

Physical Preparation for Young Boys Ages 4-6

*By Yuejin Sun, Bo Morris and Chuck Rowell – Coaches at
Alamo Gymnastics Center in San Antonio, Texas*

Strength and flexibility development is a necessity at any level of gymnastics accomplishment. Beginning gymnasts with these physical attributes are almost always chosen for early advancement. Attention to the individual mastery of basic shapes and/or body positions is necessary for correct skill development in the future and is most often overlooked in the early stages.

A positive, enthusiastic attitude by the coach stressing the importance of physical presentation in gymnastics exercises and/or skills, helps develop an attitude of "quality in performance" at the beginning for the young gymnasts. Each coach should insure, early in each young gymnast's training, the development of positive mental attitudes towards physical presentation and that, presentation excellence is accomplished through many repetitions of basic body shapes and positions.

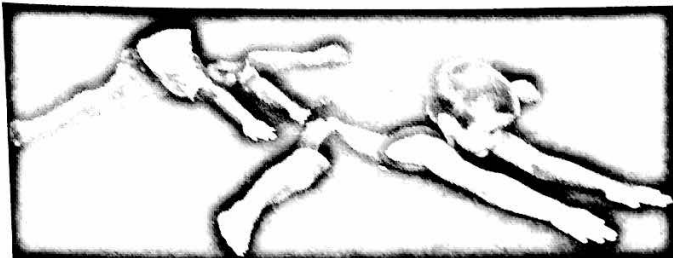
Comments of Interest:

- Based on young athletes anatomy and physiological characteristics, select shoulder, chest, hips, wrists, and ankle flexibility exercises combined with strength and resilience exercises to increase joint mobility and strength.
- Using more dynamic movement exercises as opposed to high intensity static exercises.
- Execute landing exercises correctly to prevent spine, knees and hips from abnormal development.
- Alternate upper body strength and lower body strength, supporting strength and hanging strength in order to reduce injury of overloading in certain area.

FLEXIBILITY

Legs, Trunk, Hips, Shoulders, Wrists, Ankles

Pancake hold 15 seconds 3 times



Center split hold 15 seconds 3 times



Note: On the Center Split—Use chalk lines on both sides of the feet to motivate and encourage the boys to reach and stretch to the chalk

lines. This has proven to be very effective in improving flexibility. It makes the pain degree bearable for them, because they control how far they stretch themselves. This way the coach doesn't have to be the "bad guy" and make them go down. Also they will not hate to work on their flexibility at a young age.



Left and Right half splits hold 20 seconds 3 times



(continued on page 14)

Our Gymnastics May Be Mediocre, But Our Insurance Can't Be Beat.

We may not know how to stay on a balance beam very long... but nobody knows more about liability insurance for gymnastics schools than Markel.

We understand the special liabilities you face and the issues that affect your business.

And, as long as we stay off the balance beam, you'll be impressed. Call us today and see why we're the gymnastics insurance experts.

Liability Insurance
For Gymnastics Schools
(800) 830-7443

 **MARKEL
INSURANCE
COMPANY**

Insuring Gymnastics Schools For Over 20 Years!

- ▶ Fast, free quotes over the phone!
- ▶ Instant coverage!
- ▶ Several payment plans available!

**PHYSICAL PREPARATION FOR YOUNG BOYS
AGES 4-6**

(continued from page 13)

Left and Right splits hold 15 seconds 3 times



Pike (trunk) stretch hold 15 seconds 3 times



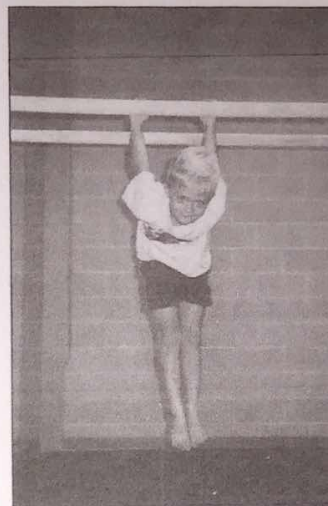
Note: Pike (Trunk) Stretch—Also use the chalk line to encourage them to reach to the line as close as possible.

Shoulder Flexion 20 seconds 3 times

Stretch with help 10 seconds 2 times



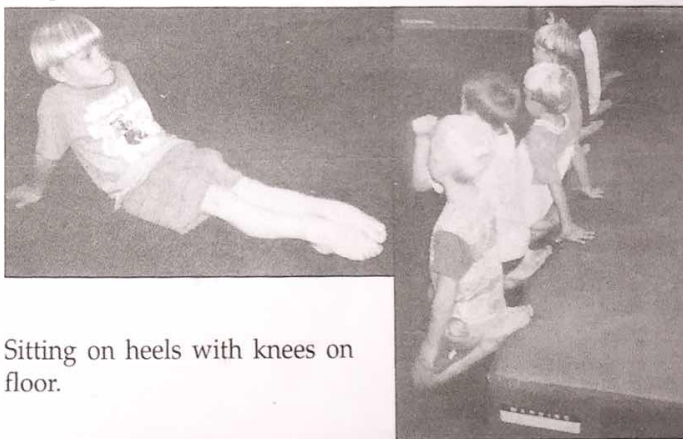
German hang on rings 15 seconds 3 times or on high bar 10 seconds 2 times



El-grip hang on bar or sticks 10 seconds 2 times

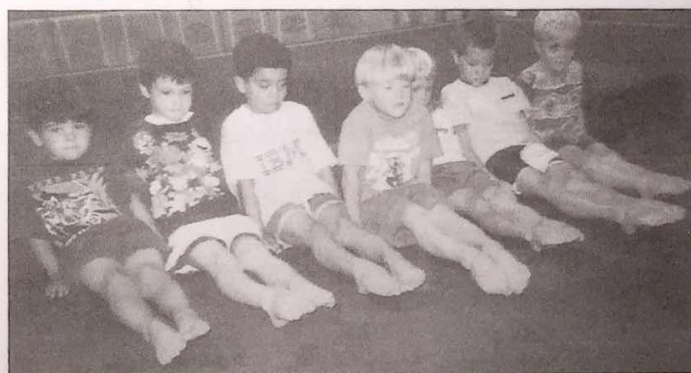


Toe point hold 10 seconds 3 times



Sitting on heels with knees on floor.

Feet on mat stretch hold 20 seconds 3 times



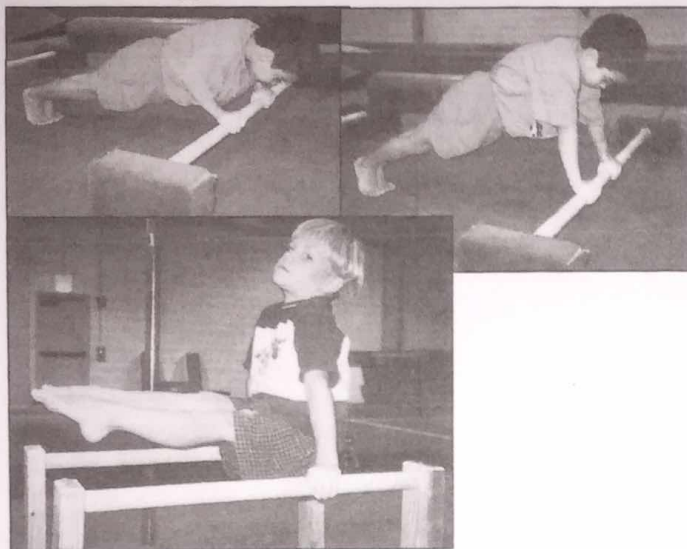
(continued on page 16)

**PHYSICAL PREPARATION FOR YOUNG BOYS
AGES 4-6**

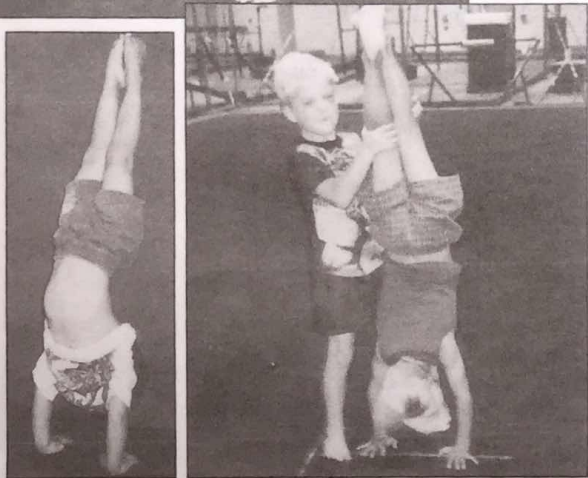
(continued from page 14)

SUPPORTING STRENGTH

10 push ups on single bar 3 times
10 seconds L support 3 times



20 seconds tight body incline handstand 3 times
20 seconds tight body handstand against wall 3 times
10 seconds tight body handstand with teammate's help
Note: Tight body holds with teammate's help develops a good team concept and partnership. Also, helps gymnasts correct each other and develops a good eye for proper technique and improved understanding.



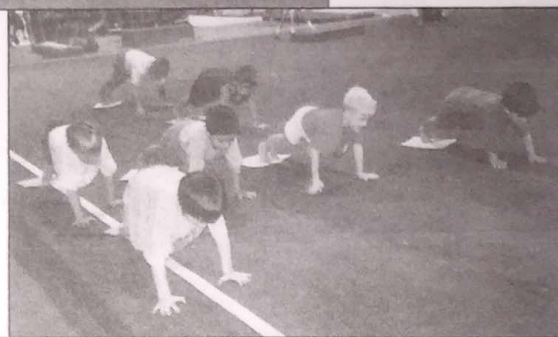
Front support walk 30 feet on hands forward and backward 2 times

Back support walk 30 feet forward 2 times

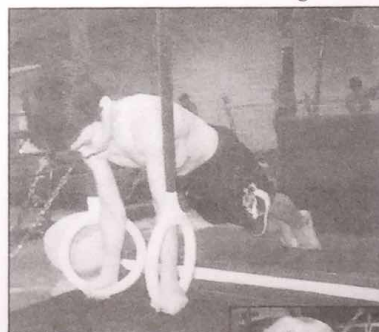
Side support 10 seconds 3 times



Note: Paper or cardboard under the feet helps the gymnast to slide.



10 seconds hold with straight arms rings turned out 3 times



HANGING STRENGTH

15 seconds tight and straight body hanging 3 times
 15 seconds hold with pull up position 3 times



10 seconds hang with "L" hold 3 times
 10 seconds "V" hang 3 times



(continued on page 18)

OFFICIAL USAG MEDALLION
 SUPPLIER

A-1 Awards, Inc.
 INDIANAPOLIS, IN

RIBBONS



Creating
 "QUALITY"
 Awards
 Since
 1958



Call Us For
 Custom, Theme,
 Event, &
 Goody Bag
 Items

MANUFACTURERS

Medallions
 Plaques
 Ribbons
 Trophies

Call For Your Free Catalog **TODAY!**
800-444-9569
 Toll Free
888-504-5111
 Fax



3D MEDALS

ACRYLIC AWARDS



PHYSICAL PREPARATION FOR YOUNG BOYS AGES 4-6

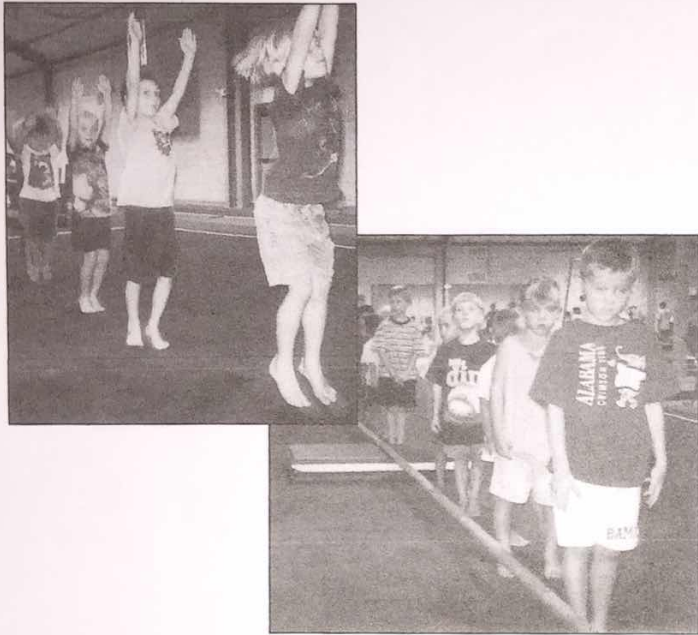
(continued from page 17)

LEG STRENGTH

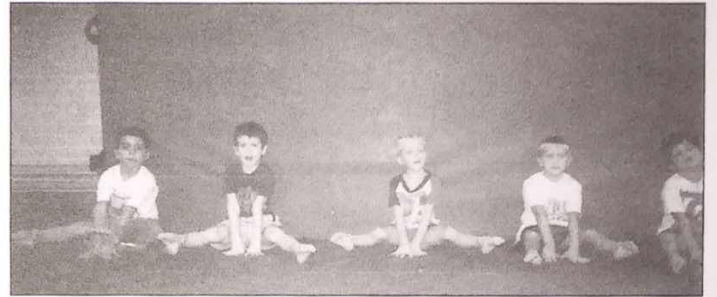
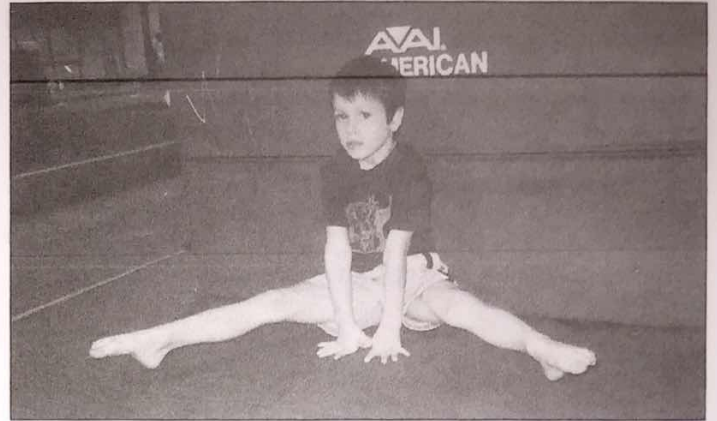
30 feet two foot hops forward and backward 2 times

Bouncing over 10 inch high rails 3 times

Standing long jump 5 times



10 straddle leg lifts 3 times

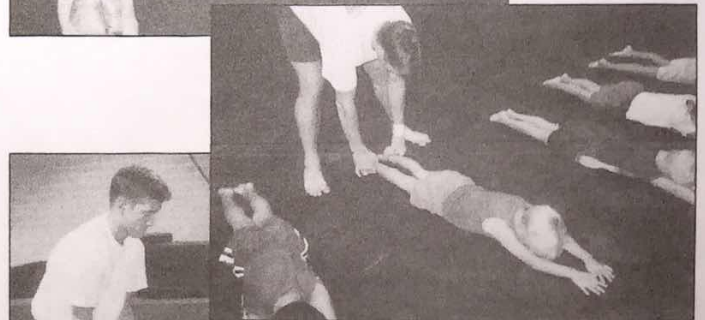
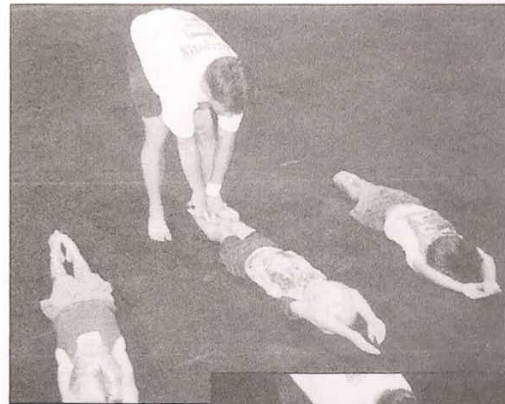


BODY POSITION AND SHAPING

Straight, hollow and landing

Tight body hold 10 seconds against resistance 3 times

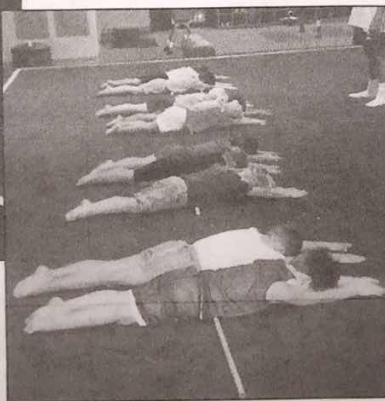
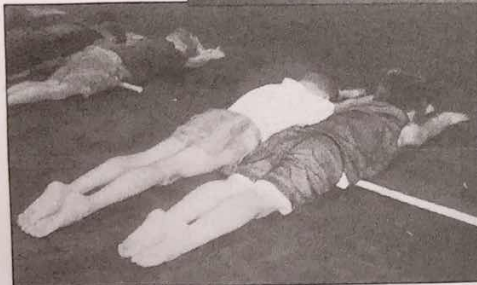
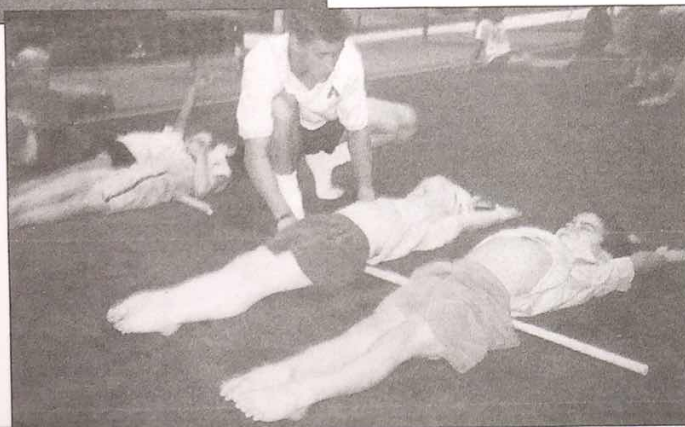
Straight body lower down and pick up 5 times



Straight and tight body hold without support in the back and stomach
20 seconds 3 times



Straight and tight body hold 15 seconds 5 times each (lower back push stick and tight, stomach push off stick)



(continued on page 20)

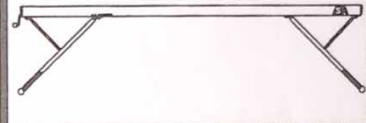
SA

Spieth Anderson



From Tots
to Team...

Spieth
Anderson
your
complete
equipment
company



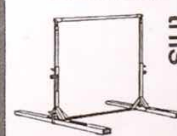
"Just for Kids"

Convertible Apparatus

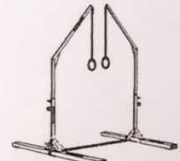
"This extremely versatile
equipment is truly
child-centered."

-Jeannie McCarthy GymTastics

convert



this

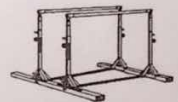
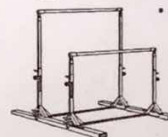


to this . . .



to this . . .

. . . and to this



"Just for Kids" curriculum
available to maximize your
teaching potential.

SA Spieth Anderson

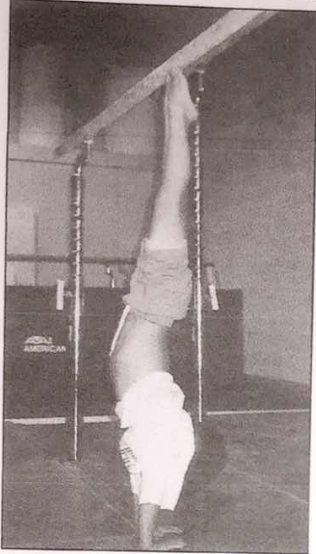
(800)331-8068

Call for your *free* catalog

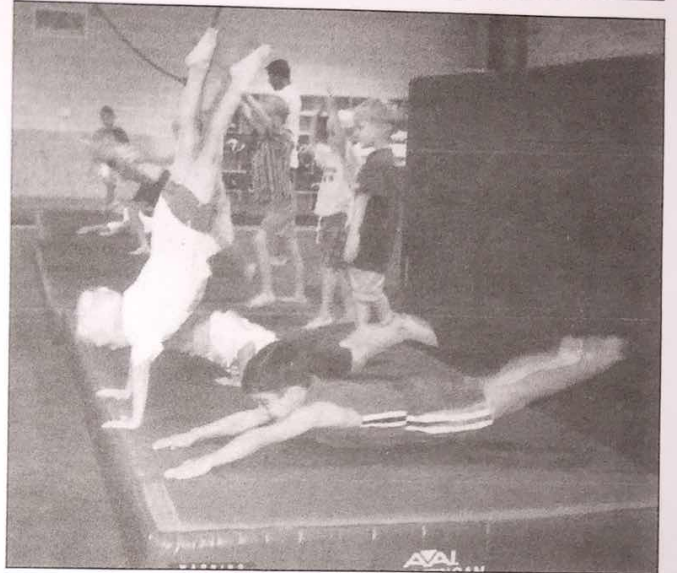
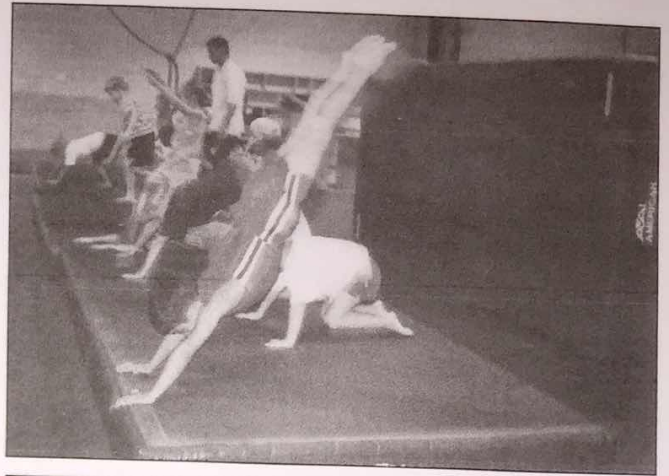
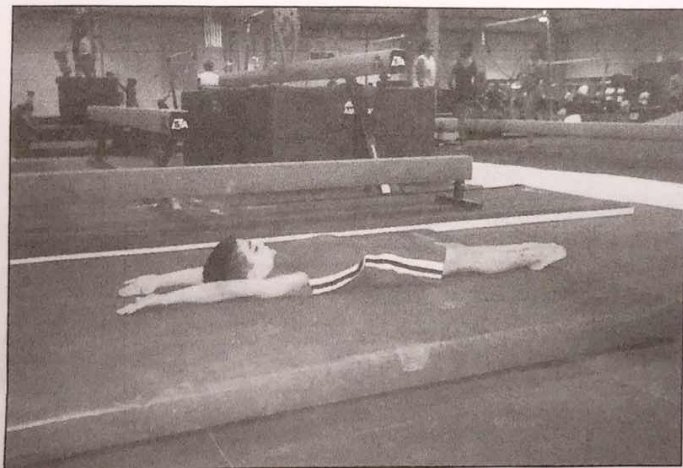
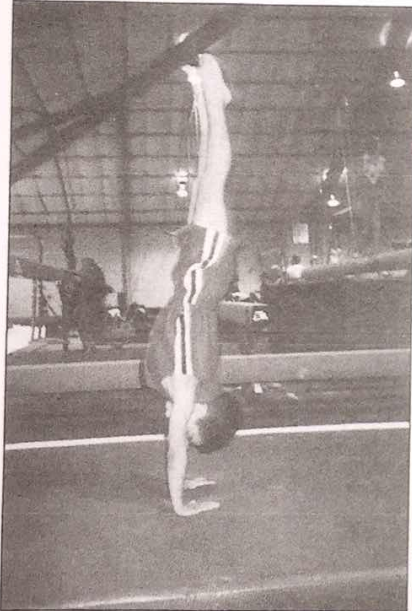
**PHYSICAL PREPARATION FOR YOUNG BOYS
AGES 4-6**

(continued from page 19)

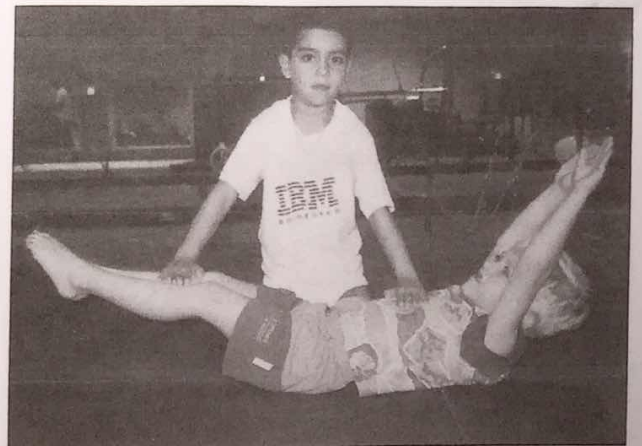
Handstand hold with toes on bar rail 20 seconds 5 times



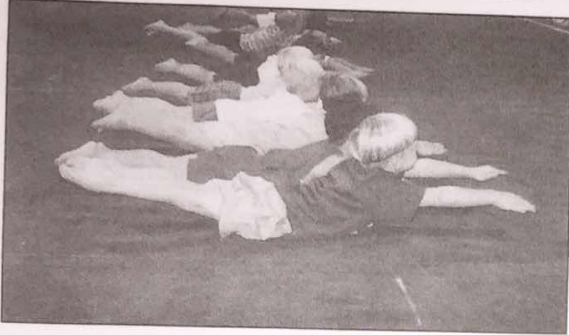
Handstand bail to flat back 10 times
Handstand bail to stomach 10 times



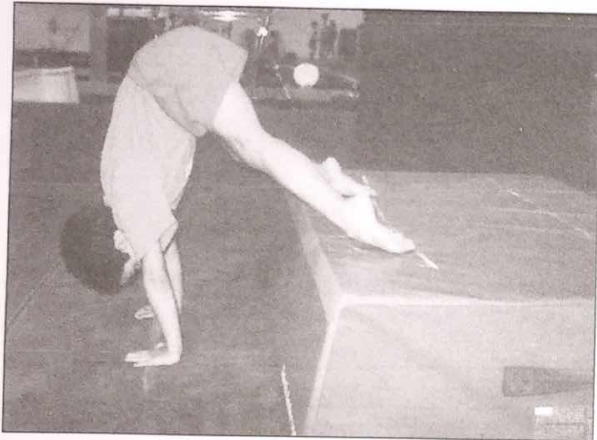
25 hollow rock 3 times
15 seconds hollow hold 2 times



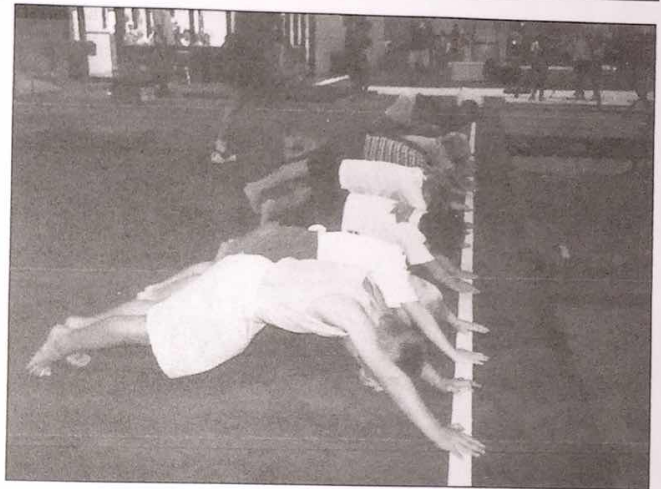
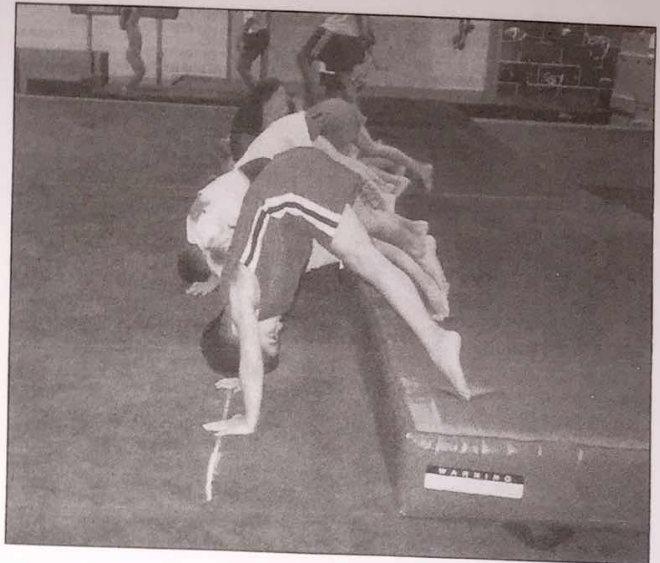
25 arching rock 3 times
20 seconds arching hold 2 times



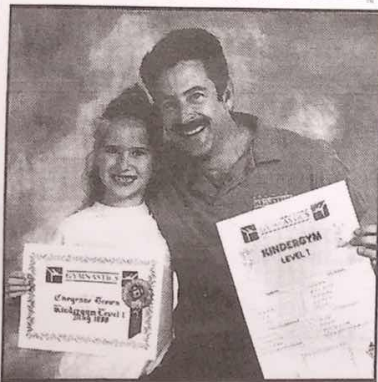
10 press handstands with feet elevated



Front support push feet backward slowly and hold 10 seconds
3 times.



(continued on page 23)



Jeff Lulla is a member of the USAG Preschool Advisory Board and co-author of the Kinder Accreditation for Teachers (KAT) course. He is also a USAG National Safety Instructor, an industry consultant, and is a seminar presenter for the USAIGC, and USA Gymnastics. He owns two successful gyms in Southern California.

Curriculum Poster Reward System

- Proven Effective in Building Enrollment Retention
- Provides a SAFE and Progressive Teaching System
- Sets **ACHIEVABLE** Goals
- Motivates Parents and Students
- Keeps Records of when Skills are Passed
- Valuable for Measuring Teacher Efficiency

HOW IT WORKS...

Upon enrollment every student receives a Poster TO TAKE HOME. The whole family can monitor the student's progress and share in the excitement as stars are awarded for skills learned.

Includes training videos, curriculum cards, award certificates and more.

For Details, FREE VIDEO, Information and Samples, call (800) 800-3162

Now find us on the Internet at <http://www.usa-gymnastics.org/ads/funfit/>

RECOGNIZING OUR LICENSEES ...

Since 1991

Gym-Time USA, Desert Gymnastics -
Las Vegas, NV

Our New Licensees...

Piney Woods Gymnastics Training Center -
Douglas Stockton

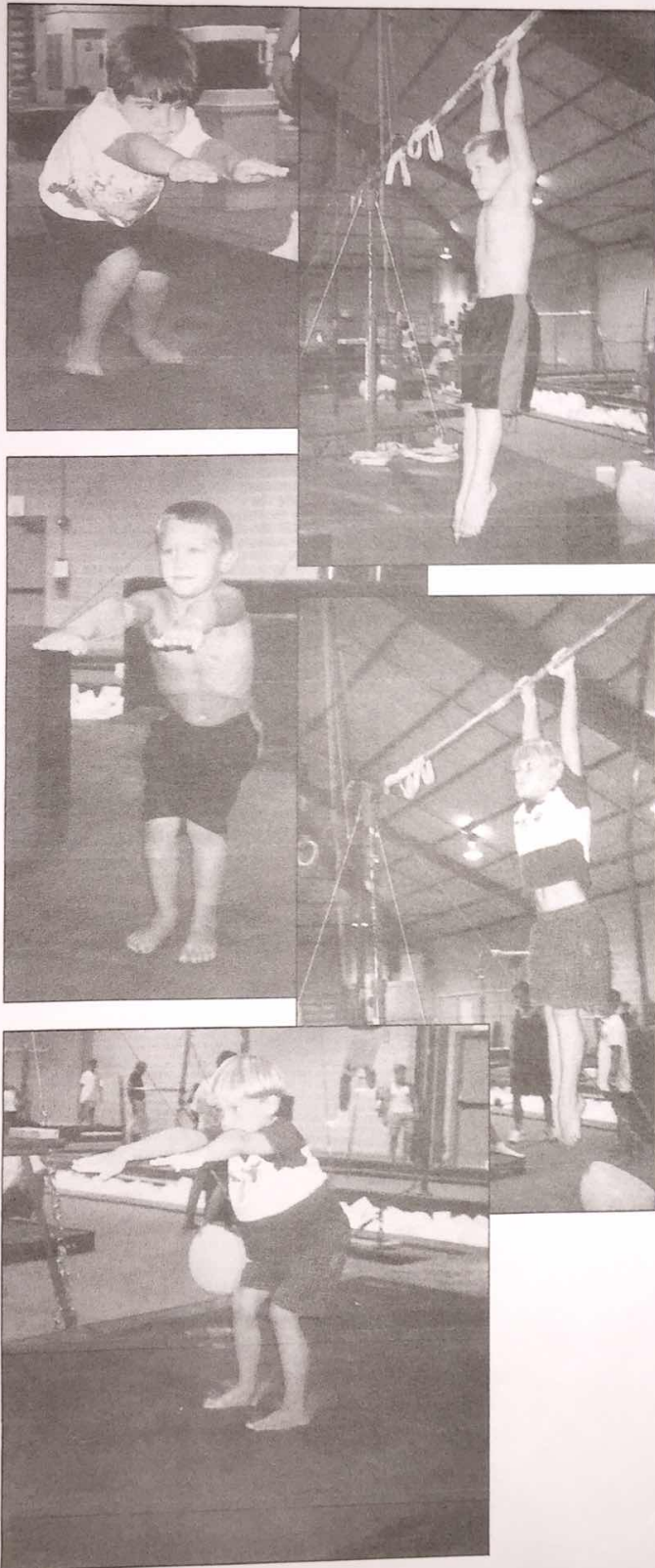
Rising Star Gymnastics Academy -
Ashly Jones

Currently Licensed to Over 100 GYMS

**PHYSICAL PREPARATION FOR YOUNG BOYS
AGES 4-6**

(continued from page 21)

Standing jump 2 or 3 feet forward and stick 15 times
Tight body hanging on the bar and drop to stick 15 times



(continued on page 24)



The Choice of Champions



GK COMPETITIVE CATALOG
(team/coach & wholesale inquiries only)

Features an extensive selection of women's and men's competitive gymnastics apparel, team workout apparel and accessories. Infinite possibilities!



GK-WARMUP CATALOG
(team/coach & wholesale inquiries only)

A collection of unisex warmup separates for the gymnast, the skater or any athlete. Many styles & options to choose from.



GK-SHANNON MILLER WORKOUT WEAR:

A collection of workout apparel designed specifically for the female gymnast, including apparel just for toddlers.

WHOLESALE INQUIRES WELCOME

To receive a FREE catalog--
phone 1-800-345-4087 fax 1-610-921-0208
e-mail customerservice@gkelite.com or request a catalog
through our web site www.gk-elitesportswear.com



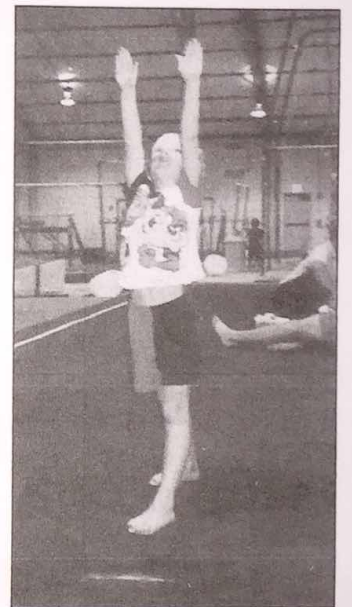
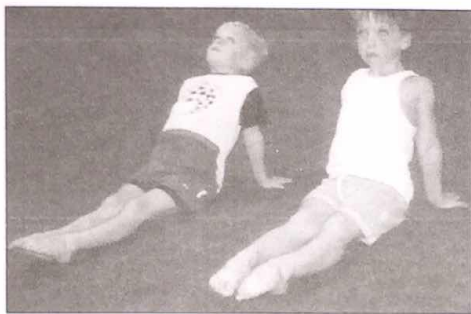
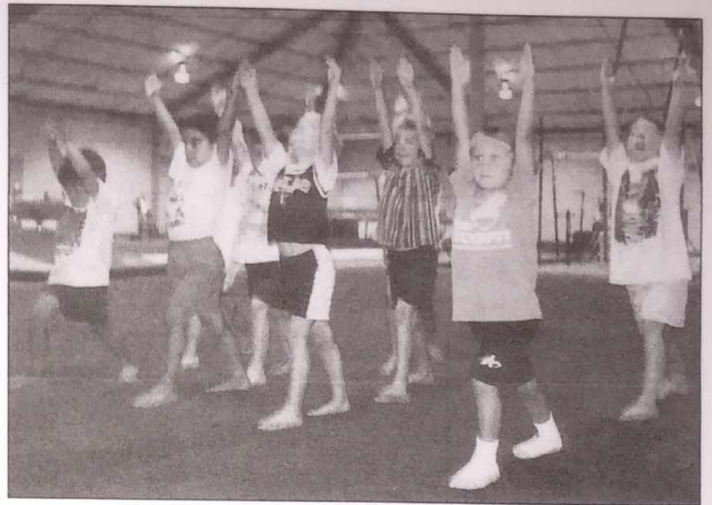
OFFICIAL SUPPLIER TO
**USA Gymnastics
Junior Olympic Program**

Elite Sportswear, L.P. • P.O. Box 16400 • Reading, PA 19612-6400

**PHYSICAL PREPARATION FOR YOUNG BOYS
AGES 4-6**

(continued from page 23)

**Importance of Mental Training and
Physical Preparation! QUALITY!**



(continued on page 25)

DARE TO™ By Crown Trophy

CORAM GYMNASTICS CHAMPIONS

GYMNASTICS

FREE CLUB NAME* ON BACK
On orders 49pcs. & up

**Ask About Our Fundraising Program
& Earn Big Money For Your Organization**

FREE DARE TO CATALOG

CALL TODAY: 800.227.1557 DEPT GTDT29

A Special Program That Reinforces the Great Concept Of Team Sport & Activities

\$9.95 ea. 100 +up