

# Yurchenko Vaulting

## Introduction

- Develop Your System - Planning out a systematic approach for developing your gymnasts
- Biomechanic Basics
- Level 8 Vaulting Considerations
- Yurchenko Differences & Challenges
- Tumbling/Vaulting Technique
- Stages of Development
  - Acquisition of Basic Technique
  - Refinement of Technique
  - Skilled Technical Performance

## Acquisition of Basic Technique

- It All Starts with the Run
- Yurchenko Development - 4 Stage Process
- Coaching Keys
- Drills...Drills....Drills

## Refinement of Technique

- Yurchenko - Run/Hurdle
- Yurchenko - Roundoff/Pre-Flight
- Yurchenko - Back Handspring/Block
- Yurchenko - Post Flight
- Drills...Drills....Drills

## Skilled Technical Performance

- Video Analysis
- What Really Happens vs What We Think Happens
- What makes a Great Vault