

Gymnastics Fear

Losing...

Jaeger

Tkachev...

Fly away...

Vaulting...

SUCCESS

Back tumble...

Horizontal bar..



What is Gymnastics Fear ??

There are a lot of fear factors when it comes to gymnastics, because the sport contains many difficulty skills, which make many wonder “can a human being do all this“

The fear to perform the skills

The fear of falling

The fear of heights

The Fear of loosing

The root of all fears are thoughts that are negative and catastrophic.

If the athletes remain composed and disciplined and maintain positive, thinking patterns Then they can ensure themselves a good performance



Where do fear comes from ??

(Fear can arise from many sources)

- Past falls
- Injury
- Low self confidence
- Major cause of fear in gymnasts is Out of control thinking



Can a coach solve this problem ???

Yes, up to **40%** a coach can solve it, rest the gymnast should overcome them individually .

The coach can solve it by well spotting the skills when it is attempted first, this will boost up the confidence level of the gymnast "**Superman is there to help**"

A coach can make the gymnast forget the past falls, negative sides of a difficulty skill by inputting positive talks regarding the skills into the gymnast's mind.

for example "it is an Olympic level skill if performed, with great **execution**"

Videos play a main role in solving the problem

Showing a clean and perfect video of the routine to your gymnast, can make them self motivated.

During that the coach can also explain the technicalities which the gymnast can easily comprehend with the visual aid.



What's our gymnast thinking for 15 minutes before they throw their routine ?

We can divide that into two category

- **Their thoughts are about crashing, falling, or other fantasies of what MAY happen.**
This out of control, negative thinking is a major cause of the fear/balking cycle
- **How to fix each and every single skill on her routine, and nail the dismount.**

Its their option what to think, before they step up !!!



What scares you ??

Is it flyaway.....

Back handspring on beam.....

double back....

some other difficulty skills....

It's not

It is the gymnast himself inviting fear towards by adding some unwanted **Negative thoughts** onto to himself instead of thinking the positively about on the skill was performed or how it can be performed effectively.

What you needed is **Belief in Yourself.**

The belief that you can give 100%.

Belief that you can do better than what you have done while in training or rather the best. this alone will boost up your energy a 1000 times higher than before.

“Make you mind control your body” that's the motto

What you need is **mental preparation**

once you are physically prepared to throw a routine, the next part is mental preparation which is the core part, it is to be done by the gymnast itself, the coach however can motivate by putting some boost up dialogs like “you can do it”, “this is the time for you to project your ability ” etc..



Competition preparation ??

What ever the gymnast does at the practices session is not the real thing. Projecting them for a competition is what matters. For that he or she cant directly perform, they need to build a higher level of confidence in themselves.

I prefer to give them a competition like environment during the practice sessions, in which the gymnast know what there negatives are, where they need to concentrate in their routine. Fix those hard landings

Especially for girls, they have a whole set of dancing sequence between high difficulty skills so doing a mock competition on their training time makes the gymnasts more experienced .

Competition preparation helps the gymnast to over come the competition fear and fear of losing, because they can know where they lose there deductions, and make it up.



Overcoming back tumble fear

This can be solved by using supportive apparatus



Using this types of apparatus makes the little gymnast feel safe while doing Back Tumble which can build a good amount to confidence in them



Factors to overcome fear

- Coach

yes first factor is a coach ,a coach who can help the gymnast to attempt skills knowing correct spotting skills.

- A safety pit

Pit can help gymnast in lots of ways, like trying lot of difficulties skills, and they can concentrate on the skill, rather than thinking on landing (First attempts)

- Spotting Belts

While attempting high difficulty skills on bar and floor like Tkachev, Double back Fly away on floor forward and backward doubles help in avoiding landing over rotated or incomplete rotation.

- Trumbl Trak

One of the best and easy equipment for gymnast to perform or attempt floor skills





*The greatest barrier of success is
Fear...*



Hard Training, Stay healthy, Obey the Coach



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