

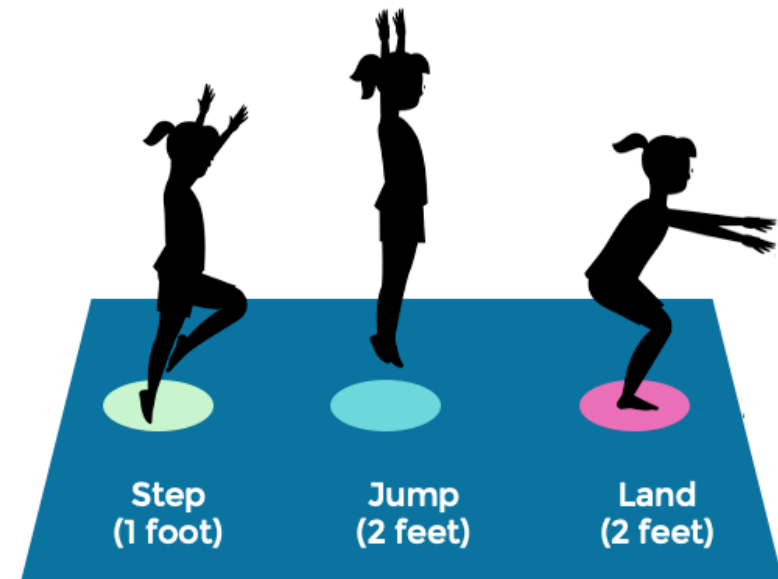
Hurdle Step & Knees to table top

Why and when?

In gymnastics vaulting, the hurdle step is a crucial transition movement that gymnasts use to generate power and momentum. It occurs after the run-up and before the take off from the floor or springboard. The hurdle step helps gymnasts efficiently transfer their forward speed into an upward and forward motion, enabling them to achieve the necessary height and distance for the vault.

Teaching points

1. Lift the leading knee high to generate power and maintain momentum into the step phase.
2. Maintain a slight forward lean with the upper body to keep the centre of gravity moving forward.
3. Use a strong, coordinated arm swing to aid in propulsion and balance.
4. Ensure the foot lands flat on the ground to maximise power.
5. Focus on a smooth and quick transition from the Step to the jump to the land
6. Always try and land in a balanced position legs bent (magic chair)



Spotting knees to table top

Why and when?

For first-time learners, having a spotter can be very helpful. The spotter's main job is to prevent the vaulter from over rotating when they land on the tabletop. You can demonstrate this first as the teacher.

1. The spotter should stand next to the tabletop and be ready to gently hold the vaulter's upper arm, just above the elbow, to control any forward movement.
2. The spotter should have a wide base when standing so they are well-balanced in a secure stance.
3. Always communicate with the vaulter, informing them where you will be touching them.



Taking weight on hands - knees to the tabletop

Teaching points

1. Place hands firmly on the box top, shoulder-width apart, to provide support.
2. Use an explosive jump from the floor, driving both knees upward toward the box.
3. Engage the core muscles to help control the movement and lift the knees simultaneously.
4. Aim for a soft, controlled landing with both knees landing between the hands at the same time.
5. Keep the upper body stable and slightly lean forward to maintain balance upon landing.

