



Gymnastics: Skills- Techniques- Training (Crowd Sports Guides)

Lloyd Readhead

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Crowood Sports Guides provide sound, practical advice that will make you a better sportsperson, whether you are learning the basic skills, discovering more advanced techniques or reviewing the fundamentals of your sport. Contents include: The rules and regulations that govern the sport and the roles and responsibilities of gymnasts, coaches and officials during an event. The technical skills in women's gymnastics [vaulting, asymmetric bars, balance beam and floor exercises] and men's gymnastics [floor exercises, pommel horse, rings, vaulting, parallel bars and horizontal bar]. Detailed 'key points' for the gymnastic skills and elements covered. The content and structure of the training regimes, together with the methods and techniques used to teach and perform some important core skills and a range of more advanced skills. The ways in which coaches develop the high levels of skill and physical fitness required by gymnasts. Psychology, nutrition, preventing under-performance, and injury prevention and treatment. As Gymnastics continues to grow in popularity, there are many opportunities to participate as a gymnast, coach, judge or official. This book will be of interest to gymnasts in general and in artistic gymnastics in particular. Covers the technical skills in women's and men's gymnastics and provides the 'key point's for the gymnastic skills and elements covered. Superbly illustrated with 106 colour photographs. Lloyd Readhead have over forty years' experience as a gymnastics coach and has represented Great Britain in men's artistic gymnastics. Another title in the highly successful Crowood Sports Guides series.

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