

GYMNASTICS COACHING TIPS

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BE PREPARED.

Come to class knowing the lesson plans for the day. Clear your mind and be ready to coach when the kids come through the doors.

BE IN A POSITION WHERE YOU CAN SEE AND SUPERVISE ALL ATHLETES IN YOUR CLASS AT ALL TIMES.

Have a main station or skill you are spotting or correcting. Keep your eyes facing the middle of your area allowing you to monitor side stations while focusing on your main station.

BE HANDS ON.

Spot the skill or part of a skill to teach proper shape and technique. Spotting shape through static holds and breaking skills down make it safer and easier to teach and spot the entire skill.

ADAPT AS NEEDED.

Each child will interpret and perform gymnastics differently. Break skills down further or progress to the next stage faster based on the child's needs. If your words don't work, change them – or even better – use visual cues.

BE POSITIVE.

Pointing out the things kids are doing right will help you get more “right” behaviors out of your entire class. Use positive words, body language, and facial expressions when working with young athletes.



Encouraging youth to reach their mental and physical potential through gymnastics.

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