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How to do a backward roll gymnastics

Do you wish you could have more confidence in your gymnastics skills? Do you compare yourself to other gymnasts around you and feel less competent than them? Do you let other people's opinions about you determine your trust in gymnastics? Do you want a free Confidence Bundle with 7 confidence building worksheets? Click here to download As a gymnast it is incredibly important to have confidence in your skills to do your best. Gymnastics is a tough sport and learning new skills can be a challenge. So one of the greatest skills you can master in gymnastics is self-confidence. According to the English learner's dictionary, the definition of trust is a feeling or a belief that you can do something well or succeed in something. It sounds simple enough. Have the belief that you can do something good and you will have confidence. But what if you don't believe in your own abilities or don't have self-confidence when it comes to gymnastics? How do you develop self-confidence when you don't feel safe? As you can imagine, it takes time and conscious targeted action to gain more confidence in gymnastics. Fortunately, it is possible to build your self-confidence and by applying some tips here you can refrain to feel safer. Read on to learn our 7 tips on how to increase your confidence in gymnastics. But first, make sure you download our Confidence Bundle with printable worksheets to build your trust. Number 1: Remember that gymnastics is one of the toughest sports You know that many scientists called gymnastics the hardest sport with scientific evidence to support it? The gymnasts must not only have balance and spatial awareness, but also have a strength equal to at least nine times their body weight, their explosive power, the short-range speed, the ability to rotate 180 and 360 degrees, proprioceptive and kinesthetic consciousness and incredible flexibility. These are many skills that can be mastered in just one sport! The first thing you can do to gain confidence in yourself is to realize that you are learning a sport that is one of the toughest sports out there. It is safe to say that only by a gymnast have you already achieved more than most children of your age. If you walk on your hands in your living room or make a backhand spring on your trampoline at home, we bet your friends will look at you with amazement! They wish they could learn these skills, but most of them don't do it now as they should, although they probably keep trying! That's because not everyone has what it takes to be a gymnast. So remember the skills you already know how to do are hard! And the skills you are trying to learn are even more difficult. Be proud of your achievements and have confidence to know that you have already learned how to develop skills that most children of their age can only dream of. And it's not just that you can do gymnastics skills that your friends can't. They are also likely to be stronger than most children children And have a physical ability that surpasses your colleagues. This is something you can feel safe about. Number 2: Don't compare yourself to other gymnasts There is a popular proverb that says: Don't compare your Chapter 1 with another's Chapter 20. The reason is that it's easy to compare yourself to a gymnast who is at the top of her game and thinks you should be as successful as she is. When you play the comparison game, you'll find that your confidence is diminishing, and that doesn't help you. While it's easy to compare yourself to another gymnast, it's important to remember that you probably haven't seen this gymnast's journey to get to where she is now. For example, you may not have seen the sacrifices she made in her gymnastics career, such as giving up family holidays or school events in favor of gym training. She even gave up having a typical high school experience in favor of home school, or couldn't attend her high school graduation ball because she was traveling to a meeting. They could see her at this point in her career and be jealous of her success without realizing how many sacrifices she has made along the way. In her book Fierce, Aly Raisman tells us that her father approached her coach for the first time and said they would go on a 10-day family vacation. Aly's coach Mihai replied: Being the number one in the world at the highest level is very, very difficult. But it's even harder to stay there. The best athletes don't go on holiday. The best athletes are the smartest: they know when to work hard, they know how to sleep well every night, they know how to rest when they need rest. The best athletes are professionals. If you want to be there one day, it starts now. This time everything is fine because you didn't know it. But this will be the last time Aly goes on holiday at all, apart from closing the gym for a week in the summer. In fact, Aly even missed her A-levels because of gymnastics during her competitive career. So while you see other successful gymnasts and are jealous that you're not as successful as them, remember that you haven't seen their whole journey to get to where they are. If you compare your trip with your trip, it is therefore not beneficial to increase your self-confidence. Finally, it is important to realize that you are on your own unique journey. There are many ways to get to the same goal, and they are all the same. So hug your journey and stop comparing yourself to your fellow human beings! Keep your focus on your goal, whatever that might be for you. Number 3: Recognizing setbacks As part of the journey through a setback can really lower your confidence, especially if there is something that seems insurmountable. If you're injured, you can't seem to learn an ability as fast as your teammates, or your nerves fall apart every time you go to a meeting, it can make it easy to spiral into feelings of despair. Unfortunately, Feelings can really strain your confidence and make it hard for you to see the big picture that these setbacks are only a small part of your journey. And in most cases, these setbacks will ultimately make you stronger! It's easy to see elite gymnasts and think they had it easy or natural in gymnastics because you can now see them dominating their sport. But in reality, most elite gymnasts have come out on top of this sport because they endured it when it got tough. If you read about an elite gymnast on the way, you will learn that she had to overcome many stumbling blocks along the way. It could have been injuries that pushed them back, had to change coaches or gyms, or fell for a skill during a very important meeting. Did you know that Simone Biles finished 14th in 2011 and missed the junior national team by one place? Can you imagine how hard it must have been for them? She could easily have allowed this setback to determine her entire career. In her book Courage to Soar, Simone says: I came to The Nationals to make the team in 2011, and that didn't happen. I just wasn't good enough. So my journey as an elite gymnast began – with a defeat that caused me pain and doubt in my head. She continues: I thought my failure at the 2011 Nationals was over, but it was really a start – a turning point on a journey I still can't believe I'm taking. In the end, we know she came out stronger than ever and obviously won gold at the 2016 Olympics. But just as easily she could have let this moment end of her gymnastics career. Overcoming setbacks like this is an important part of building confidence in your gymnastics ability. If you can overcome these setbacks and still make it to the other side, you can believe in your ability to conquer everything. Instead of looking at these setbacks as stumbling blocks, consider them as part of the journey. The next time you get a setback, you can see it as just a minor glitch on your journey and not let your confidence off course. Number 4: Focus on How far you've come If you've been a gymnast for a while, you've most likely learned a lot of new skills. But chances are you've forgotten where you started. You may have forgotten that when you started gymnastics, you couldn't do a forward or backward roll. You may have forgotten how scary walking on the floating beam was. You may have forgotten that you could hardly pull up on the rope with or without legs, or that you needed a seat from your trainer to get a handstand or cart wheel. Whether you're still a beginner or you're a high-level gymnast, you've come a long way! And it's important to recognize that. When you go to the gym all the time, it's easy to take the skills you've learned for granted. One way to realize your achievements and improve your self-confidence is to write down a list of all the skills you have learned in gymnastics. Have. Event. We're talking about EVERY single skill you've learned. As you learn new skills, you can add them to the list to keep your list growing. You can also take a trip down Memory Lane and look back at some old meeting videos or pictures of you if you had just started gymnastics. You will see how far you have come when you look back where you started, especially if you compare where you are now, where you were then. The other thing to remember is that elite athletes were once beginners too. It's easy to see a talented gymnast and assume that she always knows how to do gymnastics or has always been able to learn skills faster than anyone else. The truth is, ALL elite gymnasts didn't start to know how to do gymnastics at all. Sure, some developed an aptitude for gymnastics faster than other gymnasts, but it took hours and hours in the gym to get to the level they are at now. While it's a subtle shift in mind when you focus on how far you've come, as opposed to how far you've yet to go, you'll turn your thoughts on those of performance and success rather than lack. Finally, elite gymnasts also have room to improve, so you will never really be ready to learn or perfect your gymnastics skills. And if you focus only on what you still have to master, you will never appreciate everything you have already achieved. Confidence comes when you feel good about your skills, and if you can list all your gymnastics achievements and really sit in awe of everything you've learned, you give yourself a much-needed confidence boost. Number 5: Turn your negative self-talk into positive self-talk Another way to gain confidence in gymnastics is to consistently use positive self-talk. While one thing that all people have in common is the presence of self-talk, some of us have self-talk that is more positive than others. Self-talk refers to the words you say to yourself in your head. It is estimated that in a 24-hour period people average between 50,000-80,000 thoughts! These thoughts can be words they repeat in your head, comments you make in your head, words you hear other people around you say, or future conversations you play in your head. If you think you don't have many thoughts in one day, try to calm your mind for a few minutes in meditation and you'll hear all those thoughts coming in and out. Self-talk can help you develop more trust, or it can help you build your trust in your words. It is really important that they first hear all the thoughts that go through your mind and determine which ones help you and which do not. For example, if you're struggling with a new ability, tell yourself you're never going to get it, or are you rooting yourself? If you fall on the bar during a meeting, encourage yourself or go straight to a negative place and maybe tell yourself that it's no longer worth trying? As soon as you are aware of the negative thoughts in your mind, are now working to turn them around for the better. The next time you talk negatively, pause for a minute, take a deep breath and then come back to those negative words! For example, if you tell your mind something like I'm never going to learn this ability say to yourself that's not true, I've learned a lot of skills in gymnastics and that's no different. If you start doing this consistently, you will find that your negative self-talk is much less frequent and that you will instead focus on hearing your positive thoughts. This is a great way to boost your self-confidence and greater self-love as a gymnast. Number 6: Setting small goals that you can achieve to set small goals is another way to increase your confidence in gymnastics. As a gymnast, it's common to set big goals, such as learning a new (and challenging) ability to get a certain score at a meeting, or even becoming an elite gymnast. Less common is to set smaller daily goals that you can achieve more regularly and feel comfortable with. Why set smaller goals? Because once you see how you start to achieve the goals you've set yourself, you'll feel more confident about your skills and start achieving ever bigger goals. An example of a small goal might be to focus on keeping the toes in every skill in practice today. Another small goal could be to work on an additional representative of each conditioning exercise. Another goal could be to practice any beam routine with a raised chin and a raised head. These small goals may not sound like significant achievements, but it is magic to show yourself and consistently achieve goals. This is one of the best ways to increase your confidence. A good way to try this exercise is to fill in the Weekly Small Goals tracking sheet that we've created for you. Make a note of 3-5 small goals you want to work on this week, and then start tracking every day you've completed them. At the end of the week you can look back and see everything you have achieved for this week! You can keep this list running for an entire month or change your small goals weekly. But it is important that you complete these goals 5-6 days a week. We removed Sunday from the list because we think it's the perfect day to think about what worked during your week and decide on your new goals for the coming week. Number 7: Ignore other people's negative opinions In gymnastics, as in life, there will always be others who have opinions of you who may not agree with the opinion you have of yourself. It is important that other people's opinions do not determine the way you feel yourself. When you start to hear negative opinions and internalize those opinions, you can really feel a slump in your self-confidence. Instead, recognize that trust comes from within your own opinion of yourself. Aly Raisman: Over the years, I have that trust must come from within, not from the opinions of others, and that it is impossible to be satisfied with oneself if one constantly thinks about what other people think. I also learned the importance of surrounding myself with kind, loving people who help me feel confident and strong. Aly isn't the only elite gymnast who has recognized the relationship between trust and people with opinion. In 2007, Nastia Liukin suffered an ankle injury and many people told her she was too old to compete at world level. In her book Finding My Shine, she said: I felt with all my heart that I hadn't reached its peak in my gymnastics career. There would be many good, positive moments ahead of me – if I could learn not to listen to people who don't have the same goals as me for myself. But it was hard. Positive or negative, we all finally give in to the words that surround us, and I was no exception. In order to move away from the comments that influenced her confidence, she made a conscious decision to ignore the opinions of others about her; but then I consciously decided to look at the situation from a different direction. In this direction, I have refused to allow other people to define me. But it wasn't as easy as it sounds, and I've often slipped into negative self-talk. I knew I had to dig deeper to get these negative comments to roll off my back and convince myself that it didn't matter what negative people said. While it is not easy to ignore the opinions of others if you want to build self-confidence, you must trust that your opinions and the positive opinions of those who support you are the only ones that matter. Like

any gymnastics skill, trust is a skill that you need to work on consistently. As a gymnast, you have learned many different gymnastics skills, among other skills such as good work ethic, endurance and discipline. However, there is a very important skill that is not always at the heart of your exercises, and if you don't consciously spend time practicing that skill, you may never improve it. This ability is called trust. There are many ways to develop more trust, and we've listed some of them here for you. Firstly, there is a reason for saying that if gymnastics were easy, you would call it football! Because gymnastics is a demanding sport and it takes time, commitment and endurance. So realize how hard this sport is and then pat yourself on the back to get that far! Next, it's important not to compare yourself to the gymnast next to you. We are all on our own unique and we must recognize that we do not know all parts of someone else's journey, including the sacrifices they have made to get to where they are today. Another important way to build trust is to focus on how far you've come in gymnastics, rather than just focusing on how far you have to go. You can do this by clicking a list of all the skills you've learned at each event, and then take some time to really sink those achievements. Turning your negative self-talk into a positive self-talk will also help to boost your self-confidence. With 50,000-80,000 thoughts per day, it's important to use these thoughts to your advantage by focusing on positive, encouraging words! Setting even small goals that you can easily achieve will give you a boost of confidence and show you how much you can achieve if you set your mind! Finally, understand that trust is something you need to develop within while ignoring other people's negative comments. Comments.

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