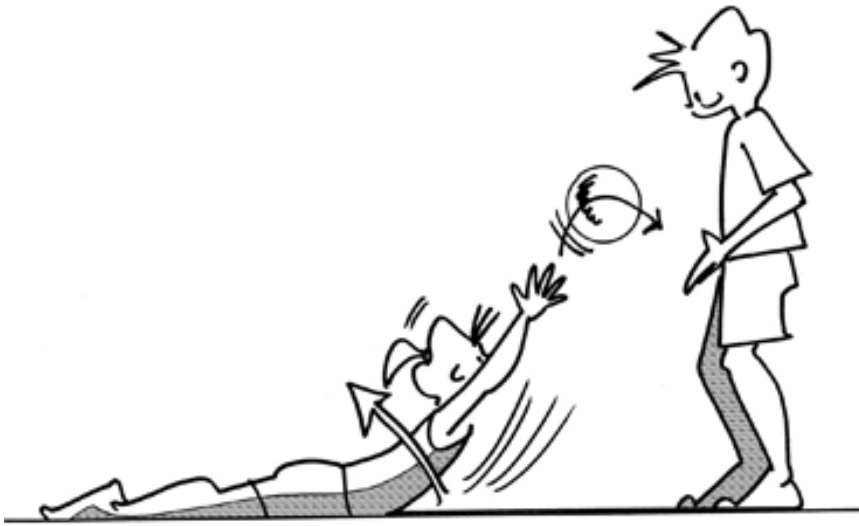
Straight Jumps Along Line

Falling Tree



Dynamics

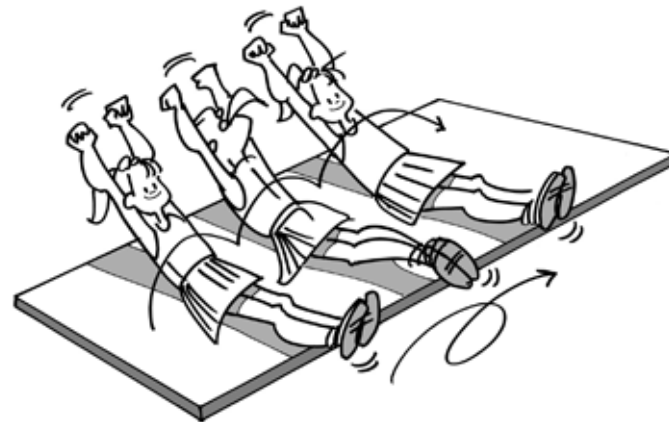
Handstand Flatback



Seal Toss

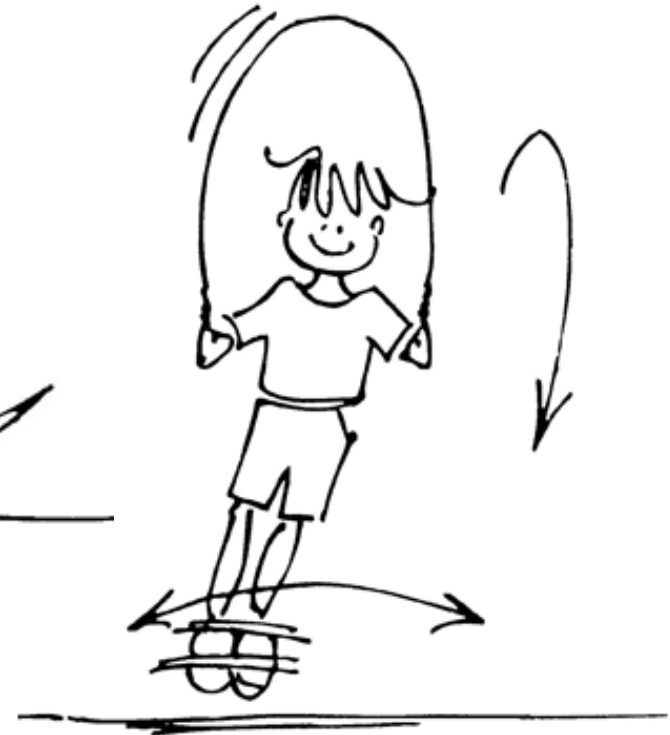


Dish/Superhero Rocks



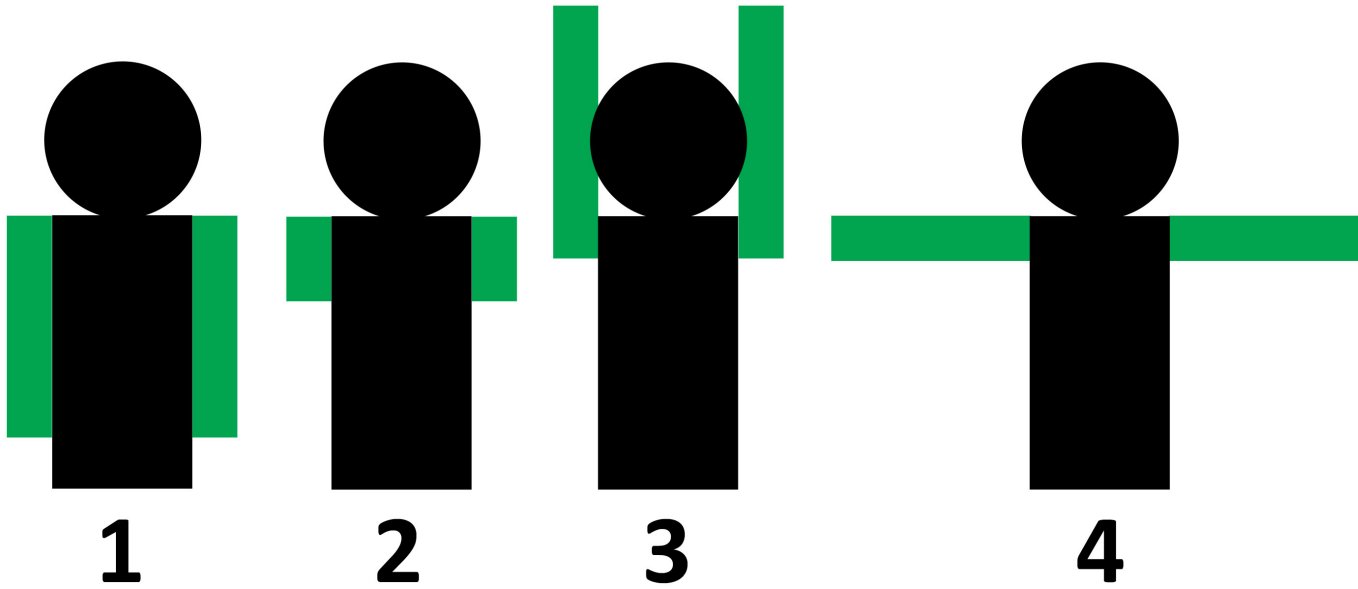
Log Rolls

Dynamics



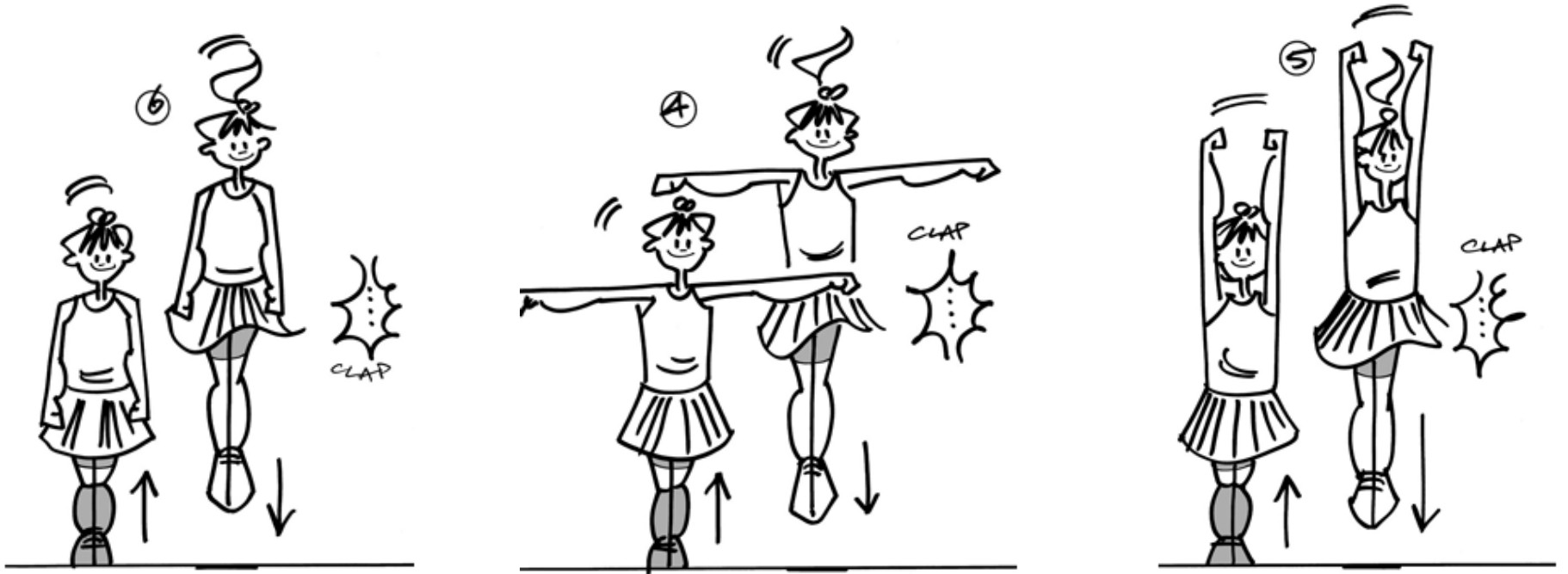
Dynamics

Skipping



Arm Sectioning

Technique



Pogo Jumps on Floor/Trampoline

Technique



Punch Straight Jump

Technique

Gainer to Flatback



**Straight Jump
On Single Mini**



Lots of Straight Jumps

Technique



Conditioning For The Straight Shape

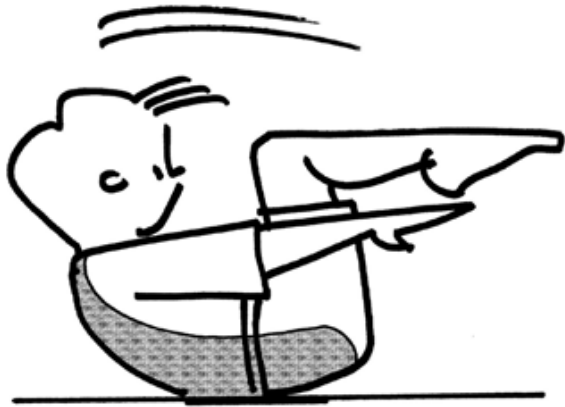
1. Front Support
2. Back Support
3. Dish Hold
4. Superhero Hold
5. Plank Hold
6. Long Plank
7. Handstand hold
8. Partner Body Tension Exercise
9. Straight Body Counter Balance
10. Candlestick Supporting Balance
11. Front Support Partner Balance
12. Standing Caterpillar
13. Front Support Hi-Five
14. Partner Front Support
15. Front Support Body Tension
16. Truck Walk
17. Climb Through
18. Straight Jumps Along Line
19. Falling Tree
20. Handstand Flatback
21. Handstand Fall to Front Support
22. Seal Toss
23. Dish Rocks
24. Superman Rocks
25. Log Rolls
26. Skipping
27. Arm Sectioning
28. Pogo Jumps
29. Punch Straight Jump
30. Straight Jump on Single Mini
31. Gainer to Flatback
32. Straight Jump off Raised Surface

FLOOR	TUMBLING
Activity 1: Positions	Activity 1: Tumbling
Demonstrate the following static positions on floor.	Walking on White Line
➤ Tuck <input type="checkbox"/>	➤ Forwards <input type="checkbox"/>
➤ Straddle <input type="checkbox"/>	➤ Backwards <input type="checkbox"/>
➤ Pike <input type="checkbox"/>	➤ Side to Side <input type="checkbox"/>
➤ Seat <input type="checkbox"/>	5 Straight Jumps Forwards <input type="checkbox"/>
➤ Hands and Knees <input type="checkbox"/>	5 Straight Jumps Side to Side <input type="checkbox"/>
➤ Motorbike Check <input type="checkbox"/>	
Activity 2: Coordination	5 Beginner Bunny Hops <input type="checkbox"/>
Forward Arm Circles <input type="checkbox"/>	Log Roll in slow motion <input type="checkbox"/>
Backward Arm Circles <input type="checkbox"/>	5 Assisted Rock n Rolls <input type="checkbox"/>
Pogo on Floor <input type="checkbox"/>	Assisted Forward Rolls <input type="checkbox"/>
Activity 3: Balance	Activity 2: Hurdling
Balance Sequence	Standing Hurdle <input type="checkbox"/>
➤ Move raised leg to point toe out in front <input type="checkbox"/>	Running Hurdle <input type="checkbox"/>
➤ Move leg to point toe behind <input type="checkbox"/>	
➤ Stand on two feet together <input type="checkbox"/>	
➤ Repeat on other leg <input type="checkbox"/>	
Bosu Ball	
➤ Stand on two feet with eyes open; hold for 10 seconds. <input type="checkbox"/>	
➤ Stand on one foot with eyes open; hold for 3 seconds. <input type="checkbox"/>	
➤ Stand on other foot with eyes open; hold for 3 seconds. <input type="checkbox"/>	
➤ Stand on two feet with eyes closed; hold for 5 seconds. <input type="checkbox"/>	
Activity 4: Cardio	TRAMPOLINE
3 Tuck Jumps in a row on a crash mat <input type="checkbox"/>	Activity 1: Bouncing and stopping
5 Star Jumps in a row on floor <input type="checkbox"/>	5 Pogo Jumps <input type="checkbox"/>
5 ½ Twist Jumps on floor <input type="checkbox"/>	Stopping <input type="checkbox"/>
	5 Straight Jumps <input type="checkbox"/>
Activity 5: Core Strength	COACH NAME
Hold the following static positions on floor for 5 seconds, break for 15 seconds, x 3.	COACH SIGNATURE
➤ Dish <input type="checkbox"/>	DATE
➤ Plank on hands <input type="checkbox"/>	

FLOOR	TUMBLING
Activity 1: Flexibility	Activity 1: Tumbling
Hold the following static stretches on floor for 5 seconds.	Walking on White Line
➤ Straddle <input type="checkbox"/>	➤ Forwards <input type="checkbox"/>
➤ Pike <input type="checkbox"/>	➤ Backwards <input type="checkbox"/>
	➤ Side to Side <input type="checkbox"/>
Activity 2: Coordination	Jumping on White Line Backwards <input type="checkbox"/>
Backward Arm Circles Positions 1, 2, 3, 4 <input type="checkbox"/>	Jumping off Box Backwards <input type="checkbox"/>
Activity 3: Balance	5 Bunny Hops <input type="checkbox"/>
Balance Sequence	5 Sideways Bunny Hops <input type="checkbox"/>
➤ Move raised leg to point toe out in front <input type="checkbox"/>	5 Log Roll <input type="checkbox"/>
➤ Move leg to point toe out to side <input type="checkbox"/>	Seal Walk <input type="checkbox"/>
➤ Move leg to point toe behind <input type="checkbox"/>	5 Rock n Rolls <input type="checkbox"/>
➤ Stand on two feet together <input type="checkbox"/>	Forward Rolls <input type="checkbox"/>
➤ Repeat on other leg <input type="checkbox"/>	Assisted Backward Rolls <input type="checkbox"/>
Bosu Ball	
➤ Stand on two feet with eyes open; hold for 15 seconds. <input type="checkbox"/>	
➤ Stand on one foot with eyes open; hold for 5 seconds. <input type="checkbox"/>	
➤ Stand on other foot with eyes open; hold for 5 seconds. <input type="checkbox"/>	
➤ Stand on two feet with eyes closed; hold for 7 seconds. <input type="checkbox"/>	
Activity 4: Cardio	TRAMPOLINE
6 Tuck Jumps in a row on a crash mat <input type="checkbox"/>	Activity 1: Timed Bouncing
Activity 5: Core Strength	Perform the following sets of Basic Skills on Tramp.
Hold the following static positions on floor for 10 seconds, break for 30 seconds, x 3.	➤ 10 Straight Jumps <input type="checkbox"/>
➤ Dish <input type="checkbox"/>	➤ 2 Tuck Jumps <input type="checkbox"/>
➤ Superman Dish <input type="checkbox"/>	➤ 2 Straddle Jumps <input type="checkbox"/>
➤ Plank on Hands <input type="checkbox"/>	➤ 2 Pike Jumps <input type="checkbox"/>
➤ Plank on Swiss Ball under knees <input type="checkbox"/>	
➤ Self-Supported Plank <input type="checkbox"/>	COACH NAME
➤ Flat Back Plank Leg Lift <input type="checkbox"/>	COACH SIGNATURE
3 Thorny Devil Walks <input type="checkbox"/>	DATE
3 Slow Tuck Snaps <input type="checkbox"/>	
3 Falling Tree <input type="checkbox"/>	

Conditioning

The Tuck Shape



Tucked Dish Hold



Tucked Handstand Hold



Tuck Hold

Statics



Partner Tuck Handstand

Partner Work



Rock and Roll to Stand



Rock and Rolls

Dynamics



**Tuck Jumps on
Crash Mat**



**Forward Roll
(And Backward Roll)**

Dynamics



Tuck Snaps

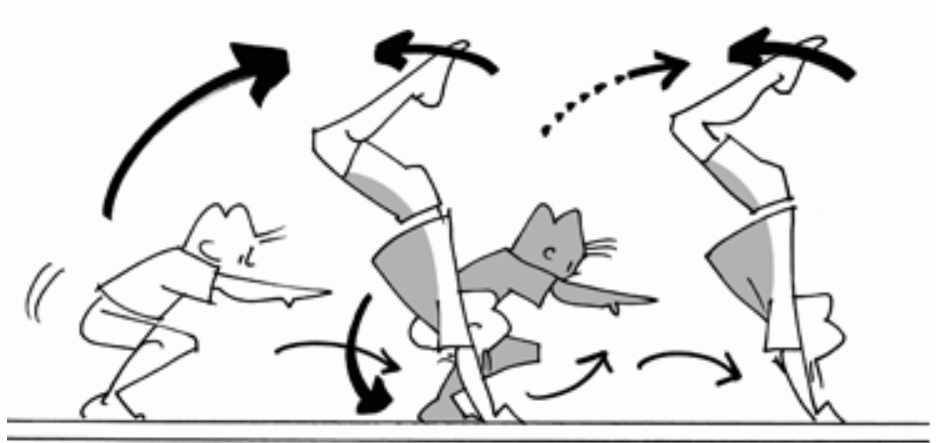


Bunny Hops

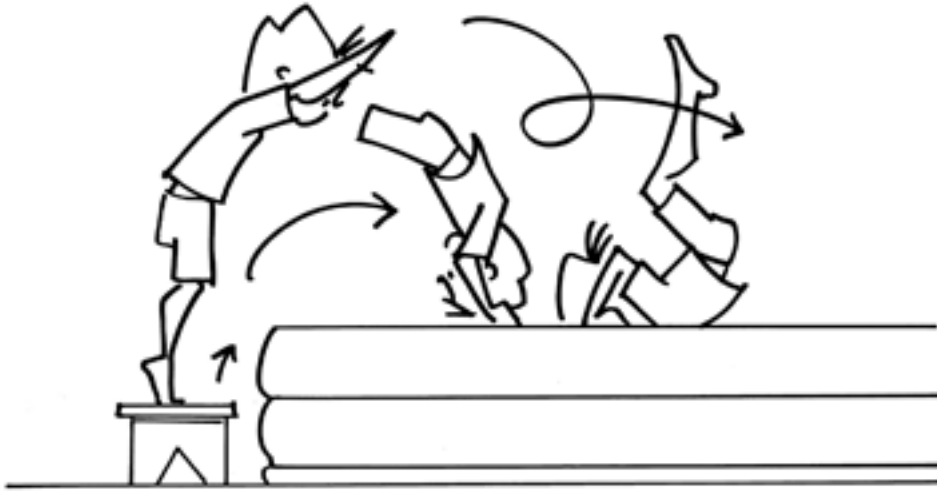
**Bunny Hop to
Handstand**

**Bunny Hop to
Handstand Flatback**

Dynamics



**Donkey Kicks on
Trampoline**



**Forward Roll
to Raised Mats**

**Forward Roll
to Flatback**

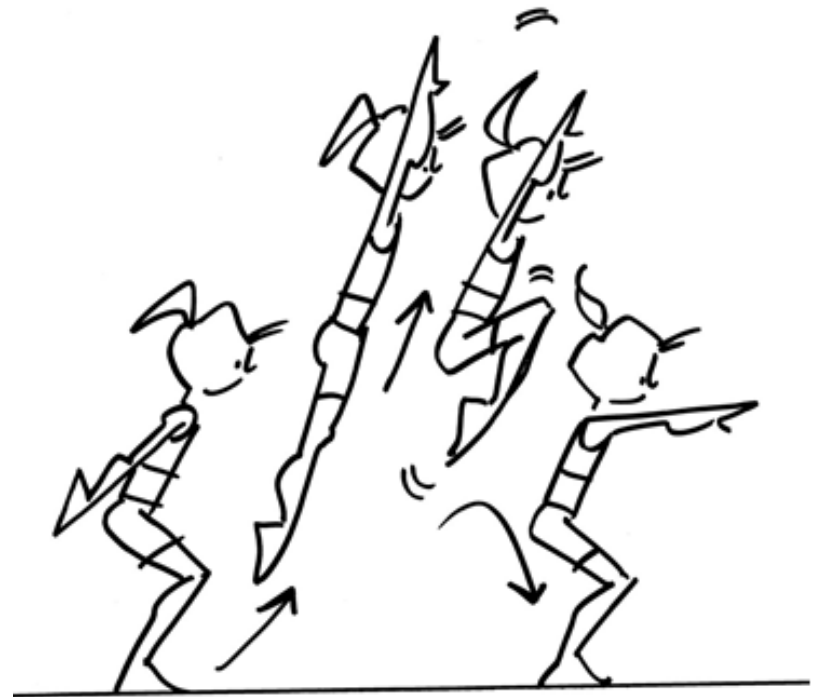
Dive Roll

Dynamics

Roll Ups

Box Jumps

Technique



Lots of Tuck Jumps

FLOOR	TUMBLING
Activity 1: Positions	Activity 1: Tumbling
Demonstrate the following static positions on floor.	Walking on White Line
<ul style="list-style-type: none"> ➢ Tuck <input type="checkbox"/> ➢ Straddle <input type="checkbox"/> ➢ Pike <input type="checkbox"/> ➢ Seat <input type="checkbox"/> ➢ Hands and Knees <input type="checkbox"/> ➢ Motorbike Check <input type="checkbox"/> 	<ul style="list-style-type: none"> ➢ Forwards <input type="checkbox"/> ➢ Backwards <input type="checkbox"/> ➢ Side to Side <input type="checkbox"/> 5 Straight Jumps Forwards <input type="checkbox"/> 5 Straight Jumps Side to Side <input type="checkbox"/>
Activity 2: Coordination	5 Beginner Bunny Hops <input type="checkbox"/>
Forward Arm Circles <input type="checkbox"/>	Log Roll in slow motion <input type="checkbox"/>
Backward Arm Circles <input type="checkbox"/>	5 Assisted Rock n Rolls <input type="checkbox"/>
Pogo on Floor <input type="checkbox"/>	Assisted Forward Rolls <input type="checkbox"/>
Activity 3: Balance	Activity 2: Hurdling
Balance Sequence	Standing Hurdle <input type="checkbox"/>
➢ Move raised leg to point toe out in front <input type="checkbox"/>	Running Hurdle <input type="checkbox"/>
➢ Move leg to point toe behind <input type="checkbox"/>	
➢ Stand on two feet together <input type="checkbox"/>	
➢ Repeat on other leg <input type="checkbox"/>	
Bosu Ball	
➢ Stand on two feet with eyes open; hold for 10 seconds. <input type="checkbox"/>	
➢ Stand on one foot with eyes open; hold for 3 seconds. <input type="checkbox"/>	
➢ Stand on other foot with eyes open; hold for 3 seconds. <input type="checkbox"/>	
➢ Stand on two feet with eyes closed; hold for 5 seconds. <input type="checkbox"/>	
Activity 4: Cardio	TRAMPOLINE
3 Tuck Jumps in a row on a crash mat <input type="checkbox"/>	Activity 1: Bouncing and stopping
5 Star Jumps in a row on floor <input type="checkbox"/>	5 Pogo Jumps <input type="checkbox"/>
5 ½ Twist Jumps on floor <input type="checkbox"/>	Stopping <input type="checkbox"/>
	5 Straight Jumps <input type="checkbox"/>
Activity 5: Core Strength	COACH NAME
Hold the following static positions on floor for 5 seconds, break for 15 seconds, x 3.	COACH SIGNATURE
➢ Dish <input type="checkbox"/>	DATE
➢ Plank on hands <input type="checkbox"/>	

FLOOR	TUMBLING
Activity 1: Flexibility	Activity 1: Tumbling
Hold the following static stretches on floor for 5 seconds.	Walking on White Line
<ul style="list-style-type: none"> ➢ Straddle <input type="checkbox"/> ➢ Pike <input type="checkbox"/> 	<ul style="list-style-type: none"> ➢ Forwards <input type="checkbox"/> ➢ Backwards <input type="checkbox"/> ➢ Side to Side <input type="checkbox"/>
Activity 2: Coordination	Jumping on White Line Backwards <input type="checkbox"/>
Backward Arm Circles Positions 1, 2, 3, 4 <input type="checkbox"/>	Jumping off Box Backwards <input type="checkbox"/>
Activity 3: Balance	5 Bunny Hops <input type="checkbox"/>
Balance Sequence	5 Sideways Bunny Hops <input type="checkbox"/>
➢ Move raised leg to point toe out in front <input type="checkbox"/>	5 Log Roll <input type="checkbox"/>
➢ Move leg to point toe out to side <input type="checkbox"/>	Seal Walk <input type="checkbox"/>
➢ Move leg to point toe behind <input type="checkbox"/>	
➢ Stand on two feet together <input type="checkbox"/>	5 Rock n Rolls <input type="checkbox"/>
➢ Repeat on other leg <input type="checkbox"/>	Forward Rolls <input type="checkbox"/>
Bosu Ball	Assisted Backward Rolls <input type="checkbox"/>
➢ Stand on two feet with eyes open; hold for 15 seconds. <input type="checkbox"/>	
➢ Stand on one foot with eyes open; hold for 5 seconds. <input type="checkbox"/>	
➢ Stand on other foot with eyes open; hold for 5 seconds. <input type="checkbox"/>	
➢ Stand on two feet with eyes closed; hold for 7 seconds. <input type="checkbox"/>	
Activity 4: Cardio	TRAMPOLINE
6 Tuck Jumps in a row on a crash mat <input type="checkbox"/>	Activity 1: Timed Bouncing
Activity 5: Core Strength	Perform the following sets of Basic Skills on Tramp.
Hold the following static positions on floor for 10 seconds, break for 30 seconds, x 3.	<ul style="list-style-type: none"> ➢ 10 Straight Jumps <input type="checkbox"/> ➢ 2 Tuck Jumps <input type="checkbox"/> ➢ 2 Straddle Jumps <input type="checkbox"/> ➢ 2 Pike Jumps <input type="checkbox"/>
<ul style="list-style-type: none"> ➢ Dish <input type="checkbox"/> ➢ Superman Dish <input type="checkbox"/> ➢ Plank on Hands <input type="checkbox"/> ➢ Plank on Swiss Ball under knees <input type="checkbox"/> ➢ Self-Supported Plank <input type="checkbox"/> ➢ Flat Back Plank Leg Lift <input type="checkbox"/> 	COACH NAME
3 Thorny Devil Walks <input type="checkbox"/>	COACH SIGNATURE
3 Slow Tuck Snaps <input type="checkbox"/>	DATE
3 Falling Tree <input type="checkbox"/>	

Conditioning

The Straddle Shape



Butterfly



Straddle Stretch



Straddle Sit

Statics



Straddle Hold

Statics



Side Scale

Partner Work



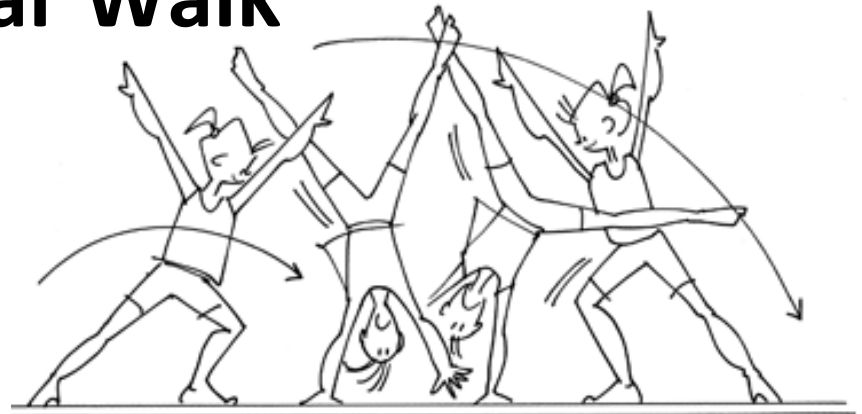
Pull Through



Swing Kicks

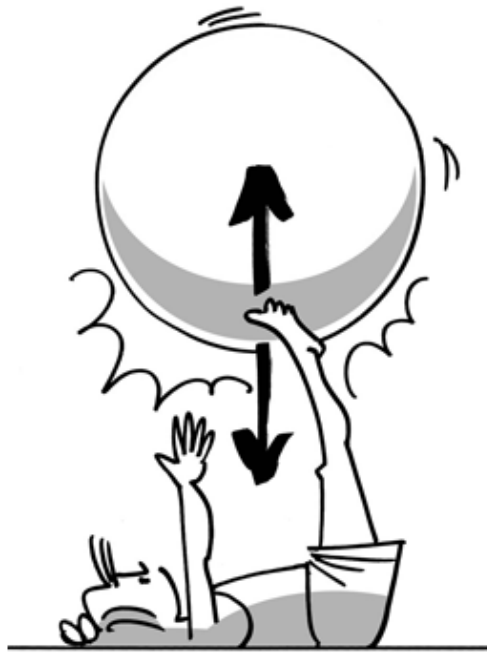


Bear Walk



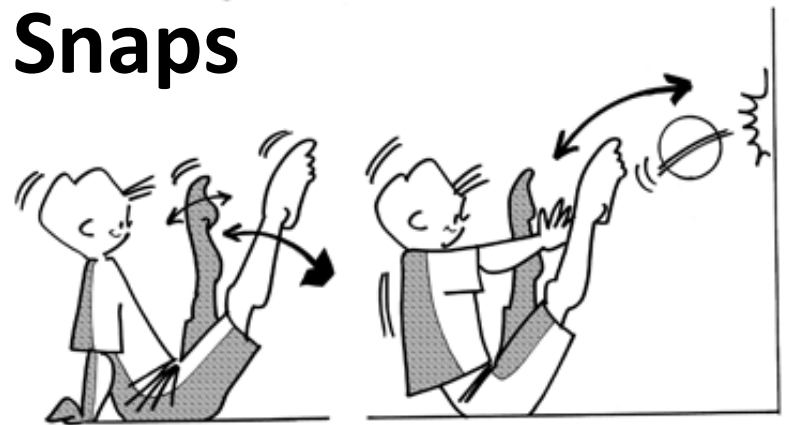
Cartwheels

Dynamics



→ **Straddle Snaps**

Throw and Snap **Dynamics**



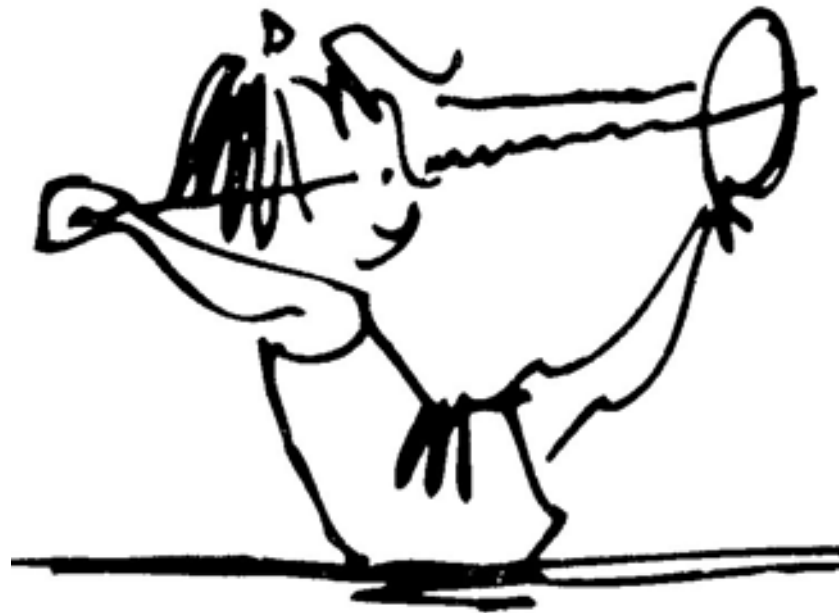
Through Throws

Straddle Jumps on Different Equipment

Technique

Conditioning

The Pike Shape



V-Sit with Rope

Statics



Pike Stretch



V-Sit



Hamstring Stretch (Bent Leg)

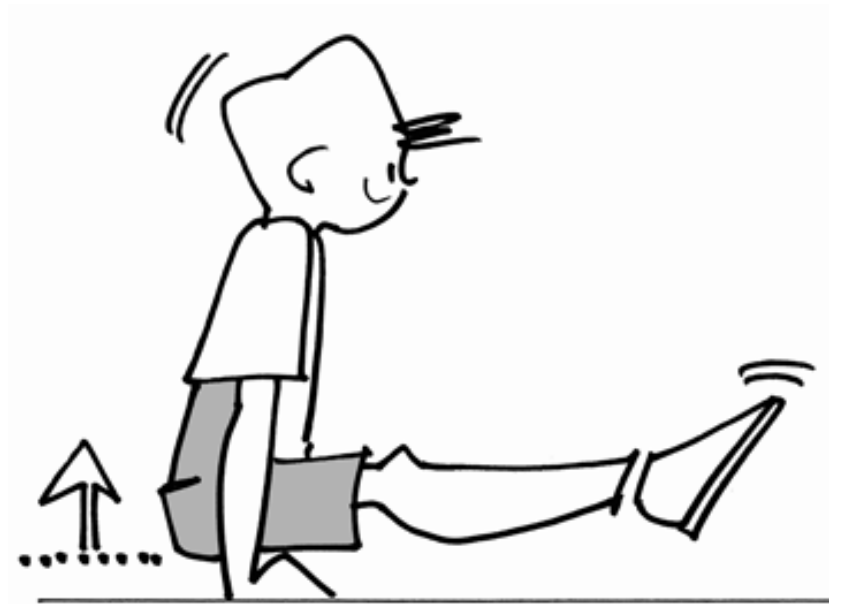


Hamstring Stretch (Straight Leg)

Statics

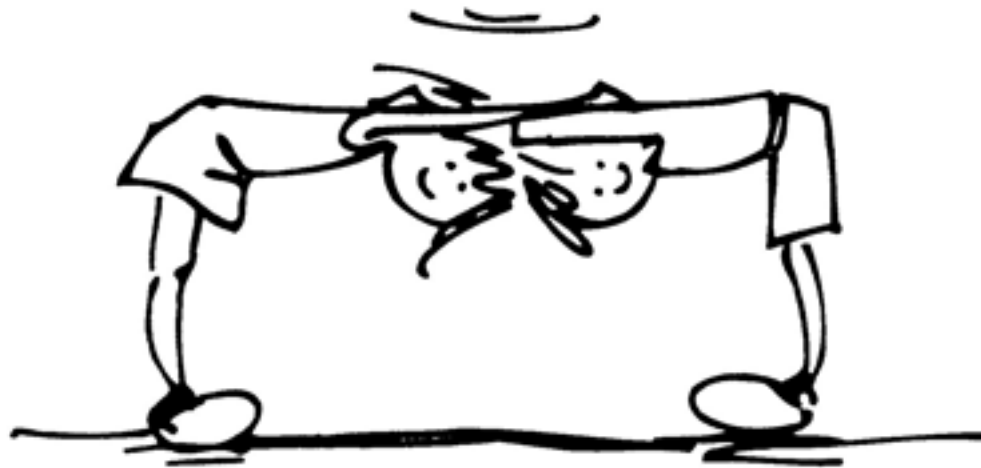


Raised L-Sit



L-Sit

Statics



Partner Shoulder Stretch

Partner Work

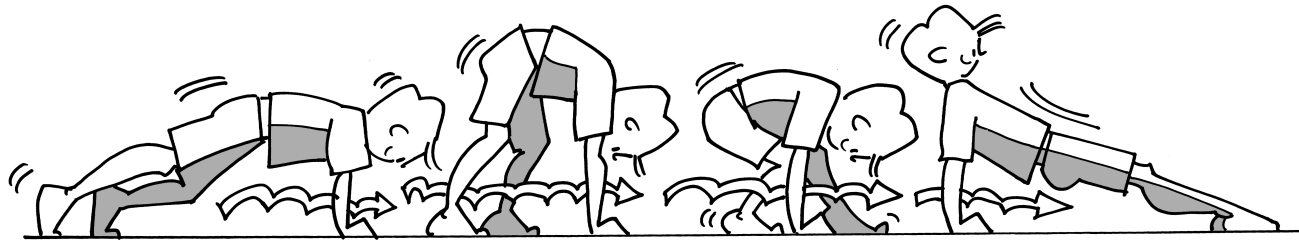


Partner V-Sit

Partner Work



Leg Raises



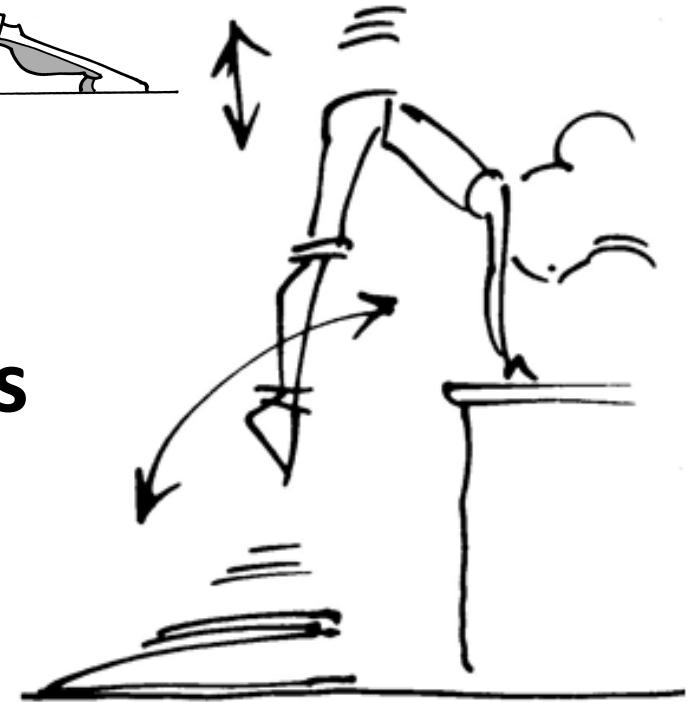
Inch Worm

Caterpillar

V-Snaps

Pike Rolls

Dynamics



Pike Rebounds



Pike Sit Throws



Jump Throws

Dynamics

Pike Jumps on Different Equipment

Technique

Common Errors

Straight Jump

- No arm circles.
- Arms tapping instead of circling.
- Back arching in lifting phase.
- Piking down.
- Toes not pointed.

Tuck Jump

- Open tuck shape.
- No extension (kick-out).
- Back arching in extension.
- Arms lifting too early.
- Toes not pointed.

Common Errors

Straddle Jump

- Legs below vertical.
- Hands between legs.
- No extension (kick-out).
- Back arching in extension.
- Toes not pointed.

Pike Jump

- Legs below vertical.
- Legs bent.
- No extension (kick-out).
- Back arching in extension.
- Toes not pointed.

Positions in Landing Skills

Seat Landing

Straight Jump

V

Pike Shape

V

Straight Jump

Back Landing

Straight Jump

V

Pike Shape

V

Straight Jump

Front Landing

Straight Jump

V

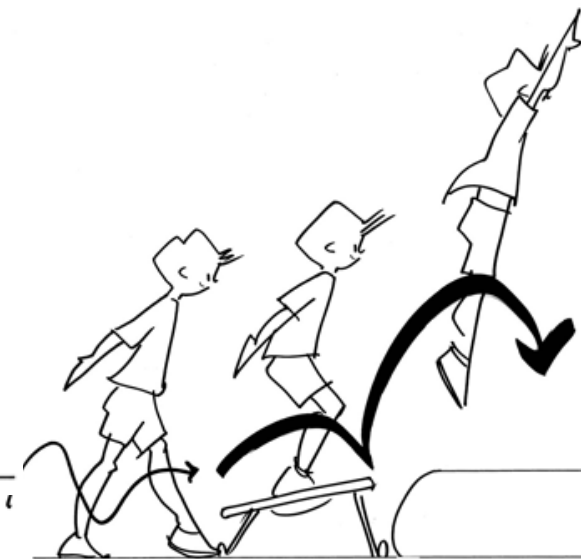
Straight Shape

V

Straight Jump



Jump Throws



**Straight Jump
On Single Mini**

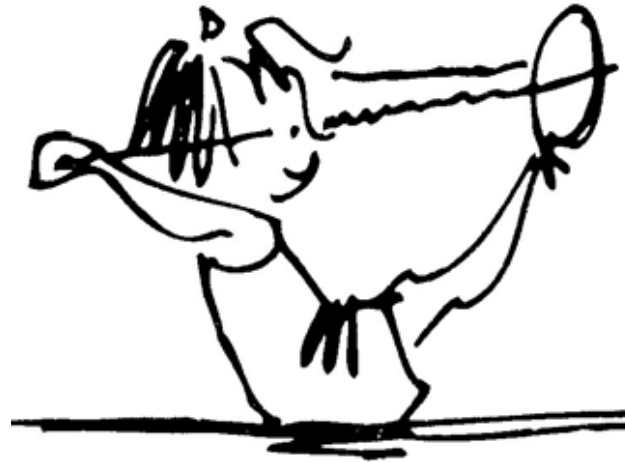


Raised L-Sit

Seat Drop Drills



Leg Raises



V-Sit with Rope

Back Drop Drills



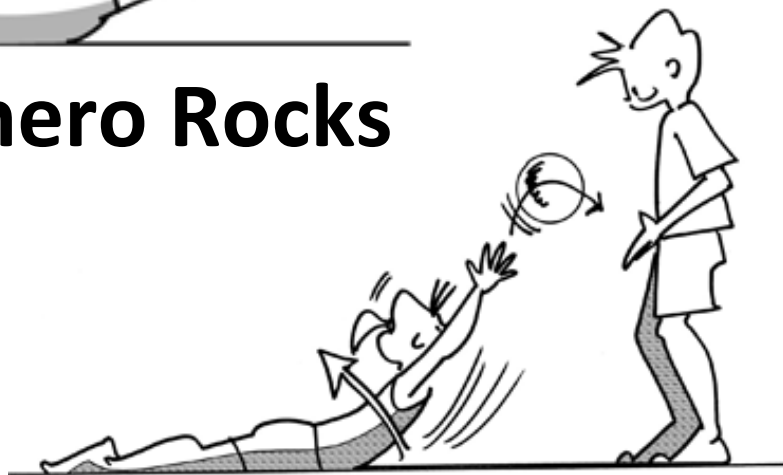
V-Sit



Dish/Superhero Rocks



Body Tension Exercise



Seal Toss

Front Drop Drills

Common Errors

Seat Landing

- Travelling in jump.
- Arms not by side.
- Shoulders dropping forward.
- Toes not pointed.

Back Landing

- Legs bending.
- Legs drop in landing shape.
- Arms flailing for balance.
- Toes not pointed.

Front Landing

- Tucking or piking into skill.
- Travelling in jump.
- No arm push.
- Toes not pointed.

Concluding Thoughts.

1. Make sure that your athletes are aware of and know what the ideal models are.
2. Integrate conditioning into every training session.
3. Every athlete deserves the best possible chance to succeed.
4. It's never too young to start preparing athletes for future skills.