Assuming that all details have been covered in regards to strength development it is vitally important to initiate pirouetting drills on the floor prior to expecting any great results on the uneven bars. Mastering the basic concepts of alignment, balance and body tension on the floor will create a more precise pirouette BUT ALSO develop a more confident athlete.

**FLOOR DRILLS**

1- Establishing Balance/Centering- Pirouetting is nothing more than placing your body in the correct positions with proper timing. Establishing an awareness of where your center of balance is and how to shift your weight efficiently into a balanced position is crucial in developing a quality pirouetting action.
   - Single Bar
   - Ball
   - Weight Transfers
   - Wall Handstands
   - Arm Drops
   - Single Arm Balances

2- Pirouette Techniques
   - Early Change- The main objective is to Pirouette into the handstand. All to often we have athletes pirouetting from the handstand. This is commonly due to the fact that they initial the hand change too late. The grip change should be done as early as possible without impacting the ability to attain handstand. The timing of which will be slightly different for most athletes and depends on their casting strength ability, length of arms, torso, legs etc.
     - Blind
     - Higgins

3- Early Change Drills
   - Floor Bar- Push Up Position
   - Elevated Feet
   - Bounce Change
   - Cast Change Push Away- Change prior to vertical
   - Cast Change Lower Down

4- Pirouetting Drills- Purpose of these drills is to develop the awareness of where “center” is as well as enforcing that weight shifting and body tension concepts.

John Geddert, Twistars USA Gymnastics Club
Email: support@TheGymnasticsCoach.com
Web: TheGymnasticsCoach.com
* Handstand Bouncer
* Low Floor Bar- With Spotter- Muscle Memory and Shaping
* Hand Spot- Multiples- Speed and Alignment
* Wall Bar- Kick Change Pirouette prior to hitting the wall
* Wall Bar- Blind Pirouettes
* Whip Over
* Confined Space
* Wall Bar- Kick Change Pirouette prior to hitting the wall
* Wall Bar- Blind Pirouettes
* Hand Spot Precision- Alignment- Single Arm Blinds and Pirouettes
* Balance Beam OR Longer Bar
* Floor Bar- Early Change to Flat Back OR Belly Drop
* Higgins
* Kip Cast Blind Pirouette to Handstand
* Cast Pirouette Lower Downs- Spotted

5- Blind Change- It is important to establish and consistently monitor the pirouetting direction of your athletes. Unmanaged athletes will periodically start turning the wrong direction and thus create bad habits that are difficult to overturn. Blind pirouettes release the bar with the dominant hand while the head looks under the other. Upon completing the initial half turn the dominant hand contacts the bar at which point there is a continuous weight transfer (for blind fulls) to the dominant hand. The athlete simply leans on the dominant hand to execute a pirouette to handstand finishing the blind full.
* Back Extension Blinds- Floor- (establish momentum, straight arm pull to handstand)
* Half Turn Increments
* Head Position/Body Tension/Weight Transfer crucial
* Standing Alignment Drill
* Hanging Blind Drill
* Whip Overs- Starting with 1/4 Turns
* Incline Bounce
* Tubing Bounce

6- Tap Swing- More errors are related to the timing and efficiency of the tap swing than any other issue on bars. Rarely does the tap swing technique change drastically when introducing advanced skills like blinds, flyaways, releases etc.
* The most important part of the swing- Scoop, relaxation to hyperextension, kick to levering action.
* Establish consistent patterns- Establish the needed strength
* Tap Swing 1/2 (make sure your level 5s are turning in the right direction)
* Spotted Swing 1/2- Continuous Swing into the turn (do not stop)
* Swing 1/2 Pirouette Out
* Swing 1/2 to Back Grip- Immediate Pirouette (Blind Full)

7- Other Blinds
* Clear Hip Blinds
* Toe Circle Blinds
* Stalder Blinds
8- Dismounts- One of the biggest mistakes made by coaches across the country is the “skip level 6” philosophy. This is the level that engrains the proper technique for performing fly aways. Learning a fly away from a tap swing is essential to progressing to more advanced dismounts.

* Hands On Development- eliminated fear, allows for more emphasis on technique and less on survival.
* Hands on creates better shapes and eventually better amplitude.
* Tap to Candle- creating the transfer of momentum and LIFTING ACTION.
* Shaping Drills- floor
* Separation of the lift prior to allowing the flipping action
* Combining the action- Lift/flip
* Progress to bigger swings- Cast/Giants

9- Double Saltos
* Maintaining the same technique emphasis as we did at the compulsory levels
* Strong shapes on the down swing
* Hyper-extension through the bottom of swing
* Strong aggressive levering (kicking) action on the upswing phase
* Coaches should watch for “changing techniques” and always review previous steps to enforce the proper action.

10- Twisting Saltos
* Nothing changes upon exiting the bar
* Hours and Hours of tap swing/ double salto progression should not be thrown out the door.
* Start with Late Twist techniques to enforce the idea that the exit from the bar stays the same.
* Open Doubles allow for a better twisting position
* Pulls arms to twist side/Head follows
* Be aware of opening (arms extending upward) from the twist to avoid locked leg landings.