



Gymnastics
Australia

Unit 2: The Coach in Context

Assessment Task

2.2 Spotting Log Book





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Key outcomes

- Understand and apply the principles of spotting Advanced skills safely.
- Demonstrate and understand the ability to coach Advanced gymnastics skills by applying support spotting or using apparatus to **supplement teaching of skills**.
- Understand the importance of and apply personal safety and spotting as an Advanced Coach.



Spotting Log Book



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As an Advanced Coach you will not only be coaching higher level skills, with greater risk, but you will be coaching independently and required to undertake more complex spotting tasks to shape or facilitate the development of increasingly difficult skills.

Spotting takes practice, and inevitably provides a potential risk to both the athlete and coach, particularly if you are not confident or have little practice with assisting athletes perform tasks.

Being confident to spot or support athletes will require assistance from a more experienced coach, and often this can be aided when you practise with athletes who can already perform the skill so you can 'feel' the skill movement and where assistance can and should be provided.





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Task overview

Over the course of your learning throughout both Advanced online courses (particularly the Gymsport Course) and coaching in the gym with your mentor, you will learn and practise how to spot / support athletes with specific skills at the Advanced level.

This task requires you to develop your spotting skills and record these in a log book. Attached is a log book of the skills you are required to spot / support / assist your athletes in learning at the Advanced level.

The log book must be signed off by your mentor, who should hold an Advanced Accreditation or higher and where possible this should be in a relevant Gymsport.

This assessment task will need to be uploaded to the LMS.



Mentor notes



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It is recommended that the mentor and or a senior coach in your club develop a plan to assist the candidate to learn and practise the spotting of these Gymsport specific skills. This can be undertaken in various ways.

Some suggestions are:

- Hold regular sessions to practise spotting with all junior coaches to gain confidence in assisting others. These sessions are ideally led by a senior coach using athletes who can already perform the skills.
- Arrange for the candidate to 'mirror coach' alongside you on a regular basis to practise assisting with the spotting of specific skills.
- Encourage the candidate to commence with supporting basic progressions for the skill.
- Arrange to come and assist the candidate with their own classes and work with them to build their capacity to spot skills confidently.
- Arrange for the candidate to assist at various holiday camps or clinics your club or region hosts.
- Spotting athletes requires confidence and increased practice opportunities will assist with this.
- The skills in the Log Book are divided into two sections:
 - **Compulsory** skills - the coach must be able to show competency in spotting the progressions to develop these skills to complete the Spotting Log Book assessment task
 - **Extension** skills - the coach should develop competency to spot these skills as time and availability allows.
- The candidate must demonstrate they can spot / support the **progressions** for each of the **compulsory skills** listed in the Spotting Log Book to complete the assessment task.

Task preparation

Meet with your mentor once you have read the description of the task and discuss this with them.

Download the specific Gymsport Log Book for your Gymsport. (They are all different).

The mentor notes are specifically for your mentor to understand and assist you with the task.





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Spotting Log Book

- Attached is a log book of the skills you are required to spot / support / assist your athletes in learning at the Advanced level.
- The skills in the Log Book are divided into two sections:
 - **Compulsory** skills - the coach must be able to show competency in spotting the **progressions** to develop these skills to complete the Spotting Log Book assessment task.
 - **Extension** skills - the coach should develop competency to spot these skills as time and availability allows.
- It is not anticipated that you will complete this skill list within a week as it takes time and practice in learning how to spot and support your athletes effectively.
- You need time and opportunity, with the overall key focus being safety for your athletes and yourself.
- Learning how to best support your athletes will be gained over the course of your learning throughout both online courses (particularly the Gymsport Course) and coaching in the gym with your mentor.



Spotting Log Book



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The suggestions for you to follow in this process are:

- Observation of a senior coach spotting the skill and its progressions
- Understanding the reason for spotting or assisting with the learning of the skill
 - Is this to facilitate teaching / learning of the skill?
 - Is this for orientation in learning the skill?
 - Can they perform the skill already and you are correcting?
 - Is this for confidence reasons?
 - Are you shaping the athlete into positions or actually providing a force to assist with the skill movement?
 - What other factors should you consider?



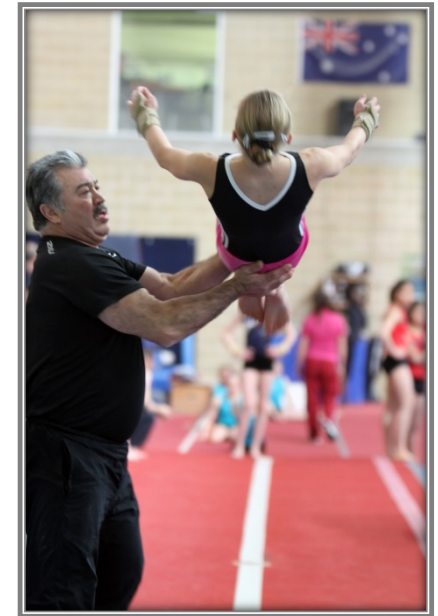
Spotting Log Book



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The suggestions for you to follow in this process are:

- Placing yourself in a position where you can assist / spot the athlete safely for your own personal safety, and that of the athlete (i.e. in front of the vaulting table / underneath the bars etc.)
- Understanding where you are required to apply a force / position the body into specific shape
- Practising the timing of spotting and when to step in to spot the skill / apply a force appropriately
- Start by spotting simple progressions and build your skills from there
- Understanding the communication process in spotting specific skills between the coach and athlete and the development of trust.





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Spotting Log Book

For trampoline there are a variety of spotting techniques including hand spotting, use of overhead rig and throw in mats. Through the course of teaching advanced skills different techniques are required, some are more appropriate than others. The Spotting Log Book should reflect this range.

You are required to complete the **compulsory skills** in the relevant Gymsport Spotting Log Book.

As you develop competency with spotting the Advanced skills, it is suggested that you have your supervisor 'sign-off' on your developing abilities. Take this opportunity to discuss this with your mentor and build your own skills in this area.



Download Spotting Log Books

ACR, GfA, MAG, TUM, WAG

The Spotting Log Book is split into two parts:

- the Module 1 spotting log book you'll need to complete before the Advanced Tumbling and Spring Face to Face Module (Module 1)
- the Module 2-4 spotting log book needs to be completed before Module 2-4.

Module 1 Spotting Log Book
ACR, GfA, MAG, TUM, WAG

Click button to download Spotting Log Books

Module 2-4 Spotting Log Books

ACR

MAG

TUM

WAG

Click buttons to download Spotting Log Books

Download Spotting Log Books

TRP

The Spotting Log Book is split into two parts:

- the Module 1 spotting log book needs to be completed before Module 1
- the Module 2-4 spotting log book needs to be completed before Module 2-4.

TRP Module 1 Spotting Log Book

TRP Module 2-4 Spotting Log Book

Click buttons to download Spotting Log Books

AER and RG

Click the buttons below to download your Spotting Log Book. There is minimal spotting in RG and this is reflected in the log book.

AER Spotting Log Book

RG Spotting Log Book