

Tumbling Clinic with Samantha Palmer



Tumbling Clinic

Felicity Harvey, Wednesday, 4 July 2012

Eastside activity centre held a 2 day tumbling clinic over the week end run by Samantha Palmer. All clubs received information about the program to pass onto their members. The clinic was for coaches and individuals.

Samantha is a world champion tumbler and is currently working for Gymnastics NSW developing the tumbling modules for the coach's course, the judge's manual and a teaching DVD.

The first morning was coach's theory and looked at level 1-3 specifics and level 3 advanced/progression to level 4. Sam discussed what to look for and focus on, preparation for bigger skills and progressing at the right pace. She demonstrated single and double spotting techniques and positioning for spotting. We looked at some fun but effective ideas for strength exercises for the younger athlete and back flip preparations.

The afternoon session was for athletes and coaches practical. Sam set up a variety of stations using the floor, track, trampoline, pit and air floor. They worked through some fun warm and cool down ideas and strength.

Day 2 coaches theory started with moving through the fear of skills, different ideas and ways to progress through fear were discussed and methods for breaking down skills and what preps to use to help the skill progression. Sam moved onto ideas for sault combinations, the importance at looking at what works for what athletes and how to increase the difficulty safely. An interesting inclusion was her discussion of teaching tumblers how to get the best out of the floor, looking at hard and soft surfaces and different surfaces, a floor or track. Sam discussed ideas for combinations of passes for level 4+, what to try and what direction to take. To finish off Sam covered ways to get athletes to use their strength and turn it into power.

The afternoon was for advanced level 4 athletes and a practical session for coaches. All the aspects covered in the morning theory were put into practice again using all equipment in the venue.



Level 4+ athletes with Sam & Leanne



Various stations setup



Sam using Bethany to demonstrate correct positioning for handstand and prep skills for back flip

If anyone is interested in attending in future training opportunities held at EAC please contact the club so we can contact you direct.

We like to thank Sam for returning and Sam was very positive with the improvement she had seen in the athletes and coaches since her last visit 6 months ago.