

BACKWARD HIP CIRCLE

PROGRESSIONS

FOCUSING ON TECHNIQUE

Objective: The gymnast starts in a front support position, with their hips resting against the bar and their arms extended. From there, they initiate a dish cast to return to the bar, lean back and rotate back to the beginning position.

1	<p>The gymnast lies on their back with arms resting on legs to mimic the shape we want to create on the Bar. Lifting their shoulders and legs slightly off the ground to form a dish shape. Hold this position for 10-15 seconds and repeat.</p> <p>TOP TIP: USE A SMALL POLE OR T-SHIRT AND ASK THE GYMNAST TO HOLD THIS TO REPLICATE THE BAR.</p>
2	<p>Once the gymnast has mastered the shape on the floor, we want to re-create this on the Bar by holding a front support position on a low bar, keeping their body tight, pushing tall in the shoulders and hips pressed against the bar</p>
3	<p>As taught in the IGA Courses, we recommend slowly supporting the skill, by lowering the gymnast to the half way mark, ensuring the shape has been maintained and supporting the second half.</p> <p>TOP TIP: THIS ALLOWS US TO MANIPULATE THE SHAPE AND ENCOURAGE STRAIGHT ARMS</p>

SKILL REQUIREMENTS & COACHING TIPS

DISH SHAPE

CHIN ON CHEST TO CREATE A DISH SHAPE

STRAIGHT ARMS THROUGHOUT

FAST WRIST CHANGE

AVOID PIKING - THIS CAN CAUSE IRRITATIONS TO THE HIPS

LEGS TOGETHER

DISH SHAPE CAST TO HORIZONTAL

CONDITIONING EXERCISES FOR THIS SKILL - TAILOR TO GYMNAST LEVEL & AGE

EXERCISE	RECOMMENDED REPETITION
Dish Hold [With or without floor bar]	30 to 45 seconds hold - Three sets
Dish Rocks [With or without floor bar]	30 to 45 seconds hold - Three sets
Leg Lifts	10 - 20 reps