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D2.1 Online Manual

Dive - in - Gym

August 2024

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1. Introduction

Welcome to the "Dive in Gymnastics: Compendium of Exercises" Manual. This manual is the culmination of our extensive project designed to enhance and promote gymnastics training through a comprehensive collection of 40 exercises. Each exercise is carefully recorded in a one-minute video, showcasing detailed demonstrations and thorough explanations to aid in understanding and practice.

Our aim is to provide a sustainable and valuable resource for gymnasts, coaches, and enthusiasts worldwide. This manual, along with the accompanying videos, will be accessible online on our partners' websites and our project's social media platforms.

2. Project description

Background and general objectives

The project Dive into Gymnastics' main objective is ***to encourage the practice of sport and physical activity through a combination of two complementary sports; gymnastics and diving.*** The project will address youth and sports' common needs and priorities by improving physical activity and reducing athlete dropout. The project contributes to the sport-specific priority of Erasmus+ by encouraging participation in sports and physical activity.

The lack of physical activity increases the possibility of being overweight, obese and having other chronic conditions such as cardiovascular diseases and diabetes, which reduce the quality of life. The Commission's White Paper underlines the importance of taking proactive steps to increase physical activity among citizens.

To address the need to foster physical activity and prevent a sedentary lifestyle, we first need to prevent early dropouts from specific sports, such as gymnastics and introduce activities of a new sport that can be practised for all age groups, such as diving.

The partners of this project share the same interest and ideas of developing a program that will use the power of non-formal learning in and through sports to address topics of public concern. The program will implement sports activities of two sports (diving and gymnastics) to exchange knowledge and skills in the field of training.

It will target people whose daily activities are related to the development of children's skills and practice of two sports, diving and gymnastics. This will contribute to the expansion of knowledge, good practices and the possibility of better training conditions in partner countries.

The project activities are aimed at providing solutions that can be implemented to complement and enhance the quality of physical programs in diving and gymnastics. Children as final beneficiaries who are involved in gymnastics and belong to early dropout statistics and children in diving that lack adequate dry land training conditions can be involved under this project to participate in sports activities and to develop skills for staying in the sport and developing a healthy lifestyle.

Physical activities will be improved by setting up a transnational network of sports clubs which will enable the sharing of theoretical knowledge and practice of their coaches and managers as well as other experts, ex-professional athletes and partners. This project should provide a future collaboration of these two sports (diving and gymnastics) by promoting creativity and innovation at the organisational level.

Engaging participation in sports and physical activity using the synergic effect of these two sports:

- **Gymnastics** – enables developing strength, flexibility, and endurance. It allows early entry into the sport and represents one of the basic sports. As one of the basic sports, it provides a good

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foundation for all other sports. Gymnastics is a world-famous sport and is highly developed and popular. It is an extremely difficult sport, so a large number of children give up before they can get into the habit of playing sports.

- **Diving** – allows overcoming fear factors, being also an aesthetic sport, takes into account all the elements needed in gymnastics but, through a different medium, allows children and the elderly to engage in this sport. Precisely because of the jumps, somersaults, and various other elements of diving into the water, they make this sport safer and more fun for all ages. The divers' strength, flexibility and courage can be seen in any diving competition.

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3. How to use this Manual

This manual is structured to offer easy navigation and quick access to each exercise. Here's how you can make the most of it:

1. **Exercise list**: A complete list of the 40 exercises, categorized for easy reference.
2. **Exercise details**: Each exercise includes a brief introduction, key benefits, step-by-step instructions, and a link to the corresponding one-minute video.
3. **Tips and modifications**: Helpful tips for mastering the exercise and modifications for different skill levels.
4. **Safety guidelines**: Important safety information to ensure injury-free practice.

4. Exercise Categories

Dry Land Exercises

Dry land exercises are conducted by our partners, gymnastics experts. These exercises focus on building strength, flexibility, balance, and coordination, which are essential for both gymnastics and diving. The exercises progress from easy for beginners to more challenging for higher competition levels.

1. **Beginner Level**
2. **Intermediate Level**
3. **Advanced Level**

Diving Exercises

Diving exercises are conducted by our partners from the diving club. These exercises focus on techniques and skills specific to diving, progressing from fundamental exercises to those suited for higher competition levels.

1. **Beginner Level**
2. **Intermediate Level**
3. **Advanced Level**

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5. Detailed Exercise Instructions

Gimnasticki klub Omisalj Njivice (CRO)

1. **Forward Lunges**
2. **Forward Squat**
3. **Leaning Forward Jumps**
4. **Straight Jump Back**
5. **Backward Crunch**
6. **Leaning Back Jumps**
7. **Forward Roll**
8. **Reel Back**
9. **Screw (Turn)**
10. **Handstand**

Intermediate Level

- Progressions within each exercise

Advanced Level

- Advanced progressions within each exercise

Detailed Exercise Instructions

1. Forward Lunges

Category: Beginner Level - Dry Land Exercise

Introduction: Forward lunges are fundamental for developing lower body strength and stability, essential for both gymnastics and diving.

Benefits:

- Enhances leg strength
- Improves balance and coordination
- Prepares muscles for more complex movements

Instructions:

1. **Forward jumps on the acrobatic course**: Perform continuous jumps forward on an acrobatic course, maintaining good form.
2. **Jumps forward against the wall**: Stand facing a wall and jump forward, using the wall to stabilize if needed.

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3. **Long jump from an elevation onto a small trampoline**: Jump from an elevated surface onto a small trampoline, focusing on a soft landing.

Tips:

- Maintain a straight back and engage your core.
- Use your arms to help balance during jumps.
- Land softly to reduce impact on joints.

Modifications:

- **Beginner**: Use a lower elevation for jumps.
- **Advanced**: Increase the height of the elevation or add weights.

Safety Guidelines:

- Ensure the landing surface is stable and secure.
- Perform exercises in a clear area free of obstacles.

2. Forward Squat

Category: Beginner Level - Dry Land Exercise

Introduction: Forward squats are key for building explosive power and strength in the lower body.

Benefits:

- Builds lower body strength
- Improves explosive power
- Enhances coordination and balance

Instructions:

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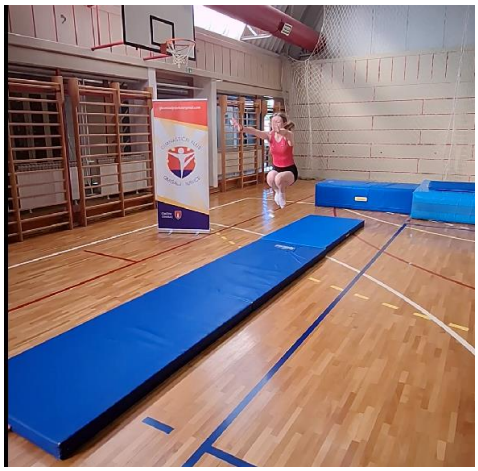
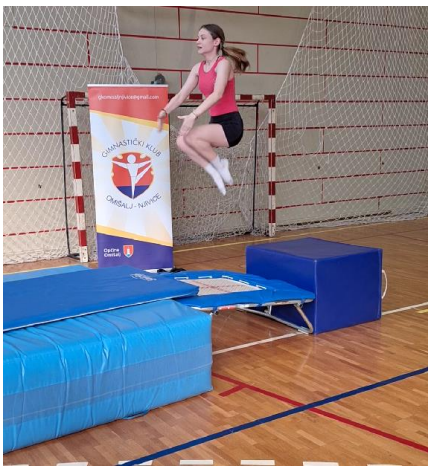
1. **Convulsive jumps forward on the acrobatic course**: Perform quick, forceful jumps forward on the acrobatic course.

2. **Connected jerk jumps on a small trampoline with assistance**: Use a small trampoline and assistance to perform connected jumps.

3. **Convulsive jump from a height onto a small trampoline**: Jump from an elevated height onto a small trampoline with controlled force.

Tips:

- Keep your knees aligned with your toes.
- Engage your core and maintain an upright posture.
- Use your arms to help with balance and momentum.

Modifications:

- **Beginner**: Lower the height of the starting point.
- **Advanced**: Increase the jump height or add resistance bands.

Safety Guidelines:

- Ensure the trampoline is stable and in good condition.
- Perform exercises in a safe, supervised environment.

3. Leaning Forward Jumps

Category: Beginner Level - Dry Land Exercise

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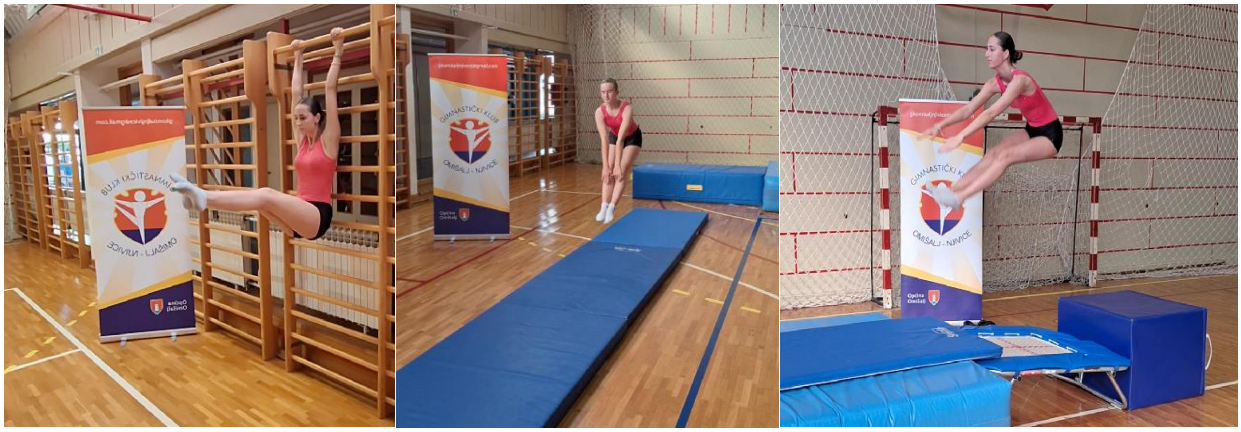
Introduction: Leaning forward jumps enhance explosive power and coordination, vital for gymnastics routines.

Benefits:

- Improves explosive power
- Enhances coordination
- Strengthens lower body muscles

Instructions:

1. **Leaning forward jumps on the acrobatic course**: Lean forward slightly and perform continuous jumps on the course.
2. **Connected prone jumps on a small trampoline with assistance**: Use assistance for connected jumps in a prone position on a trampoline.
3. **Prone jump from an elevation onto a small trampoline**: From an elevated surface, perform prone jumps onto a small trampoline.



Tips:

- Keep your body slightly forward to maintain balance.
- Use your arms for added momentum.
- Focus on landing softly to reduce impact.

Modifications:

- **Beginner**: Reduce the height of the elevation.
- **Advanced**: Increase jump height or perform without assistance.

Safety Guidelines:

- Ensure the trampoline and landing surface are stable.
- Perform in a supervised and safe environment.

4. Straight Jump Back

Category: Beginner Level - Dry Land Exercise

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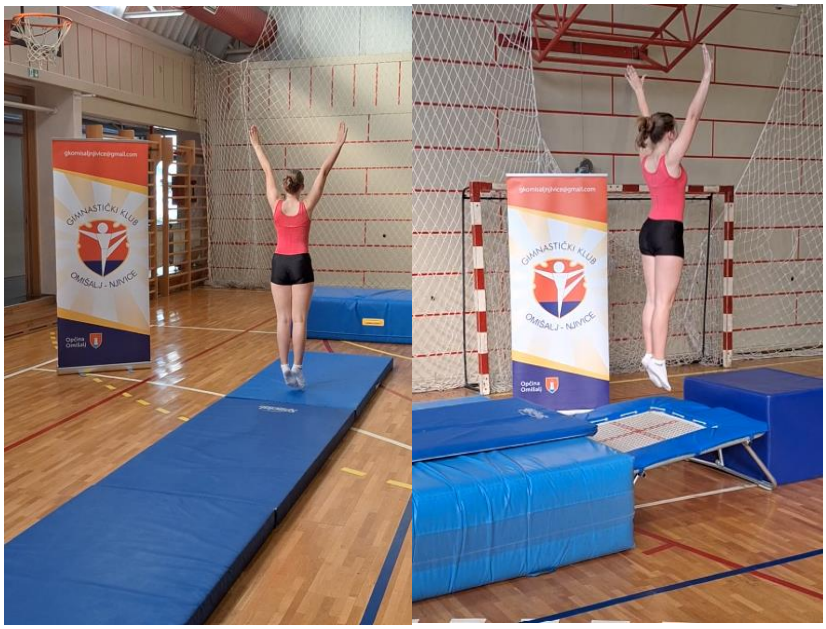
Introduction: Straight jumps back are essential for developing coordination and lower body strength.

Benefits:

- Enhances lower body strength
- Improves coordination
- Develops balance and control

Instructions:

1. **Backward jumps on the acrobatic course**: Perform continuous backward jumps on the acrobatic course.
2. **Linked jumps on a small trampoline**: Use a small trampoline for linked backward jumps.
3. **Back jump on a small trampoline**: Perform single back jumps on a small trampoline.



Tips:

- Maintain an upright posture.
- Engage your core and use your arms for balance.
- Land softly to minimize impact on joints.

Modifications:

- **Beginner**: Use a lower elevation for the jumps.
- **Advanced**: Increase the jump height or add weights.

Safety Guidelines:

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- Ensure the trampoline and landing surfaces are secure.
- Perform exercises in a safe and supervised area.

5. Backward Crunch

Category: Beginner Level - Dry Land Exercise

Introduction: Backward crunches focus on building core strength and stability, crucial for gymnastics movements.

Benefits:

- Strengthens core muscles
- Improves stability and control
- Enhances coordination

Instructions:

1. **Convulsive jumps backwards on the acrobatic track**: Perform quick backward jumps on the acrobatic track.
2. **Lifting the knees on the Swedish ladder**: Use the Swedish ladder to lift knees in a controlled manner.
3. **Convulsive jump back on a small trampoline**: Perform backward jumps on a small trampoline.

Tips:

- Focus on engaging your core muscles.
- Use your arms for added momentum and balance.
- Maintain a controlled motion throughout.

Modifications:

- **Beginner**: Lower the height of the elevation.
- **Advanced**: Increase the jump height or add resistance bands.

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Safety Guidelines:

- Ensure the trampoline and landing surfaces are stable.
- Perform in a supervised and safe environment.

6. Leaning Back Jumps

Category: Beginner Level - Dry Land Exercise

Introduction: Leaning back jumps develop lower body strength and coordination, essential for advanced gymnastics skills.

Benefits:

- Builds lower body strength
- Improves coordination and balance
- Enhances control

Instructions:

1. **Leaning backwards jumps on the acrobatic course**: Perform continuous jumps while leaning backward slightly.
2. **Raising the extended legs on the Swedish ladder**: Use the Swedish ladder to raise legs in a controlled motion.
3. **Leaning back jump on a small trampoline**: Perform jumps while leaning back on a small trampoline.

Tips:

- Keep your core engaged for balance.
- Use your arms to help maintain momentum and stability.
- Land softly to reduce impact on joints.

Modifications:

- **Beginner**: Lower the height of the elevation.
- **Advanced**: Increase the jump height or perform without assistance.

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Safety Guidelines:

- Ensure the trampoline and landing surfaces are secure.
- Perform in a safe, supervised environment.

7. Forward Roll

Category: Beginner Level - Dry Land Exercise

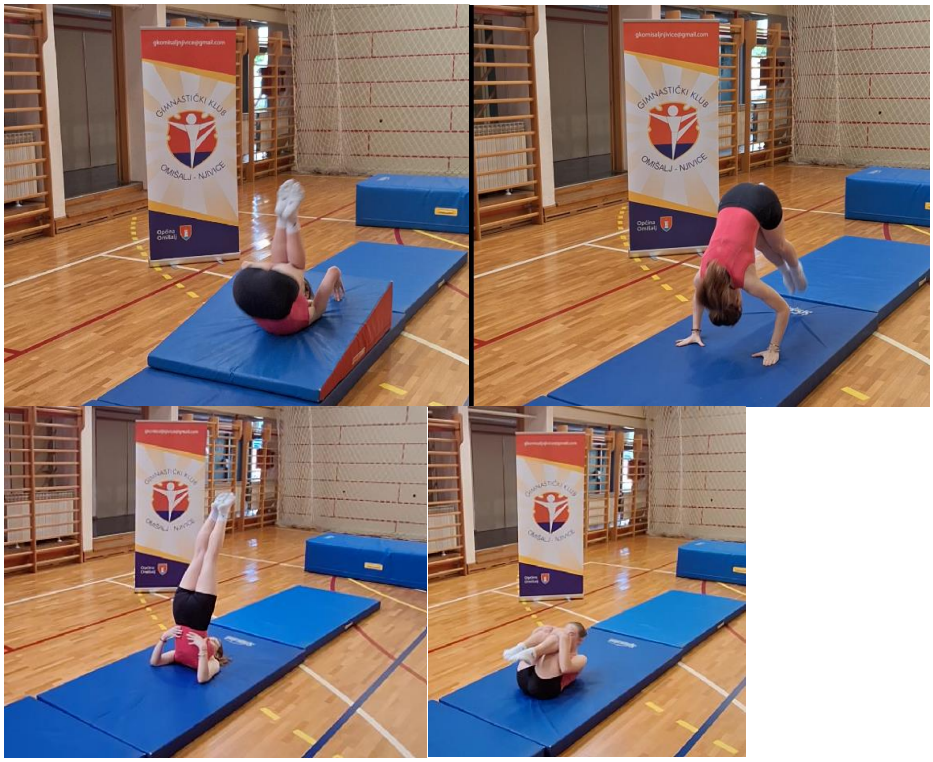
Introduction: Forward rolls are fundamental for developing agility and body control, vital for gymnastics routines.

Benefits:

- Improves agility and coordination
- Enhances body control
- Builds core strength

Instructions:

1. **Roll on the back**: Start from a seated position and roll back smoothly.
2. **From the candle position to the cramp position in the squat**: Transition from a candle position to a squat smoothly.
3. **Roll forward on the slope**: Perform a forward roll on a gentle slope.
4. **Reel forward**: Complete a full forward roll, maintaining control throughout.



Tips:

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- Keep your body tight and controlled.
- Use your arms to guide the roll.
- Focus on a smooth, continuous motion.

Modifications:

- **Beginner**: Practice on a softer surface.
- **Advanced**: Increase the speed of the roll.

Safety Guidelines:

- Ensure the surface is soft and safe for rolling.
- Perform in a supervised environment.

8. Reel Back

Category: Beginner Level - Dry Land Exercise

Introduction: Reel backs develop coordination and control, essential for executing advanced gymnastics skills.

Benefits:

- Enhances coordination and control
- Builds core strength
- Improves body awareness

Instructions:

1. **Roll on the back**: Start from a seated position and roll back smoothly.
2. **Back jump from a small trampoline onto a mat**: Perform a controlled back jump from a trampoline onto a mat.
3. **Reel back on the slope**: Execute a reel back on a gentle slope.
4. **Reel back**: Complete a full reel back, maintaining control throughout.

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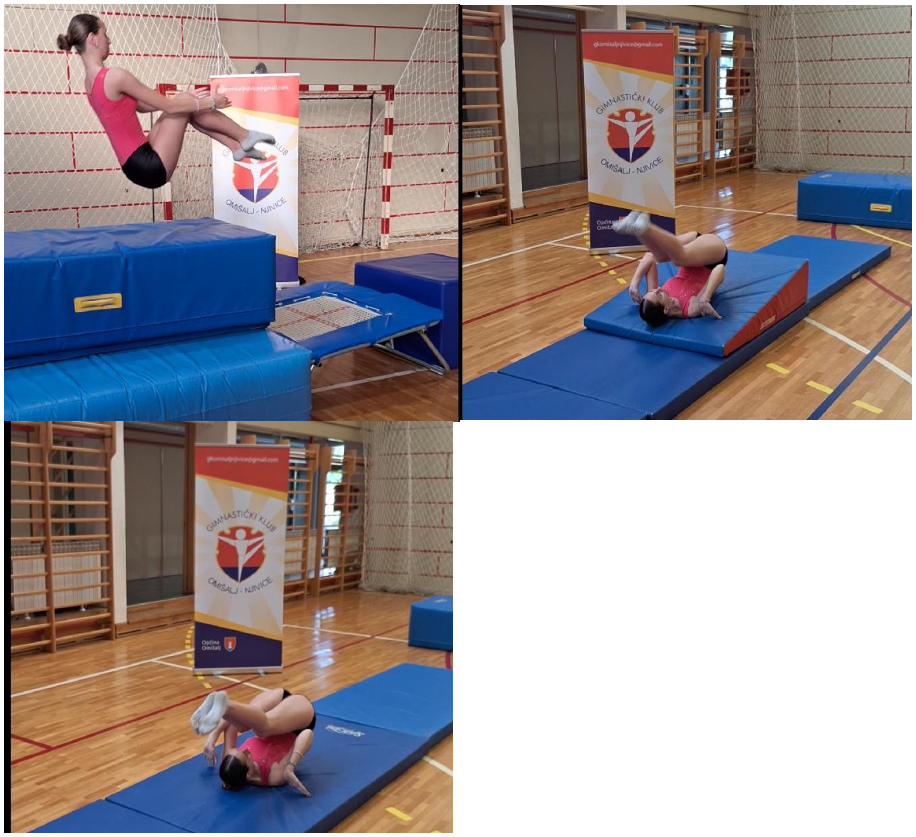

Tips:

- Keep your body tight and controlled.
- Use your arms to guide the motion.
- Focus on a smooth, continuous roll.

Modifications:

- **Beginner**: Practice on a softer surface.
- **Advanced**: Increase the speed of the roll.

Safety Guidelines:

- Ensure the surface is soft and safe for rolling.
- Perform in a supervised environment.

9. Screw (Turn)

Category: Beginner Level - Dry Land Exercise

Introduction: Screws or turns develop rotational control and balance, crucial for advanced gymnastics routines.

Benefits:

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- Enhances rotational control
- Improves balance
- Builds coordination

Instructions:

1. **Screws from places 180° and 360°**: Practice turning 180° and 360° from a stationary position.
2. **From the position on the back turn 180° to the stomach and 360° to the back**: Rotate from back to stomach and back again.
3. **Screw on a small trampoline**: Perform rotational jumps on a small trampoline.

Tips:

- Focus on a controlled rotation.
- Use your arms to assist with balance.
- Maintain a tight body position.

Modifications:

- **Beginner**: Start with 180° turns.
- **Advanced**: Increase the speed and height of the turns.

Safety Guidelines:

- Ensure the trampoline and surface are stable.
- Perform in a supervised and safe environment.

10. Handstand

Category: Beginner Level - Dry Land Exercise

Introduction: Handstands are fundamental for developing upper body strength and balance, essential for gymnastics.

Benefits:

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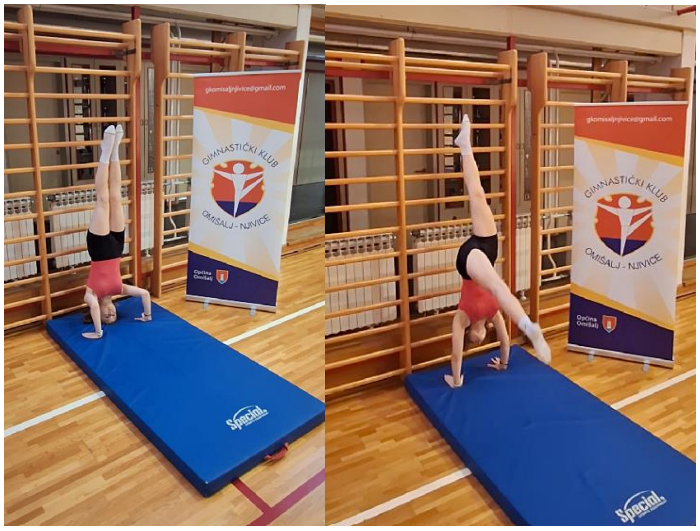
- Builds upper body strength
- Improves balance and control
- Enhances coordination

Instructions:

1. **Prolonged compressed position lying on the stomach/back**: Hold a compressed position for stability.
2. **Sitting with the back against the wall**: Practice handstand positioning against a wall.
3. **Plank**: Strengthen core and upper body in a plank position.
4. **Stand on your head**: Practice balance by standing on your head.
5. **Stand on your hands with your stomach/back towards the wall**: Use the wall for support in a handstand position.
6. **Handstand with assistance**: Perform a handstand with assistance for stability.



Tips:

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- Keep your core engaged and body tight.
- Use a wall for support when starting.
- Practice regularly to build strength and balance.

Modifications:

- **Beginner**: Use wall support.
- **Advanced**: Perform free-standing handstands.

Safety Guidelines:

- Ensure the area is clear of obstacles.
- Perform in a supervised and safe environment.

- **Tips for Success**

- **Consistency**: Practice regularly to see continuous improvement.
- **Proper Form**: Focus on correct technique to maximize benefits and prevent injuries.
- **Listen to Your Body**: Modify or stop exercises if you experience pain or discomfort.

Diving Exercises (KLUB SKOKOVA U VODU PRIMORJE 2010)

6. Exercise List

Beginner Level

1. **Forward Basic Dive – Straight (A)**
2. **Forward Basic Dive – With Tuck (C)**
3. **Forward Basic Dive – Pike (B)**
4. **Back Basic Dive – Straight (A)**
5. **Back Basic Dive – With Tuck (C)**
6. **Back Basic Dive – Pike (B)**

Intermediate Level

7. **Forward Somersault with Tuck (C)**
8. **Back Somersault with Tuck (C)**
9. **Forward Twist Basic (feet first) Back dive ½ twist Forward somersault with twist**

Advanced Level

10. **Armstand**

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7. Detailed Exercise Instructions

1. Forward Basic Dive – Straight (A)

Category: Beginner Level - Diving Exercise

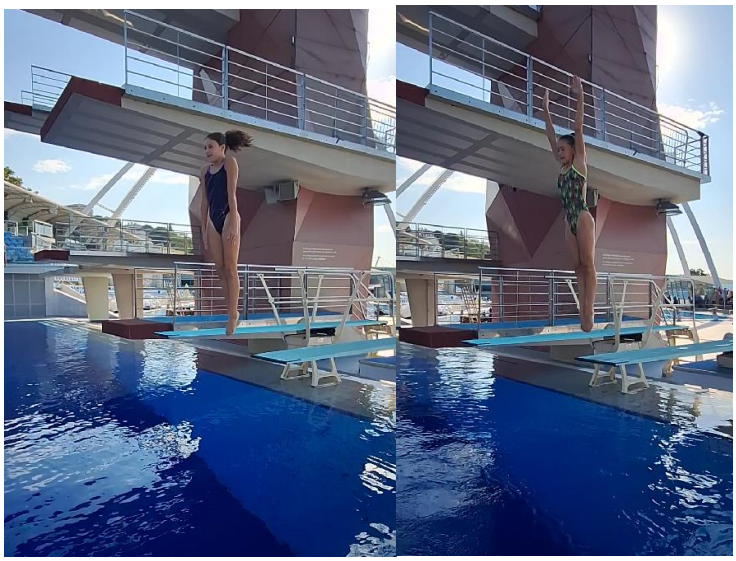
Introduction: The forward basic dive in a straight position is fundamental for learning proper body alignment and entry technique.

Benefits:

- Develops proper diving form
- Enhances body control and alignment
- Builds foundational skills for advanced dives

Instructions:

1. **Forward basic dive to the feet – arms next to the body**: Start in a standing position with arms by your sides, and dive forward, aiming for a clean entry with feet first.
2. **Forward basic dive to the feet – arms raised**: Begin with arms raised overhead, then dive forward, maintaining a straight body position.
3. **Forward basic dive to the feet – swing with your arms**: Use a swinging motion with your arms to generate momentum for the dive.



Tips:

- Keep your body tight and straight during the dive.
- Focus on a clean entry with minimal splash.
- Use your arms to help control the dive.

Modifications:

- **Beginner**: Practice from a lower height or platform.
- **Advanced**: Increase the height of the dive.

Safety Guidelines:

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- Ensure the diving area is clear and safe.
- Perform under supervision if necessary.

2. Forward Basic Dive – With Tuck (C)

Category: Beginner Level - Diving Exercise

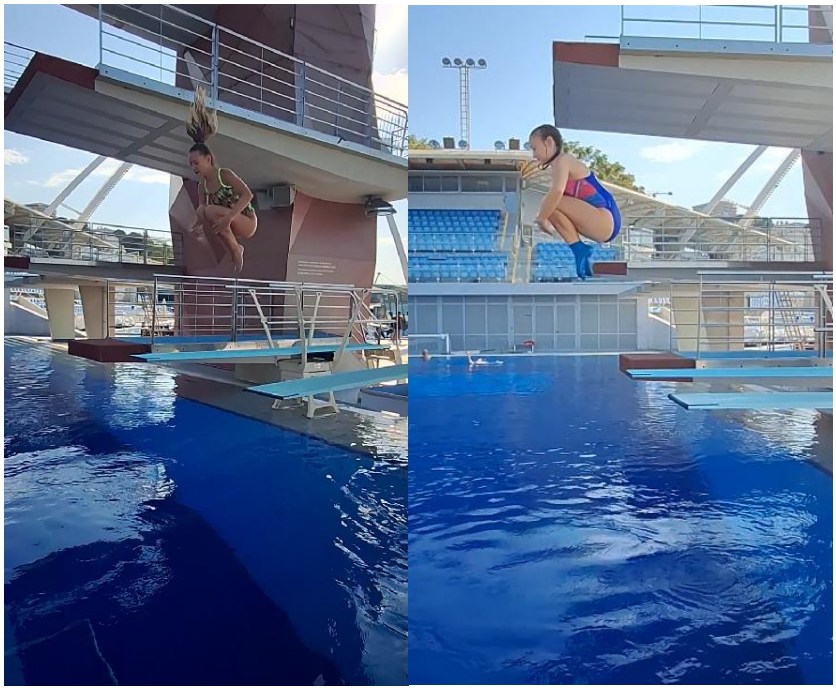
Introduction: The forward basic dive with a tuck position helps develop flexibility and control.

Benefits:

- Improves flexibility
- Enhances body control and coordination
- Builds foundational skills for somersaults

Instructions:

1. **Forward basic dive to the feet – arms next to the body**: Start in a standing position with arms by your sides, tuck your body during the dive, and aim for a clean entry with feet first.
2. **Forward basic dive to the feet – arms raised**: Begin with arms raised overhead, tuck during the dive, and maintain control for a clean entry.
3. **Forward basic dive to the feet – swing with your arms**: Use a swinging motion with your arms to initiate the tuck position during the dive.



Tips:

- Tuck your knees tightly to your chest.
- Maintain control throughout the dive.
- Focus on a clean entry with minimal splash.

Modifications:

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- **Beginner**: Practice the tuck position on dry land first.
- **Advanced**: Increase the height of the dive.

Safety Guidelines:

- Ensure the diving area is clear and safe.
- Perform under supervision if necessary.

3. Forward Basic Dive – Pike (B)

Category: Beginner Level - Diving Exercise

Introduction: The forward basic dive in a pike position is essential for learning proper body control and alignment in a more complex position.

Benefits:

- Develops flexibility and control
- Enhances body alignment and coordination
- Builds foundational skills for advanced dives

Instructions:

1. **Forward basic dive to the feet – arms next to the body**: Start in a standing position with arms by your sides, pike your body during the dive, and aim for a clean entry with feet first.
2. **Forward basic dive to the feet – arms raised**: Begin with arms raised overhead, pike during the dive, and maintain control for a clean entry.
3. **Forward basic dive to the feet – swing with your arms**: Use a swinging motion with your arms to initiate the pike position during the dive.

Tips:

- Keep your legs straight and together during the pike.

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- Focus on maintaining control throughout the dive.
- Aim for a clean entry with minimal splash.

Modifications:

- **Beginner**: Practice the pike position on dry land first.
- **Advanced**: Increase the height of the dive.

Safety Guidelines:

- Ensure the diving area is clear and safe.
- Perform under supervision if necessary.

4. Back Basic Dive – Straight (A)

Category: Beginner Level - Diving Exercise

Introduction: The back basic dive in a straight position helps develop proper body alignment and entry technique from a backward approach.

Benefits:

- Enhances body control and alignment
- Develops proper diving form from a backward approach
- Builds foundational skills for advanced back dives

Instructions:

1. **Back basic dive to the feet – arms next to the body**: Start in a standing position with arms by your sides, dive backward aiming for a clean entry with feet first.
2. **Back basic dive to the feet – arms raised**: Begin with arms raised overhead, then dive backward maintaining a straight body position.
3. **Back basic dive to the feet – swing with your arms**: Use a swinging motion with your arms to generate momentum for the backward dive.

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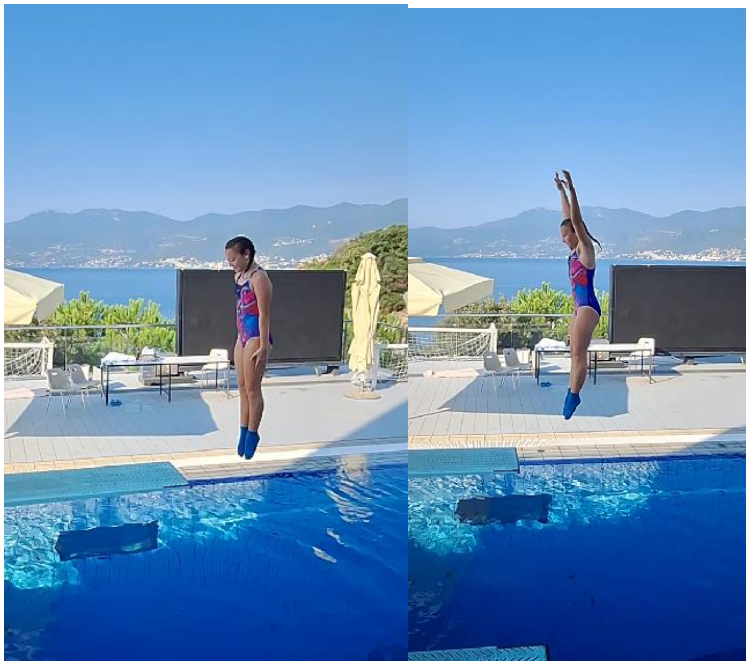

Tips:

- Keep your body tight and straight during the dive.
- Focus on a clean entry with minimal splash.
- Use your arms to help control the dive.

Modifications:

- **Beginner**: Practice from a lower height or platform.
- **Advanced**: Increase the height of the dive.

Safety Guidelines:

- Ensure the diving area is clear and safe.
- Perform under supervision if necessary.

5. Back Basic Dive – With Tuck (C)

Category: Beginner Level - Diving Exercise

Introduction: The back basic dive with a tuck position helps develop flexibility and control from a backward approach.

Benefits:

- Improves flexibility
- Enhances body control and coordination
- Builds foundational skills for backward somersaults

Instructions:

1. **Back basic dive to the feet – arms next to the body**: Start in a standing position with arms by your sides, tuck your body during the backward dive, and aim for a clean entry with feet first.

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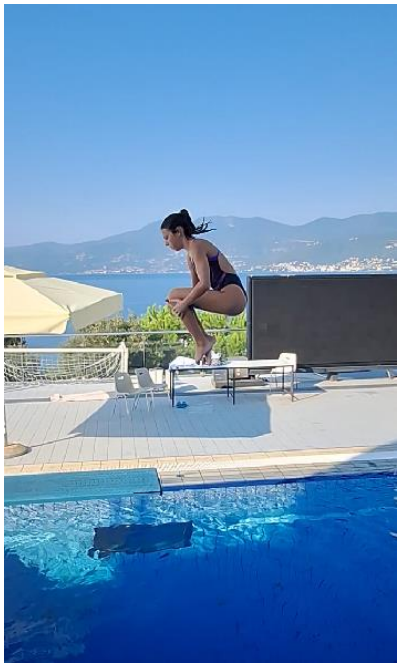
2. **Back basic dive to the feet – arms raised**: Begin with arms raised overhead, tuck during the backward dive, and maintain control for a clean entry.
3. **Back basic dive to the feet – swing with your arms**: Use a swinging motion with your arms to initiate the tuck position during the backward dive.



Tips:

- Tuck your knees tightly to your chest.
- Maintain control throughout the dive.
- Focus on a clean entry with minimal splash.

Modifications:

- **Beginner**: Practice the tuck position on dry land first.
- **Advanced**: Increase the height of the dive.

Safety Guidelines:

- Ensure the diving area is clear and safe.
- Perform under supervision if necessary.

6. Back Basic Dive – Pike (B)

Category: Beginner Level - Diving Exercise

Introduction: The back basic dive in a pike position is essential for learning proper body control and alignment in a more complex position from a backward approach.

Benefits:

- Develops flexibility and control
- Enhances body alignment and coordination
- Builds foundational skills for advanced back dives

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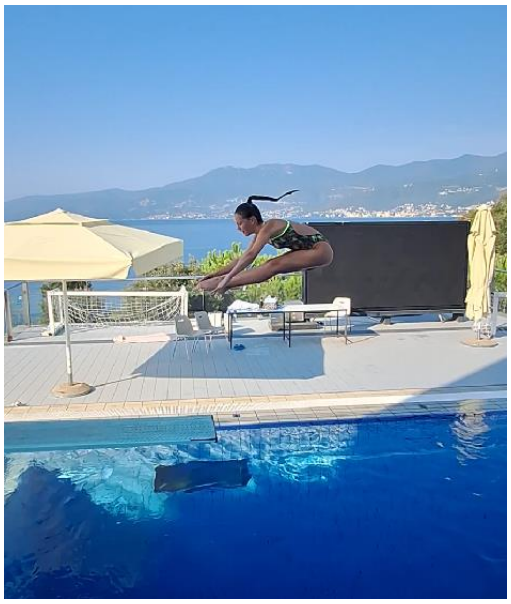
Instructions:

1. **Back basic dive to the feet – arms next to the body**: Start in a standing position with arms by your sides, pike your body during the backward dive, and aim for a clean entry with feet first.
2. **Back basic dive to the feet – arms raised**: Begin with arms raised overhead, pike during the backward dive, and maintain control for a clean entry.
3. **Back basic dive to the feet – swing with your arms**: Use a swinging motion with your arms to initiate the pike position during the backward dive.



Tips:

- Keep your legs straight and together during the pike.
- Focus on maintaining control throughout the dive.
- Aim for a clean entry with minimal splash.

Modifications:

- **Beginner**: Practice the pike position on dry land first.
- **Advanced**: Increase the height of the dive.

Safety Guidelines:

- Ensure the diving area is clear and safe.
- Perform under supervision if necessary.

7. Forward Somersault with Tuck (C)

Category: Intermediate Level - Diving Exercise

Introduction: The forward somersault with tuck is a fundamental skill for progressing to more advanced dives.

Benefits:

- Develops coordination and control

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- Enhances body awareness and flexibility
- Builds foundational skills for complex somersaults

Instructions:

1. **Entry forward with tuck position on 1m springboard without opening (front roll)**: Begin with a tuck position, roll forward, and complete the somersault without opening.
2. **Somersault on the edge of the pool – with assistance of the coach and without assistance**: Practice the somersault on the pool edge, first with assistance, then without.
3. **Somersault on the platform 1m and 1m springboard**: Perform the somersault on the 1m platform and springboard, maintaining a tight tuck position.

Tips:

- Tuck your knees tightly to your chest.
- Use your arms to help control the somersault.
- Focus on a smooth, continuous roll.

Modifications:

- **Beginner**: Practice the somersault with assistance.
- **Advanced**: Perform the somersault from a higher platform.

Safety Guidelines:

- Ensure the diving area is clear and safe.
- Perform under supervision if necessary.

8. Back Somersault with Tuck (C)

Category: Intermediate Level - Diving Exercise

Introduction: The back somersault with tuck is a crucial skill for divers, developing coordination and control for backward movements.

Benefits:

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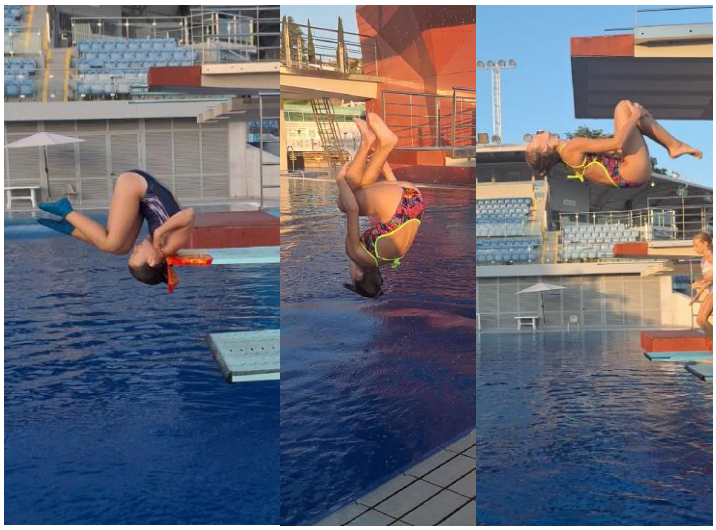
- Enhances body awareness and control
- Develops flexibility and coordination
- Builds foundational skills for complex backward somersaults



Instructions:

1. **Lying on the back on 1m springboard imitation of a back somersault**: Begin lying on your back, imitate the motion of a back somersault on the 1m springboard.
2. **Somersault on the edge of the pool – with assistance of the coach and without assistance**: Practice the somersault on the pool edge, first with assistance, then without.
3. **Somersault on the platform 1m and 1m springboard**: Perform the somersault on the 1m platform and springboard, maintaining a tight tuck position.

Tips:

- Tuck your knees tightly to your chest.
- Use your arms to help control the somersault.
- Focus on a smooth, continuous roll.

Modifications:

- **Beginner**: Practice the somersault with assistance.
- **Advanced**: Perform the somersault from a higher platform.

Safety Guidelines:

- Ensure the diving area is clear and safe.
- Perform under supervision if necessary.

9. Forward Twist Basic (feet first) Back Dive ½ Twist Forward Somersault with Twist

Category: Intermediate Level - Diving Exercise

Introduction: The forward twist series enhances rotational control and coordination, essential for more complex dives.

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Benefits:

- Improves rotational control and balance
- Develops coordination and body awareness
- Builds foundational skills for advanced twists

Instructions:

1. **Basic forward dive with ½ twist**: Perform a forward dive, incorporating a ½ twist before entry.
2. **Basic forward dive with 1 twist**: Perform a forward dive, incorporating a full twist before entry.
3. **Back dive with ½ twist on the edge of the pool**: Practice a backward dive with a ½ twist on the pool edge.
4. **Back entry with ½ twist on 1m springboard**: Execute a backward dive with a ½ twist from the 1m springboard.
5. **Back dive with ½ twist**: Perform a backward dive, incorporating a ½ twist before entry.
6. **Forward somersault with ½ twist**: Execute a forward somersault, incorporating a ½ twist.
7. **Forward somersault with 1 twist**: Execute a forward somersault, incorporating a full twist.

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Tips:

- Focus on controlled rotation and balance.
- Use your arms to assist with the twist.
- Maintain a tight body position throughout the twist.

Modifications:

- **Beginner**: Start with ½ twists.
- **Advanced**: Increase the speed and complexity of the twists.

Safety Guidelines:

- Ensure the diving area is clear and safe.
- Perform under supervision if necessary.

10. Armstand

Category: Advanced Level - Diving Exercise

Introduction: The armstand is a challenging exercise that builds upper body strength, balance, and control, essential for advanced diving.

Benefits:

- Enhances upper body strength and control
- Improves balance and body awareness
- Develops coordination for advanced dives

Instructions:

1. **Forward entry straight (A) tuck (C) pike (B) on the 1m springboard or platform**: Perform a forward entry in various positions from the 1m springboard or platform.
2. **Forward entry straight (A) tuck (C) pike (B) on 3m springboard or platform**: Execute a forward entry in various positions from the 3m springboard or platform.
3. **Back entry straight (A) tuck (C) pike (B) on the 1m springboard or platform**: Perform a back entry in various positions from the 1m springboard or platform.
4. **Back entry straight (A) tuck (C) pike (B) on 3m springboard or platform**: Execute a back entry in various positions from the 3m springboard or platform.
5. **Armstand forward ½ somersault tuck (C) or pike (B)**: Perform an armstand, incorporating a ½ somersault in various positions.

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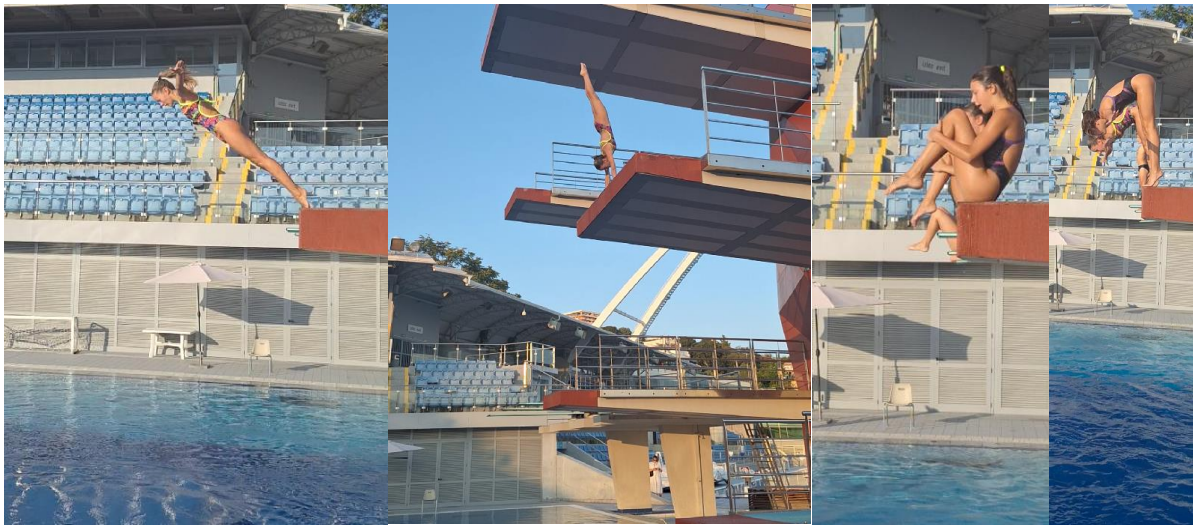

Tips:

- Keep your core engaged and body tight.
- Use a wall or assistance when starting to build balance.
- Practice regularly to develop strength and control.

Modifications:

- **Beginner**: Use wall support or assistance.
- **Advanced**: Perform free-standing armstands.

Safety Guidelines:

- Ensure the area is clear of obstacles.
- Perform in a supervised and safe environment.

SPORTNO DRUSTVO GIB LJUBLJANA SISKA

1. Front Tuck Somersault

Introduction: A foundational skill that introduces the basics of somersaulting in a tucked position.

Benefits:

- Enhances body awareness and control
- Develops core strength
- Builds confidence in forward rotational movements

Instructions:

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1. Stand with feet together and arms above your head.
2. Jump forward, tucking your knees tightly to your chest.
3. Rotate forward, maintaining a tight tuck position.
4. Land softly with knees slightly bent.

Tips:

- Focus on tucking your knees tightly to your chest.
- Use your arms to help initiate the rotation.
- Keep your head tucked in to complete the somersault smoothly.

Modifications:

- **Beginner**: Practice the tuck jump without rotation.
- **Advanced**: Perform the somersault from a higher surface.

Safety Guidelines:

- Ensure the practice area is clear and safe.
- Use a soft mat for landing.

2. Forward Roll to Block

Introduction: A basic exercise to practice rolling forward and blocking with your arms.

Benefits:

- Enhances forward rolling technique
- Develops coordination and strength
- Prepares for more advanced tumbling skills

Instructions:

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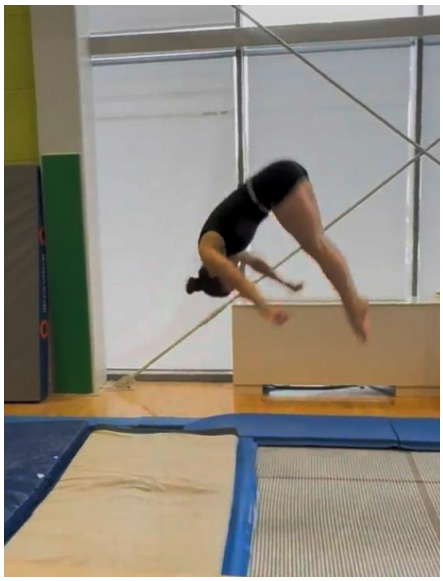
1. Begin in a standing position.
2. Perform a forward roll, keeping your body tight.
3. As you come out of the roll, use your arms to block and stop the momentum.



Tips:

- Keep your chin tucked to your chest during the roll.
- Use your arms to push against the ground and stop your momentum.
- Focus on a smooth transition from the roll to the block.

Modifications:

- **Beginner**: Practice the forward roll without the block.
- **Advanced**: Increase the speed and fluidity of the roll.

Safety Guidelines:

- Ensure the practice area is clear and safe.
- Use a soft mat for rolling.

3. ¾ Front Tuck Somersault on Back

Introduction: This exercise focuses on completing a front tuck somersault to land on your back.

Benefits:

- Enhances control and body awareness
- Develops coordination and balance
- Builds foundational skills for more complex somersaults

Instructions:

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1. Begin in a standing position.
2. Jump forward, tucking your knees to your chest.
3. Rotate forward, aiming to complete ¾ of a full somersault.
4. Land on your back with control.

Tips:

- Focus on maintaining a tight tuck position throughout the rotation.
- Control the landing to ensure you land softly on your back.
- Use your arms to help guide the rotation.

Modifications:

- **Beginner**: Practice landing on your back without the full rotation.
- **Advanced**: Perform the exercise from a higher surface.

Safety Guidelines:

- Ensure the practice area is clear and safe.
- Use a soft mat for landing.

4. Pike Front Somersault

Introduction: A progression from the front tuck somersault, this exercise focuses on the pike position.

Benefits:

- Develops flexibility and control
- Enhances body awareness
- Builds foundational skills for advanced somersaults

Instructions:

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1. Stand with feet together and arms above your head.
2. Jump forward, keeping your legs straight and bending at the hips.
3. Rotate forward in a pike position.
4. Land softly with knees slightly bent.

Tips:

- Keep your legs straight and together during the pike.
- Focus on maintaining control throughout the rotation.
- Use your arms to help initiate the rotation.

Modifications:

- **Beginner**: Practice the pike position without rotation.
- **Advanced**: Perform the somersault from a higher surface.

Safety Guidelines:

- Ensure the practice area is clear and safe.
- Use a soft mat for landing.

5. Front Pike Roll to Block

Introduction: A combination of a front pike roll and a block to enhance coordination and strength.

Benefits:

- Develops pike flexibility and strength
- Enhances coordination and control
- Prepares for more advanced tumbling skills

Instructions:

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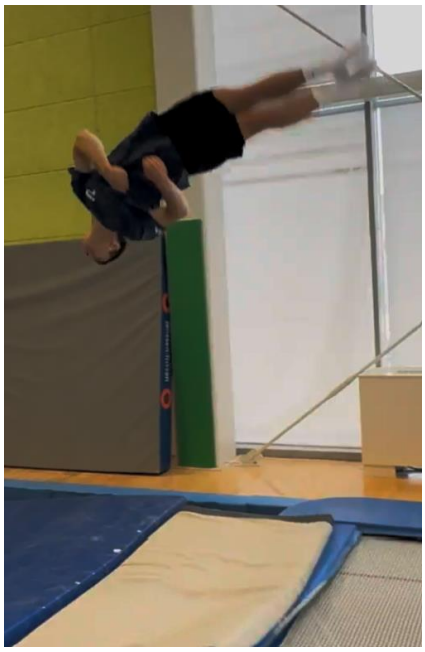
1. Begin in a standing position.
2. Perform a forward roll, keeping your legs straight and bending at the hips.
3. As you come out of the roll, use your arms to block and stop the momentum.



Tips:

- Keep your legs straight during the roll.
- Use your arms to push against the ground and stop your momentum.
- Focus on a smooth transition from the roll to the block.

Modifications:

- **Beginner**: Practice the pike roll without the block.
- **Advanced**: Increase the speed and fluidity of the roll.

Safety Guidelines:

- Ensure the practice area is clear and safe.
- Use a soft mat for rolling.

6. ¾ Front Pike Somersault on Back

Introduction: This exercise focuses on completing a front pike somersault to land on your back.

Benefits:

- Enhances control and body awareness
- Develops coordination and balance
- Builds foundational skills for more complex somersaults

Instructions:

1. Begin in a standing position.

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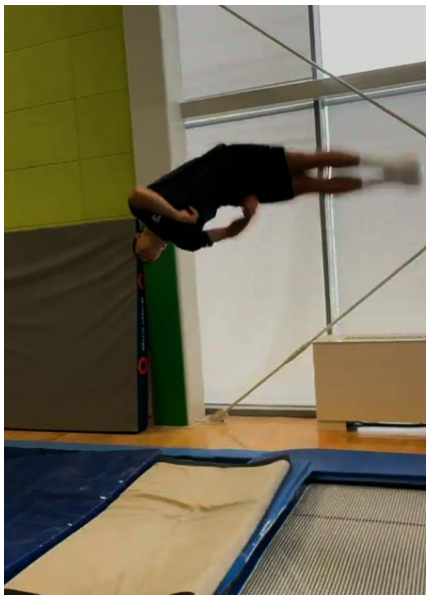
2. Jump forward, keeping your legs straight and bending at the hips.
3. Rotate forward, aiming to complete ¾ of a full somersault.
4. Land on your back with control.



Tips:

- Focus on maintaining a tight pike position throughout the rotation.
- Control the landing to ensure you land softly on your back.
- Use your arms to help guide the rotation.

Modifications:

- **Beginner**: Practice landing on your back without the full rotation.
- **Advanced**: Perform the exercise from a higher surface.

Safety Guidelines:

- Ensure the practice area is clear and safe.
- Use a soft mat for landing.

7. Layout Front Somersault

Introduction: A progression from the pike front somersault, focusing on the layout position.

Benefits:

- Develops strength and control in a straight body position
- Enhances body awareness
- Prepares for more advanced tumbling and aerial skills

Instructions:

1. Stand with feet together and arms above your head.

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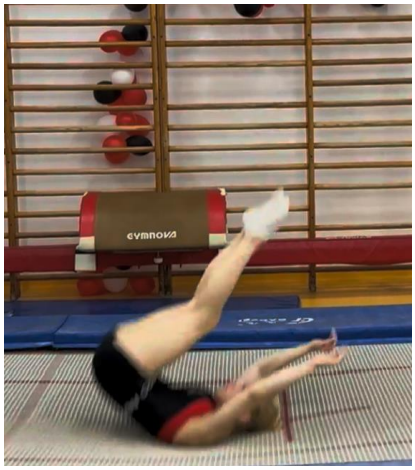
2. Jump forward, keeping your body straight and fully extended (layout position).
3. Rotate forward while maintaining the layout position.
4. Land softly with knees slightly bent.



Tips:

- Keep your body fully extended during the rotation.
- Focus on controlling the speed of your rotation.
- Use your arms to help guide the movement.

Modifications:

- **Beginner**: Practice the layout position without rotation.
- **Advanced**: Perform the somersault from a higher surface.

Safety Guidelines:

- Ensure the practice area is clear and safe.
- Use a soft mat for landing.

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8. 1 + 1/2 Front Tuck Somersault

Introduction: A challenging somersault that involves one and a half rotations in a tucked position.

Benefits:

- Develops rotational speed and control
- Enhances body awareness during complex movements
- Prepares for more advanced diving skills

Instructions:

1. Stand with feet together and arms above your head.
2. Jump forward, tucking your knees tightly to your chest.
3. Rotate forward, completing one and a half somersaults in the air.
4. Land softly with knees slightly bent.

Tips:

- Focus on maintaining a tight tuck position throughout the rotation.
- Use your arms to help initiate and control the rotation.
- Spot your landing to ensure a smooth finish.

Modifications:

- **Beginner**: Practice a single front tuck somersault before attempting the full exercise.
- **Advanced**: Increase the height of the jump for a faster rotation.

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Safety Guidelines:

- Ensure the practice area is clear and safe.
- Use a soft mat for landing.

9. Layout Front Somersault with Half Turn

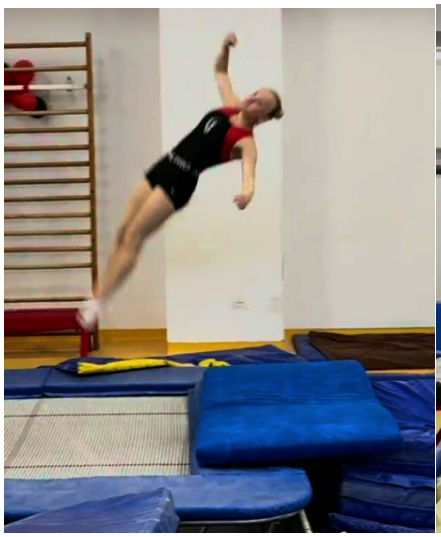
Introduction: A dynamic exercise that adds a half turn to the layout front somersault, increasing the complexity.

Benefits:

- Enhances coordination and body control
- Develops spatial awareness during rotational movements
- Prepares for advanced diving techniques

Instructions:

1. Begin in a standing position with feet together.
2. Perform a layout front somersault.
3. Add a half turn (180 degrees) in the air during the rotation.
4. Land softly with knees slightly bent.



Tips:

- Focus on the timing of the half turn during the somersault.
- Keep your body fully extended in the layout position.
- Use your arms to help guide the rotation and turn.

Modifications:

- **Beginner**: Practice the layout front somersault without the turn.
- **Advanced**: Increase the speed of the turn for more challenge.

Safety Guidelines:

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- Ensure the practice area is clear and safe.
- Use a soft mat for landing.

10. Backward Somersault

Introduction: A fundamental backward rotational movement to develop spatial awareness and control.

Benefits:

- Develops confidence in backward movements
- Enhances core strength and coordination
- Prepares for more advanced backward tumbling skills

Instructions:

1. Begin by jumping backward onto a soft surface.
2. Tuck your knees to your chest as you rotate backward.
3. Complete the somersault and land softly on your feet.

Tips:

- Focus on tucking your knees tightly to your chest during the rotation.
- Use your arms to help initiate and control the somersault.
- Spot your landing to ensure a smooth finish.

Modifications:

- **Beginner**: Practice the backward roll on a gentle incline.
- **Advanced**: Increase the height of the jump for a faster rotation.

Safety Guidelines:

- Ensure the practice area is clear and safe.
- Use a soft mat for landing.

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Klub za skokove u vodu Cukaricki (RS)

1. Bouncing

Introduction: A basic exercise focusing on bouncing on a trampoline and springboard to develop balance, coordination, and body control.

Benefits:

- Enhances coordination and balance
- Develops body control and awareness
- Prepares for more advanced diving techniques

Instructions:

1. Bounce on a trampoline using one or two swings, experimenting with different arm positions.
2. Repeat the bouncing on a dryland springboard with varying arm positions.

Tips:

- Keep your core engaged to maintain stability.
- Experiment with arm positions to find what feels most natural and controlled.
- Focus on controlled and rhythmic bounces.

Modifications:

- **Beginner**: Start with small, controlled bounces without arm swings.
- **Advanced**: Increase the height of the bounce and add more complex arm movements.

Safety Guidelines:

- Ensure the trampoline or springboard is secure and in good condition.
- Use a spotter if necessary.

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2. Hurdle

Introduction: This exercise develops the hurdle technique, crucial for initiating dives with momentum and control.

Benefits:

- Improves hurdle technique for diving
- Enhances balance and coordination
- Prepares for advanced dives

Instructions:

1. Practice bouncing on a trampoline, emphasizing the hurdle leg position.
2. Perform a one-step hurdle on a dryland board.

Tips:

- Focus on the knee drive during the hurdle.
- Maintain a strong and controlled landing after the hurdle.
- Keep your arms in sync with your leg movements.

Modifications:

- **Beginner**: Practice the hurdle without bouncing.
- **Advanced**: Add a small dive after completing the hurdle.

Safety Guidelines:

- Ensure the practice area is clear and safe.
- Use appropriate footwear to avoid slipping.

3. Forward Somersaults

Introduction: A series of exercises focused on forward somersaults to build rotational control and diving skills.

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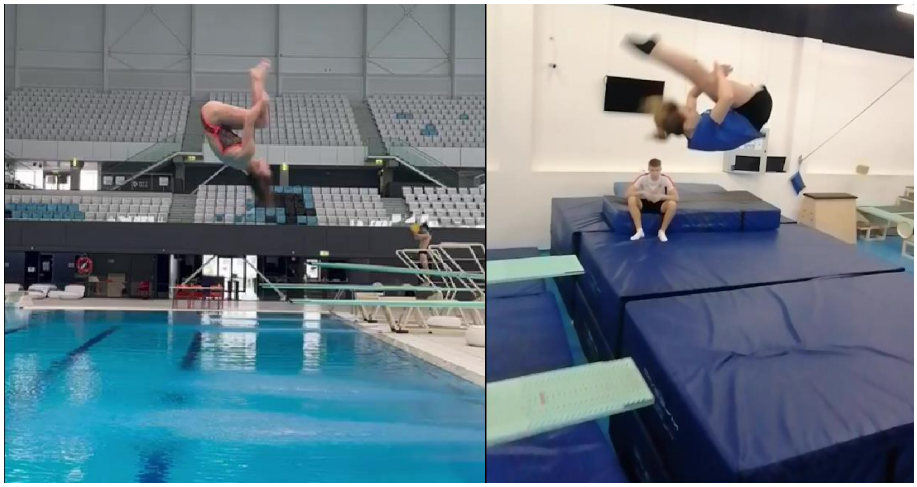
Benefits:

- Enhances rotational speed and control
- Develops core strength and coordination
- Prepares for more complex diving maneuvers

Instructions:

1. Start with a forward roll on a trampoline.
2. Progress to performing a single forward somersault in tuck and pike positions on a trampoline.
3. Move on to double somersaults on a dryland board, both in tuck and pike positions.
4. Practice bouncing double somersaults in a tuck position.
5. Finish with a full hurdle into a 2 ½ forward somersault, performed in tuck and pike positions.



Tips:

- Focus on a tight tuck or pike position to control rotation.
- Use your arms to help initiate and control the somersault.
- Spot your landing to ensure a smooth finish.

Modifications:

- **Beginner**: Start with a single somersault without the hurdle.
- **Advanced**: Increase the height and speed of the somersaults.

Safety Guidelines:

- Ensure the trampoline or board is secure and in good condition.
- Use a soft mat for landing.

4. Back Somersaults

Introduction: A progression of exercises designed to develop backward somersault skills on different surfaces.

Benefits:

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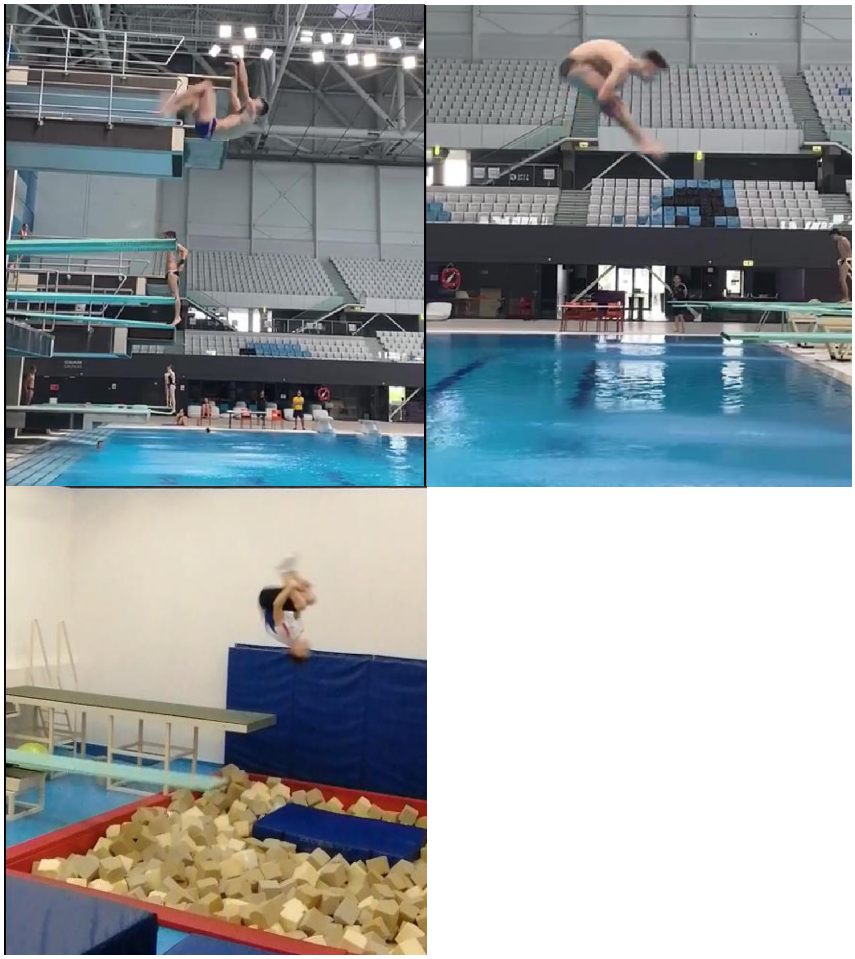
- Develops confidence in backward rotational movements
- Enhances body control and awareness
- Prepares for advanced backward dives

Instructions:

1. Start with a back landing on a trampoline in tuck and pike positions.
2. Progress to a back 1 ¼ somersault in a tuck position on a dryland board.
3. Move on to a back 1 ½ somersault in a pike position from a 1m height.
4. Finish with a back 2 ½ somersault in a tuck position from a 3m height.



Tips:

- Focus on maintaining a tight tuck or pike position during the somersault.
- Use your arms to help control the rotation.
- Spot your landing to ensure a smooth finish.

Modifications:

- **Beginner**: Practice a back roll on a flat surface before progressing to somersaults.
- **Advanced**: Increase the height and speed of the somersaults.

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Safety Guidelines:

- Ensure the practice area is clear and safe.
- Use a soft mat for landing.

5. Reverse Somersaults

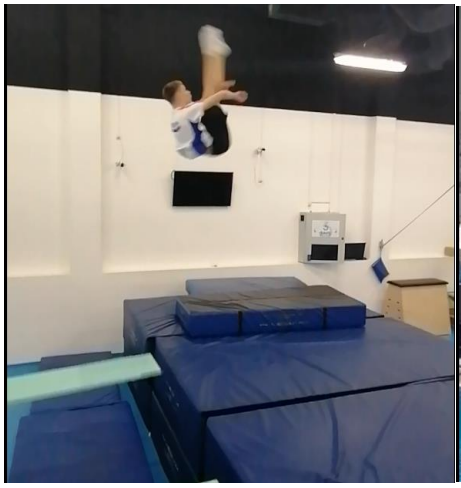
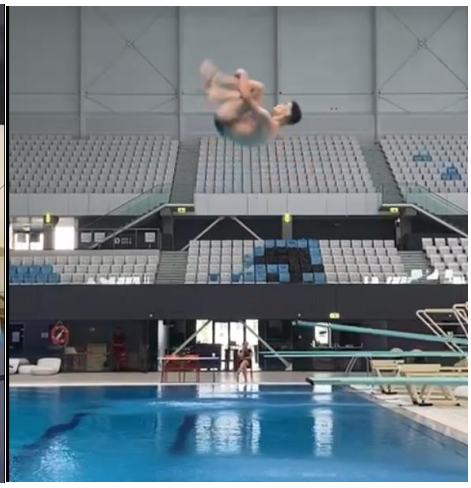
Introduction: A set of exercises to develop reverse somersault skills, crucial for advanced diving techniques.

Benefits:

- Enhances coordination and body control
- Develops rotational speed and awareness
- Prepares for complex reverse diving maneuvers

Instructions:

1. Begin with a reverse ¼ turn on a trampoline.
2. Progress to a reverse somersault in tuck and pike positions on a dryland board.
3. Move on to a reverse 1 ¼ somersault in tuck and pike positions on a dryland board.
4. Practice a reverse 1 ½ somersault in a tuck position from a 1m height.
5. Finish with a reverse 2 ½ somersault in a tuck position from a 3m height.

Tips:

- Focus on maintaining a tight tuck or pike position throughout the somersault.
- Use your arms to help control the rotation.
- Spot your landing to ensure a smooth finish.

Modifications:

- **Beginner**: Practice a reverse roll on a flat surface before progressing to somersaults.
- **Advanced**: Increase the height and speed of the somersaults.

Safety Guidelines:

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- Ensure the practice area is clear and safe.
- Use a soft mat for landing.

6. Inward Somersaults

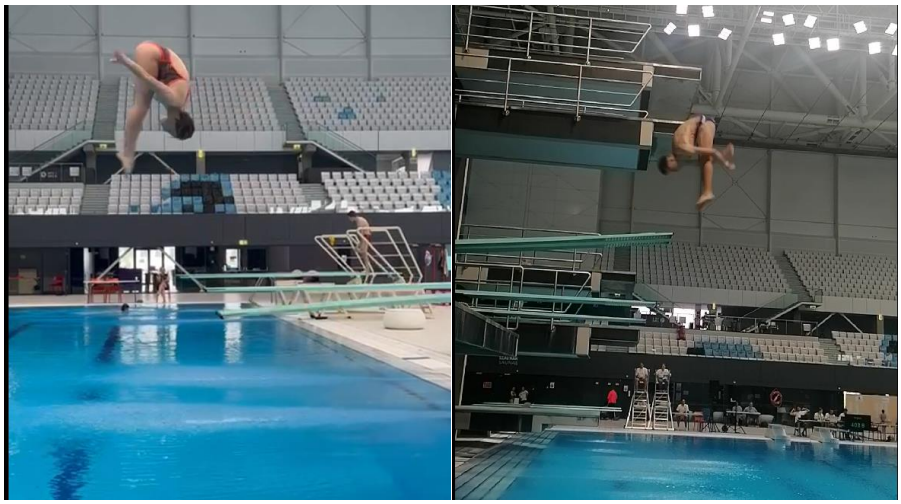
Introduction: Exercises focused on inward somersaults to develop the skills necessary for advanced inward dives.

Benefits:

- Enhances inward rotational control
- Develops core strength and coordination
- Prepares for inward diving techniques

Instructions:

1. Start with an inward somersault on a trampoline.
2. Progress to an inward somersault on a dryland board.
3. Move on to an inward 1 ½ somersault from a 1m height.
4. Finish with an inward 2 ½ somersault in a tuck position from a 3m height.



Tips:

- Focus on maintaining a tight tuck position during the somersault.
- Use your arms to help initiate and control the rotation.
- Spot your landing to ensure a smooth finish.

Modifications:

- **Beginner**: Practice an inward roll on a flat surface before progressing to somersaults.
- **Advanced**: Increase the height and speed of the somersaults.

Safety Guidelines:

- Ensure the practice area is clear and safe.
- Use a soft mat for landing.

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7. Twist Dives

Introduction: A series of exercises designed to develop twisting techniques during dives, adding complexity to somersaults.

Benefits:

- Enhances coordination and spatial awareness
- Develops rotational speed and control
- Prepares for advanced twisting dives

Instructions:

1. Begin with a forward somersault with one twist on a trampoline.
2. Progress to a forward 2 somersaults with one twist in pike position on a dryland board.
3. Move on to a forward 1 ½ somersault with 1 twist from a 1m height.

Tips:

- Focus on the timing of the twist during the somersault.
- Maintain a controlled and fluid rotation.
- Spot your landing to ensure a smooth finish.

Modifications:

- **Beginner**: Practice a single somersault without the twist.
- **Advanced**: Increase the speed and complexity of the twist.

Safety Guidelines:

- Ensure the practice area is clear and safe.
- Use a soft mat for landing.

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8. Tips for Success

- **Consistency**: Practice regularly to see continuous improvement.
- **Proper Form**: Focus on correct technique to maximize benefits and prevent injuries.
- **Listen to Your Body**: Modify or stop exercises if you experience pain or discomfort.

9. Conclusion

In conclusion, this manual is designed to bridge the gap between gymnastics and diving, two complementary sports that offer unique benefits when combined. Our primary goal is to raise awareness about the issue of early dropouts in gymnastics and to introduce diving as a new and exciting sport. By highlighting the synergistic effects of integrating these two disciplines and fostering collaboration among relevant partners, we aim to extend the engagement of gymnasts in sports, reduce their fear, and encourage them to explore diving. Simultaneously, divers will benefit from access to gymnastics facilities and equipment, enhancing their performance and training conditions.

The specific objectives of this project are threefold: to enhance physical activity by promoting a close bond between diving and gymnastics and preventing early dropouts; to advance education in and through sport for coaches and staff by developing non-formal knowledge-sharing and training that emphasizes cross-sport benefits; and to utilize existing facilities to improve training conditions across both sports.

By creating and sharing a new model of training and experience transmission for gymnastics and diving, this manual contributes to the development of a European dimension in grassroots and recreational cross-sports activities. It offers valuable insights and practical exercises that will support the continued growth and integration of both sports, ensuring that the benefits extend well beyond the project's lifetime.

We hope that this manual serves as a valuable resource for both gymnastics and diving, inspiring new levels of engagement and excellence in both fields.

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