



Men's Artistic Pathway Training

Foundations: six to eight year olds

Development: nine to twelve year olds

Pathway Training Programme Information for 2021



Programme Vision & Background

Scottish Gymnastics pathway training provides accessible opportunities to gymnasts, coaches and clubs to support their long-term development and engagement in the men's artistic elite competition pathway.

Led by the team of Scottish Gymnastics Pathway Development Coaches training sessions will deliver consistent content aligned to 'brilliant basics' which focus on fundamental skills with the aspiration to improve the skill execution of gymnasts and to increase the talent pool in men's artistic gymnastics in Scotland. The sessions are coach development focussed and look to support coaches in clubs in Scotland to deliver fun and inspiring gymnastics and develop robust gymnasts who are physically, psychologically and technically capable of achieving long term success.

In recognising the disruption to competition and training in 2020/2021 the programme and eligibility for this year reflects a wider set of criteria recognising future competition aspirations.

Scottish Gymnastics is committed to the safeguarding and wellbeing of everyone. The programmes are based on a culture of providing a supportive environment for gymnasts to thrive, to embrace challenges and overcome setbacks as well as starting to engage in the ownership of their training and their development. Our approach is an athlete centred, coach led and performance driven with athlete well-being and coach development at the centre



Pathway Training: Foundations (6-8 years old)

Eligibility for Pathway Foundations

- Gymnasts aged 2015, 2014, 2013
- Gymnasts should be working towards the skills for broadly align to the skill matrix for their age and stage
- Be a member of a Scottish Gymnastics registered club
- Hold a current Scottish Gymnastics membership
- Attendance and engagement of personal coach or club coach at sessions

Pathway Training Sessions

EAST – Pathway Foundations Sessions

Saturday 11th September 2021, Lasswade Centre
Foundations (6-8yrs) 9am – 12noon

Saturday 13th November 2021, Lasswade Centre
Foundations (6-8yrs) 9am – 12noon

WEST – Pathway Foundations Sessions

Saturday 16th October 2021, Hamilton
Foundations (6-8yrs) 9am – 12noon

Saturday 18th December 2021, Hamilton
Foundations (6-8yrs) 9am – 12noon

NORTH EAST – Pathway Foundations Sessions

TBC October 2021, Aberdeen
Combined Foundations (6-8yrs) & Development (9-12 years) TBC

Sunday 7th November 2021, Dick McTaggart Centre, Dundee
Combined Foundations (6-8yrs) & Development (9-12 years) 1pm – 4.30pm



Skill Matrix 6-8 years olds

Floor Exercise	<ul style="list-style-type: none"> • Started working handsprings- headsprings understanding • Cartwheel 1/4 turn: working towards round-off • Introduced flip work: trampoline or supported • Working basic floor rolling lines & presentation work
Pommel Horse	<ul style="list-style-type: none"> • Solid understanding of a circle on high mushroom- building numbers • Building quality circles (or halves) on other set ups i.e. floor mushroom & one handle
Still Rings	<ul style="list-style-type: none"> • Basic shapes: quality swings in loops (working with support) • Support on rings with elastic (straight arms above)
Vault	<ul style="list-style-type: none"> • Solid understanding of board work- dish jump & straight jump • Building awareness of tuck & straight somersaults on trampette or springboard
Parallel Bars	<ul style="list-style-type: none"> • Swing above p-bars in extended shapes • Introduced under bar swings in correct shapes • Working floats for upstarts
Horizontal Bar	<ul style="list-style-type: none"> • Basic shapes- quality swings in loops (working with support) • Chin circle over: cast to front support • Back hip circle: working towards short-clear to front support
Physical Preparation	<ul style="list-style-type: none"> • Able to hold basic handstand shaping- half handstands & long supports • Working solid levers: L-hold, straddle lever & Russian lever • Introduced straddle lever lifts- towards straddled stoop or handstand • Leg lifts on wall bars • Chin ups (without swinging)

In order for gymnasts to be able to get the most out pathway training, coaches should only put forward gymnasts who are capable of most of the skills across all six apparatus and physical preparation listed above in the skill matrix for their age and stage.

There is the opportunity for coaches are able to attend sessions without gymnasts as part of their coaching development.



Pathway Training: Development (9-12 years old)

Eligibility for Pathway Development

- Gymnasts aged 2012, 2011, 2010, 2009
- The skill level of gymnasts should broadly align to the skill matrix for their age and stage
- Be a member of a Scottish Gymnastics registered club
- Hold a current Scottish Gymnastics membership
- Attendance and engagement of personal coach or club coach at sessions

JOINT EAST & WEST – Pathway Development Sessions

Saturday 11th September 2021, Lasswade Centre
Development (9-12yrs) 1pm – 5pm

Saturday 16th October 2021, Hamilton
Development (9-12yrs) 1pm – 5pm

Saturday 13th November 2021, Lasswade Centre
Development (9-12yrs) 1pm – 5pm

Saturday 18th December 2021, Hamilton
Development (9-12yrs) 1pm – 5pm

NORTH EAST – Pathway Foundations Sessions

TBC October 2021, Aberdeen
Combined Foundations (6-8yrs) & Development (9-12 years) TBC

Sunday 7th November 2021, Dick McTaggart Centre, Dundee
Combined Foundations (6-8yrs) & Development (9-12 years) 1pm – 4.30pm



Skill Matrix 9-12 years olds

Floor Exercise	<ul style="list-style-type: none"> • Forwards tumble: handspring to 1, handspring to 2, fly-spring, dive roll • Backwards tumble: round off, round off flip, standing flip • Backwards and forwards somersault awareness • Solid basic floor rolling lines & presentation work
Pommel Horse	<ul style="list-style-type: none"> • Solid understanding and building numbers of circles on mushroom, floor mushroom, over 1 handle • Introduced circles on 1 handle, two handles, low horse inwards and outward loops
Still Rings	<ul style="list-style-type: none"> • Building correct shaped swings to ring height and above (see grades rules for reference of hips)- loops & guards • Basic straight arm work- support, I-hold & tuck top planche
Vault	<ul style="list-style-type: none"> • Solid understanding of tucked somersault to height from springboard • Building awareness in a straight front from board to height • Introduced table vault- handspring & Tsukahara preps (11-12 year olds)
Parallel Bars	<ul style="list-style-type: none"> • Consecutive swings to handstand • Upstarts & drop upstarts • Under bar swings- progressions for long swings
Horizontal Bar	<ul style="list-style-type: none"> • Scoop long swings with support • Backward long swings with correct shapes in loops • Short-clear to 45 degrees or above in loops
Physical Preparation	<ul style="list-style-type: none"> • Handstand hold- 5s with correct shape • Working solid levers: I-hold, straddle lever & Russian lever • Straddle lever lifts to handstand • Leg lifts on wall bars • Chin ups (without swinging) - building to muscle ups on rings

In order for gymnasts to be able to get the most out pathway training, coaches should only put forward gymnasts who are capable of most of the skills across all six apparatus and physical preparation listed above in the skill matrix for their age and stage.

There is the opportunity for coaches are able to attend sessions without gymnasts as part of their coaching development.



How to get involved in Pathway Training

Sessions are limited to around 30 gymnasts in each area.

The pathway training sessions are focused on coach development, and therefore gymnasts must attend with at least one coach from their club at any pathway sessions - additional club coaches are also welcome to attend sessions. There is also the opportunity for coaches who do not currently have any eligible gymnasts to attend sessions as part of their coaching development and CPD.

Clubs are invited to put forward coaches and gymnasts from their club who they feel would benefit from attending pathway training and who meet the eligibility criteria in either development or foundations level of the pathway training. Clubs should attend foundations sessions in the area which they most closely identify with or where the venue is closest; pathway development sessions are combined East and West and gymnasts should attend each month.

In order for gymnasts to be able to get the most out pathway training, clubs and coaches should only put forward gymnasts who are capable of most of the skills listed in the skill matrix for their age and stage.

The programme is subsidised by Scottish Gymnastics, and there will be small gymnast contributions for each pathway training session at £6 per session for 2021. This will be invoiced directly to clubs based on the number of gymnasts booked onto the sessions.

Interested clubs should put forward coaches and gymnasts using the online form. Club are asked to book onto for the full block of sessions for 2021.



BOOK ONLINE
VIA JOTFORM

Please note that gymnasts who wish to be considered for the Development Programme led by Matt Jackson should be attending pathway training sessions to be considered for that programme.



Key Contacts

- Stephen Tonge, Men's Artistic Pathway Development Coach
artisticpathway@scottishgymnastics.org
- Jamie Bowie, Performance Manager (Olympic Disciplines)
jamie.bowie@scottishgymnastics.org
- Ugne Labaziniene, Performance Administrator
performance@scottishgymnastics.org
- Safeguarding Team, Eilidh McCall-Lawrie & Lorna Whyte
welfare@scottishgymnastics.org

Scottish Gymnastics is committed to ensuring the safeguarding and well-being of all members taking part in gymnastics.

For information and support from our safeguarding team contact: Eilidh McCall-Lawrie and Lorna Whyte at welfare@scottishgymnastics.org

