



The Ultimate Guide to Coaching Bars

Zari Goldmann

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The Ultimate Guide to Coaching Bars provides 71 illustrated drills to give you the best foundation for your bars coaching. This book is divided into chapters based on skills and ideas. These are: kips, cast handstands, clear hips, pirouettes, recreational bars and misc drills/conditioning. The Ultimate Guide to Coaching Bars will help you develop a set of comprehensive bars drills that will help you take your gymnasts to the next level. These drills help coaches teach proper technique, minimize fear, fix form, develop correct shapes and create confident healthy gymnasts.

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