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How to get your roundoff back handspring in one day

A round off to a back handspring is one of the most important skills in acrobat. However, to do it perfectly is very difficult because that it is composed of two skills. In this page, you can see how to connect a round off and back handspring respectively. Round off (for a Back Handspring)Back Handspring - Go backward with a round off and a back handspring even though you are not starting leaning back, you cannot jump backward, you must jump upward. Also, you may not be able to extend out your knees. If you jump upward with a back handspring, you will fall down and lose energy. You should jump upward with a back handspring, you will fall down and lose energy. You should jump upward with a back handspring, you will fall down and lose energy. You should jump upward with a back handspring with a back handspring. And then, you should jump upward with a back handspring with a back handspring with a back handspring. And then, you should jump upward with a back handspring with a back hand handspring, you should start doing a back handspring from the position you're leaning back. However, in the most cases you haven't rotated enough. After a round off and when your feet reaches the ground, you may be leaning forward. There are 3 ways to get rotated more. By improving your round off, you can get more rotation. (cf. Round off (for a Back Handspring)) By making your form smaller, you can rotate more in the air. In the result, when your feet reach the ground, you are starting leaning backward. His form is smaller after round off in the air. In the result, when your feet touch the ground, you are starting leaning backward. His form is smaller after round off in the air. for a while, your body start leaning back. He waits for his body to leaning back after the round off and each back handspring. However, he gradually waits for shorter time, because he gets more backward momentum after each back handspring and his body starts leaning back earlier. Off course, it is the best that you don't need to do 2 or 3 thanks to the good round off having enough rotation. However, everyone does 2 and 3 more or less. Especially in people can't have enough round off -In the air, before your back handspring, you should down your arms to the front of your chest so that you can swing your arms on the ground. If your arms are already up, you cannot swing them anymore when do a back handspring. This can be seen in women's gymnastics because they have little power relatively and need to get more momentum. Also, if you put down your arms down, your rotation efficiency increases and you can make proper start position more easily. He puts his arms down so much that his arm and shins make a straight line. This is a capture of that.4 - Summary -How to connect a round off to a back handspring is just how to make proper starting position and form for back handspring. For that, you should make your form small, wait for leaning back and put your arms down. GalleryTutorialUncategorizedUpdateWays to Practice My First attempt at a Back Handspring was my Junior year in high school cheerleaders spotting me that did not know how to do it themselves. I was fortunate that I only weighed about 125lbs in high school and I lived in a farming community so my spotters were strong. After getting told to "Jump backwards. Much to their surprise....I didn't die. "You don't need 2 spotters, try it with one." So I did.... "We've been working on this all summer and you come along and do it in 2 tries! WE HATE YOU! GO AWAY!" Sadly, no cheering for Coach Heath. 1. Do No Attempt This Skill....without proper supervision and a safe surface 2. While we live in the age of YouTube, Instagram, and probably a billion other social media outlets that I don't have time to pursue. They cannot spot you so don't try it. Most of what you can find online (when it comes to tumbling) are fails/a good way to hurt yourself. Most people need to be spotted to learn this skill (learn how to teach a back handspring), a very tiny percentage of the population can fling themselves backwards and not get hurt outside of using a trampoline. 3. It takes time. A lot of time learning a back handspring. I may have been able to jump backwards and resemble a BHS, I certainly did not look polished, did not look me hundreds if not thousands of tries after that (and watching gymnastics on TV whenever I could) before I developed a modicum of technique. I practiced mostly on the lush grass of a golf course or on the wrestling mats. By the end of my senior year I could do roundoff 3 back handspring? Here is a list of things that you can do at home or when you are not getting supervision from a qualified tumbling coach. Then, head to some tumbling classes! 1. Stretch Specifically your wrists, ankles, and shoulders. Pulling gently back on your forearm on each hand as well as pulling towards the front of your forearm. Rolling your hands around in a circle. Rolling the ankles around as well as pulling your foot in every direction with towel around the ball of your foot. Arm circles and shoulder articulations (rolling your hands from palm up to palm down/out) are awesome. 2. Work on your vertical jump If you can jump really well, you will be able to transform it into a better BHS. No boxes needed but there are tons of jump drills to do That is a whole blog topic by itself. 3. Planking Holding your torso extremely tight and rigid in a straight line. There are a lot of modifications, like new ones to begin with. Then you can work on a variety of modifications, like diamond, wide stance, cross legged, inclined, declined, etc 5. Lunge Working on holding a lunge, stepping forward into it, pushing out of it with each leg, holding and lowering your body down and up, switching fast or slow, various degrees of angles, hands if front, hands overhead, holding on to small weights in each hand, traveling forward, backward, sideways, etc 6. Cartwheels However tall you are with arms extended up is my measuring stick for a good cartwheel length. Mark on the ground where your fingers touch, that is how far from front foot to opposite front foot you should travel while doing a cartwheel (basically). Learn more about tumbling terminology. 7. Cat & cow exercises similar to the yoga poses. While propped up on your hands and bent knees, shins flat, begin to press your spine down and try to get is to sage like cow. 8. Handstands Very Important to keep control, start low. I don't need you to get all the way upside down and fall over onto the coffee table. Instead, I would rather you think of a Teeter Totter, your back foot before coming back down to the ground. 9. Shoulder Mobility Being able to reach your hands and elbows behind your head without arching the spine. #1 problem with most back handsprings is arching the spine back far too much trying to get the arms overhead. Place your right hand over your head and bend your elbow so your hand is on your back, now with your left hand gently pull your elbow down and towards the body a bit. Classic Tricep stretch. Now bend your left side to create even more stretch in the Latissimus (Lats) Dorsi. Don't forget the other side. 10. Torso Control This goes along with the Shoulder mobility to flex and contract the torso with precision. Start with your back against a wall with your feet 6-8" away from the wall. Lean against the wall and put your arms overhead straight. Is your sides...how's your spine against the wall against the wall, AWESOME! Now lower your elbows a little past 90 degrees to your sides...how's your spine against the wall against the wall. spine doing? Just a few quick things you can do at home that will create a better back handspring. I could go on but that is the basics. See you in the gym! Coach Heath Just a question for other coaches or parents of gymnasts with fear issues. I have a new level 3 (8 years old) with loads of potential. But suddenly she had developed a fear for her backhandspring: both standing and connected to a round-off. She was doing it all summer and early fall, and then one week she started not going for it when we would just do a round-off and stop when we were corner tumbling and I would have to get on her case about going. Like I said, it was totally out of the blue. Then one day about 4 weeks ago, she was going for her round-off back handspring and bailed mid-way through and pretty much rebounded out of her round-off and landed on her back and then did a back-roll out of it. She was fine, but it completely freaked her out. Before she left I made her do 2 more with spot before she left the floor so that she wouldn't end on a bad note. She did them with spot with no complaints. Well fast-forward to today and she still will not go for it by herself. Not even on trampoline or into our in-ground resi-pit. She's perfectly capable and when she does do it, it's gorgeous. It's unfortunate because her VERY first meet two weekends ago she scored 9.4 bars, 9.45 beam, 9.3 vault....and then had to scratch floor. She's a very competitive kid and after the meet she even said how she wanted to be in the AA. However, she still refuses to go. When we're at floor she just cries and won't even attempt it. I do not yell at her or ever threaten conditioning or anything like that...she cries because she's disappointed in herself and you can tell she really wants to do it. I can tell she's scared because she starts fidgeting and her face gets pale at just the mention of back-handsprings. The problem is HC has told me he does not want me spotting her...he thinks that if I spot her because she's scared then it will travel to other events and she'll develop fears elsewhere too. I don't necessarily agree with his approach...I think spotting her through this could give her more confidence. BUT, unfortunately I'm not the HC. Soon....thoughts on how to combat this DURING meet season without spotting? I can give her endless drills but I really just don't know how much that will help her. When she does it, it's gorgeous. The problem is that she just has to commit to it. I'm going to have to pull her from floor again this weekend and it saddens me because her other events look phenomenal. Any advice? Also, I'm aware this is most likely a vestibular issue. Especially because of how sudden this fear has come on (even though she does not have any other fears on any other events and isn't even scared of any other tumbling element - including other back-tumbling skills...just back-handsprings). My question is not "What is this fear?" it's "How can I help her?". Do I just completely back away and let her build back up her confidence? However, if I take this approach, she will most likely be scratching floor the rest of the season and therefore not going to state. OR, should I continue to push her to work through it. The problem with him, I don't necessarily agree with him, I don't necessarily agree with him, I don't necessarily agree with him, I don't want to ignore his request. What about letting her compete floor without it? If she is as good as she sounds, she could still score mid to high 8s without it. We had an 8 year old last year on our team that went thru something similar with the bhs. The coaches backed off and had her compete without it. Being the competitive type, she decided that her desire to score well outweighed the fear. It only took two meets of not winning floor. BTW, she is now competing L4 with her 2bhs well... listen to your head coach first. And what Raindrops said is the proper way to deal with it, (in other words, do not spot and just stop working them all together.) Although Vestibular is always a debatable issue,,, I do not always agree that the problems is just that. Regardless of the problem the cure is the same... But rooting out the cause is also part of the cure if possible . So answer me this before we go on. 1). Is her family life okay? might want to check. 2). Is she under a lot of pressure, or did she move up rapidly? 3). Do her parents watch workout often? Reactions: profmom I agree with letting her try floor without it, if that is okay with your gym. My teammate got high 8s - low 9s with non connected back handsprings, so I am sure she could still score very well. And she competes all around. I had a small flare up of that as well - and my coaches backing off really helped me. And hearing them tell me that I could do it and to try it. They backed off for a week, and without the pressure I managed to do it. Maybe back off? @coachp 1. Family life seems to be okay from what I can tell. 2. She only spent around 3 months on pre-teamso pretty rapidly compared to our other girls that spend about a 1 year in the pre-team program. We discovered her later. 3. Parents rarely, if ever watch her work out. Although they do come inside the gym to pick her up and the mom always asks how floor goes. She always seems pretty mad, not at us, but at her daughter. She told us (last night) that next time when we're on floor if she doesn't go for it within the first few tries to just sit her out or have her call home. Her daughter just cries at this saying she wants to stay at practice. Also, this is some other BIG information....her mom talked to us about a week ago and told us (this was completely new to all of us coaches...they had never mentioned any of this previously) that before her daughter had come over to us to try gymnastics, she was at a power tumbling gym about 15 minutes away from us. She said that when she was 7 over there, they put her on the team to compete a back-handspring pass but then she suddenly stopped doing it one practice also. The parents got irritated and annoyed so they took her out after a couple months. Her mom said the daughter "REALLY" wanted to do gymnastics so they put her in, but when she suddenly got moved up to pre-team, the mom told her daughter that if she has any more issues with her tumbling that they're going to pull her...that she's not going to repeat what happened at the other place. (That's what the mom told us) She was doing them fine and we cleaned her up a bit and now here we are....suddenly out of nowhere this fear. And of course it happened RIGHT BEFORE the first meet. Ugh. What about letting her compete floor without it? If she is as good as she sounds, she could still score mid to high 8s without it. We had an 8 year old last year on our team that went thru something similar with the bhs. The coaches backed off and had her compete without it. Being the competitive type, she decided that her desire to score well outweighed the fear. It only took two meets of not winning floor. BTW, she is now competing L4 with her 2bhs I really don't want to compete her without a back-handspring for a couple reasons.... 1) The deduction for that is roughly 1.2 for omitting a skill (double the value of a skill and a back-handspring is worth 0.6). which it's not. 2) Our gym has a pretty strict policy that if you don't have all your skills, you don't compete that event. So if we let HER compete their event that are scratching because I feel that if she starts doing routines and continuously stops after her round-off....she's going to become immune to it. Almost like forming a habit of stopping. I think sending her out at a meet will just escalate that. I will be blunt- her mom needs to be told in the nicest way to stop addressing the issue with her child. I have seen time and time again with other girls in DD's gym that if the parents show frustration or anxiety about the missing skill, it just increases the kid's anxiety. I watched a very talented little girl at DD's gym never get over her fear of the ROBHS because her mom's reaction (mom stayed anxious and expressed it constantly). I learned early on to keep mouth firmly shut or give encouragement when DD struggled or lost a skill. Reactions: Aero and duyetanh @coachp 1. Family life seems to be okay from what I can tell. 2. She only spent around 3 months on pre-team....so pretty rapidly compared to our other girls that spend about a 1 year in the pre-team program. We discovered her later. 3. Parents rarely, if ever watch her work out. Although they do come inside the gym to pick her up and the mom always asks how floor goes. She always seems pretty mad, not at us, but at her daughter. She told us (last night) that next time when we're on floor if she doesn't go for it within the first few tries to just sit her out or have her call home. Her daughter just cries at this saying she wants to stay at practice. 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Parents don't understand what is happening, problem is already there (who knows what started it), and simply put,,,, the damage is DONE,,,, and now consequences are set,,,, = failure.... At this point you are fighting an uphill battle, so just back off and see what happens. In the mean time someone needs to educate the parents about pressure and anxiety = cementing fear issues... In other words they are making it worse. So again, focus on the other kids and give this kid space. Reactions: NutterButter, Aero and duyetanh I really don't want to compete her without a backhandspring for a couple reasons.... 1) The deduction for that is roughly 1.2 for omitting a skill (double the value of a skill and a back-handspring is worth 0.6). Therefore the HIGHEST possible score she would score would be a 8.8 and that is if everything else is perfect- which it's not. 2) Our gym has a pretty strict policy that if you don't have all your skills, you don't compete that event. So if we let HER compete floor without a back-handspring, we'll have to let the 3 other girls compete their event that are scratching because I feel that if she starts doing routines and continuously stops after her round-off....she's going to become immune to it. Almost like forming a habit of stopping - or aiding to the habit of stopping - or aiding to the habit of stopping or aiding to the habit of stopping - or aiding to the habit of stopping one tomorrow. Also this is some other BIG information....her mom talked to us about a week ago and told us (this was completely new to all of us coaches...they had never mentioned any of this previously) that before her daughter had come over to us to try gymnastics, she was at a power tumbling gym about 15 minutes away from us. 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The parents need to understand that is VERY common and unavoidable. If she continues in gymnastics then this WILL HAPPEN. If they truly don't get it, I say invite them in for an adult class and let them really get what it feels like to have your body not be able to do something. Gymnastics is one of the hardest things these kids will do in their life and a lot of the parents truly don't get it. They just think these things can be taught and done at whim. As far as how I would handle it, how's her standing back handsprings on tramp while they work through this. If they aren't ready for that, we use a barrel. Reactions: NutterButter and duyetanh I really don't want to compete her without a back-handspring for a couple reasons.... 1) The deduction for that is roughly 1.2 for omitting a skill (double the value of a skill and a back-handspring is worth 0.6). 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But it might put her in the hunt for AA and could qualifying for states (at most from what I have seen about qualifying scores on here) would only require a max of a 7. And, as far as #3, I have not seen this as the case in my experience at least. I think that just sucks about those parents. So many children lose that darn robhs, heck, my child sure did. Cue the Frozen music, "Let it go, let it go..." This exact thing happened to my dd, she developed her fear after some teammates at her old gym were being critical of her ROBHS (saying it was sloppy, she was going to break her neck, etc.) All of a sudden she would not throw it, this was the summer before she was to compete L3. At first I pushed her, scheduled private lessons, etc, pressured her. When I came here to vent I learned very quickly that was a mistake. Someone told me to treat it like an injury and let it heal (b/c it really is, it's a mental injury) and that was the best advice we ever got. We backed off of her, stopped mentioning it. Her coaches didn't say a word when she wouldn't be required to compete it. It was a good decision for her b/c little did we know her other skills weren't competition ready either. She had serious form issues. Now that doesn't sound like the case with your student if she is scoring that well in other events. So you can continue to scratch her from floor, or you can possibly move her to an Xcel program for the year that has more flexible requirements, but whatever you do, I would eliminate all focus on the back handspring at practice at least for a few weeks. Give her the option to try it if she wants but don't push her. And I would also have a conversation with her parents and let them know this is normal, it happens and this won't be the last time, and that threatening to pull her out over a completely normal fear will not make her get it back any faster. For my dd, it took being in a new environment (new gym) without the mean girls around watching her and making comments to be able to throw her BHS again. She lost it for nearly an entire year. At the new gym, she threw it in her very first practice. It doesn't sound like the gym is the issue with your student, she obviously has a coach that is looking out for her best interests but I would bet money that the pressure from her parents and threatening to pull her out is a HUGE factor in all of this. Reactions: Aero This exact thing happened to my dd, she developed her fear after some teammates at her old gym were being critical of her ROBHS (saying it was sloppy, she was going to break her neck, etc.) All of a sudden she would not throw it, this was the summer before she was to compete L3. At first I pushed her, scheduled private lessons, etc, pressured her. When I came here to vent I learned very quickly that was a mistake. Someone told me to treat it like an injury and let it heal (b/c it really is, it's a mental injury) and that was the best advice we ever got. We backed off of her, stopped mentioning it. Her coaches didn't say a word when she wouldn't throw it in practice. She ended up moving to Xcel Bronze instead for the year so she wouldn't be required to compete it. It's a mental injury and let it heal (b/c it really is, it's a mental injury) and that was the best advice we ever got. was a good decision for her b/c little did we know her other skills weren't competition ready either. She had serious form issues. Now that doesn't sound like the case with your student if she is scoring that well in other events. So you can continue to scratch her from floor, or you can possibly move her to an Xcel program for the year that has more flexible requirements, but whatever you do, I would eliminate all focus on the back handspring at practice at least for a few weeks. Give her the option to try it if she wants but don't push her. And I would also have a conversation with her parents and let them know this is normal, it happens and this won't be the last time, and that threatening to pull her out over a completely normal fear will not make her get it back any faster. For my dd, it took being in a new environment (new gym) without the mean girls around watching her and making comments to be able to throw her BHS again. She lost it for nearly an entire year. At the new gym, she threw it in her very first practice. It doesn't sound like the gym is the issue with your student, she obviously has a coach that is looking out for her best interests but I would bet money that the pressure from her parents and threatening to pull her out is a HUGE factor in all of this. Yep. Unfortunately, there seems to be a pattern with this child's parents and their pressure with this skill...and sadly it is doubtful it will change unless the parents get a clue. Reactions: Aero and cadybearsmommy Yeah.....I quess there really isn't a "magic" answer. We don't have an excel program in our gym...only JO, so that option is out unless she switches gyms, which is doubtful. The parents are really nice people and I think my statement above kind of brought on the wrong interpretation of how they act. They never say anything in front of their daughter about her fear....well, maybe at home they do but they never do at the gym. As soon as she approaches we both stop talking about it. I think they're more frustrated because they have put so much money into in and we have sent in all the meet fees and she may only be competing 3 events this year...and because of that she will probably have to repeat level 3 next year. I think it's more frustration than anger, and I understand it to a point. I agree they should "let it go", but it's also hard when you're investing money and from what I understand they have several kids in different competitive sports so I'm sure it gets expensive. I don't know...maybe that's just my frustration talking too. As far as how I would handle it, how's her standing back handsprings on tramp while they work through this. If they aren't ready for that, we use a barrel. She will not do a standing backhandspring by herself, even though she's perfectly capable. If I put my hand on her back she will go and she w in the middle of practice just because she's fearful and the rest are not. Plus, HC does not agree with spotting when it comes to fears, unless it's a safety thing (for ex: flyaway). But as far as tumbling, his views are if they're capable of doing it, but they are fearful, they can do it into the in-ground resi or on the tumble trak or trampoline. Problem is she won't do any of that. If I send her over to the trampoline or in-ground resi to do 5 (just 5) standing back-handsprings she'll just stand there the entire time. I don't think a barrel will help in her case. She will go with spot, or even with me putting my hand out and not spotting. Her issue is doing it knowing I'm standing away from her and not spotting. I could spot her on a million ro-bhs and she'll do them fine, but the moment I step away she just cries. Also, I think barrels do most of the work for them...they really only have to put minimal effort in. It's great for rec kids but not really for team kids. I'm sure she'd go for it, since the barrel would do the entire thing for her...but unless I watch her every single turn (impossible), she will probably just form bad habits by becoming to dependent on it. It doesn't really teach you anything, it's more just to fling you through the skill and help kids (mainly rec) understand how to go through the motions of a back-handspring. I can't see it having any benefits for a team kid. Yeah.....I guess there really isn't a "magic" answer. We don't have an excel program in our gym...only JO, so that option is out unless she switches gyms, which is doubtful. The parents are really nice people and I think my statement above kind of brought on the wrong interpretation of how they act. They never say anything in front of their daughter about her fear....well, maybe at home they do but they never do at the gym. As soon as she approaches we both stop talking about it. I think they're more frustrated because they have put so much money into in and we have sent in all the meet fees and she may only be competing 3 events this year...and because of that she will probably have to repeat level 3 next year. I think it's more frustration than anger, and I understand it to a point. I agree they should "let it go", but it's also hard when you're investing money and from what I understand they have several kids in different competitive sports so I'm sure it gets expensive. I don't know...maybe that's just my frustration talking too. No, really, it isn't THAT hard. I had a gymnast in the same situation a few months ago and her mom just told her she was proud of her and always was. Fast forward a few months and she is competing the RO BHS just fine. If the parents will not let her do gymnastics if she has fears they should pull her right now, this second. Because if they can't handle this stuff, what they want is impossible in gymnastics disciplines. They should go to a sport like soccer or basketball. I'm not being sarcastic, this would be the right thing to do and should be part of the education for the parents to decide what to do. And if they never say it in front of her, even then, kids can usually tell. But in your post you described specific situations where they told the child she has to do it or else basically to the point the child is in tears so I don't know about that. It seems doubtful this child would intentionally not do the bhs if she was able to. But it's 100% certain that the way it's being handled right now causes emotional damage, decreases her self image, and makes the problem worse. She doesn't understand what's going on, just that she can't make herself do it. The dichotomy the parents have set up (seemingly with the help of the coaches reporting to them constantly) basically makes her feel she is "bad" for not doing something she CAN'T help. How can this not damage a child? If you're frustrated, put yourself in this child's shoes. I'm not trying to blame you either, so I hope you read this as its intended, to help this child and explain why the parents need to be educated. Reactions: duyetanh, Aero, ginnymac and 1 other person And as to your second post, if she can't do a standing back handspring. She won't get it. You need to use drills like jump backs, going over the barrel, and using the trampoline. It WILL help by building self confidence and teaching the process of conquering a fear and problem solving. This is the way ALL gymnastics is learned and is a major life lesson. It is wrong to say a child is "perfectly capable" of doing something they can't yet do and then saying a progression (such as doing it over the barrel) won't help them. It will help her, because she isn't capable of doing it, because she can't. Reactions: NutterButter and ginnymac The dichotomy the parents have set up (seemingly with the help of the coaches reporting to them constantly) I understand what you're saying about the parents and them wanting to pull her, but I'm not sure why you're attacking me about it. I am confronting the meet. How can I tell her that without explaining the fear situation? Obviously the parents want her to compete floor so after practice they will occasionally (not always) ask me how floor went. and B) to help me get insight on how I can try and fix it. I don't think there's anything wrong with talking to the parents about this, especially DURING meet season. Secondly, I never said she COULDN'T do a standing back-handspring, I said she wouldn't by herself. She has probably the best standing back-handsprings in the entire level 3 group and was doing them all the time during the summer (I make all my kids have a standing bhs 100% by themselves on the actual floor before connected with a round-off. never said I don't do drills...I still have all of my kids do bhs drills every single floor practice. But it's just as soon as she tries to put it all together she freezes up and won't go. I still do not think a barrel is the right tool in this situation. Also because most of our barrels are smaller and made for rec kids - with her power and her ability to actually jump, I don't think it would even be an appropriate size for her. Jumping drills, snap-down drills, all of those DRILLS are things we are doing. I just don't think a barrel is right for team kids, especially those that already have back-handsprings. She still HAS her back-handspring. She hasn't lost the physical ability to do it, she just mentality will not go for it. Page 2 She still HAS her back-handspring. She hasn't lost the physical ability to do it, she just mentality will not go for it. Page 2 She still HAS her back-handspring you can be just mentality will not go for it. Page 2 She still HAS her back-handspring you can be just mentality will not go for it. All right, well then I'm a level 10 and not an aging gymnastics coach. I mean I could do it if... Seriously, I'm not attacking you. But since there's apparently nothing you can or will do about this situation other than what you're already doing, I'll accept your post as a vent and offer my commiseration. I too coach children who sometimes lose skills. Reactions: l.c.o and Pineapple Lump Thinking aloud here...any chance the parents would spring for a private to build confidence, and then you could devote time to it...or maybe this would make it worse, seeing as it has been the elephant in the room before. The thing is, you just can't rush fear. Every child gets over it at their own pace, and encourage the parents to do the same. Beyond that, it's really up to the child. My dd recently went through something like this. Granted much harder skill but sane concept. (she had a back injury... Out for a couple months then trying to regain flick lay on beam) The coaches decided not to spot her BC of the differences in coaching. They made her break it down and go all the way back to basics. She made a chart with goals that she thought were attainable. Little by little she regained her confidence and had the skill back on high beam with no mats or pads. It took awhile. You will need patience and go back to basic skills. Let her control the progress. If she feels in control she wont feel overwhelmed and her confidence will return. Good luck!! Reactions: Aero and CoachMeg Thinking aloud here...any chance the parents would spring for a private to build confidence, and then you could devote time to it...or maybe this would make it worse, seeing as it has been the elephant in the room before. The thing is, you just can't rush fear. Every child gets over it at their own pace, and some let it paralyze them to the point of quitting the sport. All you can do is encourage, and encourage, and encourage the parents to do the same. Beyond that, it's really up to the child. Doing a private for fear is fine, but doing a private for fear is fine, but doing a private for fear is fine, but doing a private for a fear issue develops it's very important how it's dealt with at inception, putting pressure or a spotlight on it can cause what I call, "cementing the issue". Reactions: cadybearsmommy and duyetanh I would have a chat with the child and her parents. I would say these things: 1) Gymnastics is a marathon. Your child is 8. In the bigger picture, it doesn't matter if she gets her BHS back this year or next year. Most of the gymnasts develop fears at some point, usually a few years later than she. It may make it look like she's the only kid with fears but that's not true. So let's take it easy. This is just a sport. One of the biggest benefits of doing sports is learning to deal with struggles, fears and failure. We can take this as a learning experience. 2) You don't have to work on you BHS if you're not ready. You will work on drills and you will tell us when you want to try it. 3) Let's see how it goes. We have a plan but we can to make her feel good, safe and supported. Reactions: Aero, cadybearsmommy, NutterButter and 1 other person Doing a private for fear is fine, but doing a private for fear issue develops it's very important how it's dealt with at inception, putting pressure or a spotlight on it can cause what I call, "cementing the issue". Yes, that's what I figured as I was writing... "Way back when", my DD had a tentative grasp on a not-great robhs when she FINALLY crashed on one and landed on her head. Seriously, it had been coming. After letting it sit and not working on it at all for a couple of weeks, after discussion with coaches, we all decided to try a series of privates to start at the beginning (especially as they were in "meet season is starting soon let's do routines mode" and not really working ANY drills with her). After some 4-6 weeks of privates (1xweek), DD got it back with like 3-4 weeks to spare before meet season. It was better than it had been but not great. But her confidence was back. With a move to a new gym brought lots of tramp work and working drills for doubles, and DD decided tumbling was way fun and that she loves to fly. Her technique is STILL not amazing - maybe level 7 will be the season that she loves to fly. Her technique is STILL not amazing - maybe level 7 will be the season that she loves to fly. Her technique is STILL not amazing - maybe level 7 will be the season that she loves to fly. Her technique is STILL not amazing - maybe level 7 will be the season that she loves to fly. Her technique is STILL not amazing - maybe level 7 will be the season that she loves to fly. Her technique is STILL not amazing - maybe level 7 will be the season that she loves to fly. Her technique is STILL not amazing - maybe level 7 will be the season that she loves to fly. Her technique is STILL not amazing - maybe level 7 will be the season that she loves to fly. Her technique is STILL not amazing - maybe level 7 will be the season that she loves to fly. Her technique is STILL not amazing - maybe level 7 will be the season that she loves to fly. Her technique is STILL not amazing - maybe level 7 will be the season that she loves to fly. Her technique is STILL not amazing - maybe level 7 will be the season that she loves to fly amazing - maybe level 8 will be the season that she loves to fly amazing - maybe level 8 will be the season that she will be the season t There's hope? She needs time to heal and time for a slow recovery in order to rebuild her confidence. Also wanted to add: My DD also recently lost her flight on beam after a series of crashes. She was pushing to meet the level 7 deadline for skills, and kept trying to rush it all back despite her immense fear. Coaches decided no level 7 (bars iffy anyway) and DD completely started over, BHS on a line on the floor. Two months later, she's still working up to doing her BHS on high beam on her own, and level 5 mobility is obtained (tomorrow!), and they work those BHS more often, that confidence will build more quickly. At this point, I'm just hoping its all on high beam by June, so there's no pressure or big rush to have it ready for level 7. Anyway, rushing and threats (no level 7!) and begging was not helpful. Time and understanding was. Reactions: Aero, CoachMeg and duyetanh "Way back when", my DD had a tentative grasp on a not-great robhs when she FINALLY crashed on one and landed on her head. Seriously, it had been coming. After letting it sit and not working on it at all for a couple of weeks, after discussion with coaches, we all decided to try a series of privates to start at the beginning (especially as they were in "meet season is starting soon let's do routines mode' and not really working ANY drills with her). After some 4-6 weeks of privates (1xweek), DD got it back with like 3-4 weeks to spare before meet season. It was better than it had been but not great. But her confidence was back. With a move to a new gym brought lots of tramp work and working drills for doubles, and DD decided tumbling was way fun and that she loves to fly. Her technique is STILL not amazing - maybe level 7 will be the season that she gets those legs plastered together?! Pretty please? That said, she's a fairly powerful tumbler, and is usually one of the first to get floor skills. So... There's hope? She needs time to heal and time for a slow recovery in order to rebuild her confidence. Also wanted to add: My DD also recently lost her flight on beam after a series of crashes. She was pushing to meet the level 7 deadline for skills, and kept trying to rush it all back despite her immense fear. Coaches decided no level 7 deadline for skills, and kept trying to rush it all back despite her immense fear. Coaches decided no level 7 deadline for skills, and kept trying to rush it all back despite her immense fear. to doing her BHS on high beam on her own, and her two series are "FINALLY" on low beam without mats. I'm hopeful now that her level 4 season is over, and level 5 mobility is obtained (tomorrow!), and they work those BHS more often, that confidence will build more quickly. At this point, I'm just hoping its all on high beam by June, so there's no pressure or big rush to have it ready for level 7. Anyway, rushing and threats (no level 7!) and begging was not helpful. Time and understanding was. This is kind of off the original topic, but we have a level 7 that does a cartwheel round off connection on beam instead of the BHS series and scores pretty well on it. It might be a good back up to have in her arsenal for next year just in case. Reactions: l.c.o This is kind of off the original topic, but we have a level 7 that does a cartwheel round off connection on beam instead of the BHS series and scores pretty well on it. It might be a good back up to have in her arsenal for next year just in case. Reply also off topic... Hi, yes and THANKS - her gym will occasionally use that series if absolutely necessary, but it's not something they like to use. And unfortunately, her last and worst fall during that time period was after a roundoff on high beam (landed on the beam on her back somehow and scraped/bruised herself along her spine - she's had a LOT of anxiety about this since... there was apparently a collective 'coaches gasp' at it which didn't help). She's old enough to realize how important the spine is and the implications of a spinal injury. It's something she'll work through or won't. Unfortunately, her roundoff is currently waaaayyyyyyy further away from those high beams than anything else! She's got a block on beam (knock wood floor/vault just fine!). She does still have her bwo-bwo and a fwo on beam (fwo-fwo working on floor beam), and she's got some room to play for the future, even if all she manages to do is (hopefully!!) get that darn single bhs back on high beam before Jan '17! They prefer a bwo-bwo and a fwo on beam (fwo-fwo with separate BHS as second choice. I'm not too worried - I think she'll get there, I just really hope it doesn't end up rushed to meet deadline because she does not - she falls apart (see her series of beam falls on nearly every level 7+ skill over the course of two weeks!! POOF!). She is mostly worried about getting/keeping her hands on the beam gods for that!! Reactions: cadybearsmommy Knowing the history, I think the parents need to have it explained to them that fears happen and skills come and go. Pressure from parents, threats form parents, threats form parents, parental disappointment all make it worse! She's 8yo and needs to be able to feel she can enjoy gymnastics and progress as she needs. Maybe also take the pressure off for the girls. Tell her that everyone loses a skill sometimes. Her BHS is probably just hiding somewhere in the gym and one day she will find it. Reactions: Lisbeth, duvetanh, cadybearsmommy and 2 others Fears are frustrating for both parents and coaches but it's most frustrating for the gymnast. I bet this gymnie so badly wants to please the adults in her life. And what pressure too -- gymnastics has already been taken away once. I'm sure she is fearful that it will be taken away again. And I'm sure she is confused with why she can't do the skill. Fears suck even more when adults add pressure. The parents need some coaching. If they are unable to come around, they will be best served finding a new sport for their DD. My DD has had two teammates quit because of fears. In both cases the parents did not deal well with fears. She has had 4 major blocks lasting several weeks or months and countless minor ones. She is also a perfectionist and when she gets a skill, it looks pretty good and is usually competition ready immediately but this also means she is adding unnecessary pressure to herself. Unfortunately, my DD attaches her self-worth to how well she is doing in the gym ("I'm the worst", "Coach doesn't like me because I can't do X" are frequent comments from her). Changing DD's mindset, like gymnastics, is a marathon but she's made strides over the last few years. Mostly DD just needs tons of reassuring that her coach wants her to succeed, that fears are normal and that she will get past it. She loves the sport and so far has never seriously considered guitting. Reactions: l.c.o, cadybearsmommy and CoachMeg

how to get your roundoff back handspring. how to do roundoff back handspring

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