



Boy s Gymnastics: Level 1 Coaches Certification Manual

By Rita Brown

Rjc Publishing, United States, 2013. Paperback. Book Condition: New. 282 x 218 mm. Language: English . Brand New Book ***** Print on Demand *****.BOYS GYMNASTICS: Level 1 Coaches Certification Manual by two-time Olympic Coach Rita Brown covers all aspects of Boys Gymnastics at the recreational/beginner level. This book includes safety awareness information, coaching skills as they pertain to skills for young male gymnasts at Level 1. This book touches on boy s events and includes basic introductory skills on Tumbling/Floor, Vault, Rings, Pommel Horse, Parallel Bars, High Bar, Trampoline, and Conditioning. Progression charts, lesson plans, accountability charts, skill evaluation forms, legal responsibilities, glossary of terms and much more are included! Lead-up skills, drills and spotting tips to provide training of skills specific to each gymnast s needs! This training manual will increase your level of confidence and responsibility and aid in your credibility as a competent gymnastics professional. Praise for Gymnastics: Boys Level 1 Coaches Certification Manual I have been waiting for a boy s manual like this for some time. It s a great tool for the up and coming new gymnastics coach as well as the experienced coach. Good skills, good illustrations and I am excited that my...



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-- Prof. Dan Windler MD

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