

Welsh Squad Trial November 2024

FOUNDATION SQUAD

1. General preparation
2. Apparatus handling – hoop and ball
3. Conditioning

DEVELOPMENT ESPOIR

1. General preparation
2. BQT elements – based on year in 2025
3. Apparatus handling – clubs and ribbon
4. Conditioning

DEVELOPMENT JUNIOR/PERFORMANCE

1. BQT elements – based on year in 2025
2. Conditioning

General preparation

Description	Key points
Sitting on the floor, legs stretched in front	<ul style="list-style-type: none"> • Heels of the floor • Arms out to side and straight • Shoulders down and back • Back straight • Ankles and toes stretched
Splits	<ul style="list-style-type: none"> • Hips square • Shoulders square • Knees, toes and ankles stretched • Arms straight, with opposite arm in front, other arm out to the side • Shoulders down and back • Flat back • Chin up
Bridge	<ul style="list-style-type: none"> • Arms straight • Legs straight • Feet together • Hands shoulder width apart



	<ul style="list-style-type: none">• Shoulders over hands
Chest roll	<ul style="list-style-type: none">• Feet flat on floor• Legs as close together as possible• Aiming to fully stretch the legs
Balance with feet together on releve Looking for maximum releve and no wobbling	<ul style="list-style-type: none">• Heels together• Knees stretched• Arms straight and by ears• Straight body• Shoulders down and back• Eyes and chin up
Shoulders with rope Fold rope and hold at either end Lift arms and rotate arms backwards Repeat rotating arms forwards	<ul style="list-style-type: none">• Hands as close together as possible• Arms straight• Both shoulders rotate at the same time

Conditioning

- Skipping – one minute. Two feet together jumps, stretched feet
- Calf raises – maximum. Single leg, fingertips against the wall for balance
- Bench holds – supine, prone, lateral, maximum 3 mins

Apparatus handling

HOOP

- Rotations – all planes, right and left hand
- Rotation around axis around hand – right and left hand
- Long roll across back – right to left, left to right
- Throw and catch on rotations – right and left hand

BALL

- Figure of eight – inwards and outwards. Right and left hand
- Roll down and up back
- Roll along arms – in front and behind head. Right to left, left to right
- Throw and catch in one hand – right and left hand

CLUBS

- Circles – all planes, two clubs together.



Welsh Gymnastics
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- Mills – all planes
- Small tosses – forwards and backwards, right hand, left hand, both together. Double rotation of the club
- Throw and catch- right and left hand

RIBBON

- Coils – right and left hand
- Snakes – right and left hand
- Boomerang – dominant hand
- Toss over head – right and left hand