

Coaching Notes

MPG Skill of Focus: Rings & Swings

Coach Overview

Every child should leave class having spent plenty of time gripping, hanging, and swinging. Obstacle courses provide repeated opportunities to practice the featured Rings & Swings Skill of Focus positions while encouraging children to explore, move, and have fun.

CLASS GOALS

🔴 ***RED (Parent & Child)***

- *Hang with parent or coach support.*
- *Practice gentle forward and backward swings.*
- *Introduce tuck swings.*
- *Build grip strength, confidence, and a love for hanging.*

🟢 ***GREEN***

- *Hang independently on bars and rings.*
- *Practice controlled forward and backward swings.*
- *Work on tuck swings and pike hangs.*
- *Build upper-body strength and body control*

🟡 ***YELLOW***

- *Perform strong, controlled hangs and swings.*
- *Practice tuck swings, pike hangs, inverted pike hangs, and glide swings.*
- *Emphasize tight body positions and good technique.*
- *Build strength and coordination for future bar skills.*