

Warm up - Weeks 1 and 2

Warm up and shapes to cover after stretching

On the spot warm up 20 seconds each of jogging, high knees, heels to bottom, soldier jumps, rocket jumps, star jumps, tuck jumps.

Joint mobility with quality

Select someone at the end who was trying exceptionally hard at the warm up

Stand in T, 5 circles at wrists
Stand in T, circles at elbows
Stand in T, circles at shoulders
Hands on hips, Head up down, head side to side, tilt head side to side
Star shape, twist upper body side to side x 2
Star shape, tilt upper body side to side, to touch knee x 2
Hands on hips, circles with hips x 5
Stand feet together, hands on knees, bend and straighten legs x 5
Stand in T, lift 1 leg straight point and flex toe x 5, repeat on other leg x 5
Go over the following shapes: seat landing, front landing, back landing, tuck shape, straddle, pike.

Comp Tramp Warm Up

Good quality arms, legs, toes, on cross

Double Mini Warm Up

2 feet mount focus

10 up, out, down bounces on the cross	3 x 3 straight jumps to check landing working on mount technique. 1 foot hurdle to 2 feet on DMT
10 high bounces on the cross	
3 x tuck jumps (kickout to soldier) with 2 rocket jumps between each	
3 x straddle jumps (kickout to soldier) with 2 rockets jumps between each	
3 x pike jumps (kickout to soldier) with 2 rocket jumps between each	

Strength - Week 1

To be done at end of comp rotation

Strength - Week 2

To be done at start of pit rotation

20-25 second dish	10-15 leg lowers on the floor
20-25 second arch	15 to 20 squats
15-20 sit ups, hands to feet	10 to 15 tuck ups on floor
10 to 15 push ups from knees or toes	5 to 10 v ups on floor
In straddle, 10 leg lifts with each leg	30-45 second plank hold

Stretching

Lunge on left leg
Straighten left leg, reach chest to knee
Lunge on right leg
Straighten right leg, reach chest to knee
L hold
Pike hold
Straddle hold
Toe stretches
Other stretches
Line up and ask the gymnasts what they did well or enjoyed today

Trampoline Club Badges



gym sports

LEARN TO GYM

*Badges 1-4
Weeks 1 and 2
Warm ups*

Comp Tramp - Weeks 1 and 2

Complexes first - in warm ups page.

Trampoline one: Focussing on the straight body in and out of seat landing

Trampoline two: **MAT TO BE IN THE MIDDLE OF THE TRAMPOLINE - GYMNAST TO START IN THE MIDDLE OF THE MAT**

If badge 3/4 they can start with either front landing with a mat **OR** angry cat - front landing to feet without the mat.

		Trampoline 1	Trampoline 2	Strength
		All gymnasts to start at first activity - work up to swivel hips	Do 3 times per turn	
Badge 1/2		3x rocket jumps, seat landing to feet	3x angry cat bounces to front landing back to angry cat with/without mat	Dish hold 5 seconds
Badge 3/4		3x rocket jumps, seat landing 1/2 twist to feet	From feet, 1 angry cat bounce to front landing to feet with/without mat	Dish hold 10 seconds
Ext. 1		3x rocket jumps, 1/2 twist to seat landing	3x rocket jumps, front landing on mat	
Ext. 2		3x rocket jumps, 1/2 twist to seat landing, 1/2 twist to feet	3x rocket jumps, front landing without mat	
Coaching tips		Looking for squeezed rocket shapes before and after seat landing. Rocket for twist. Legs and arms straight and legs together throughout.	Gymnasts to start any activities with mat first to ensure correct technique before removing mat. Gymnast start and finish in the same position of trampoline. Feet together in front landing. Tight body.	Lower back on floor, chin on chest. Lift legs and head/shoulders off the ground. Straight arms by sides. Straight legs, together with pointed toes.

Comp Tramp - Weeks 1 and 2

	Strength	Strength	Flexibility
Badge 1/2	10 squats with foam block	Front support hold 15 seconds	L sit for 5 seconds, pike hold for 10 seconds
Badge 3/4	10 squats with foam block - straight arms in front in line with shoulders.	Front support hold 15 seconds with pointed toes	L sit for 5 seconds, pike hold for 10 seconds
Ext. 1	15 squats with foam block	Front support, shoulder taps x10	
Ext. 2			
Coaching tips	Knees and feet shoulder width apart. Knees to stay apart. Arms straight in front.	Straight body, legs together with hands under shoulders. Tight legs and core.	Straight arms and legs - keeping knees down. "how tall can you be" for L sit and "how flat can you be" for pike hold.

Double Mini- Week 1

Warm up: 5x 3 Straight jumps to check landing.

Coach to ensure that gymnasts have correct mount technique
Make it a challenge to get all gymnasts to mount with 1 foot hurdle from the floor to land with 2 feet on the double mini mount bed.

Points challenge - 5 attempts with 1 point per run, include the below circuit. Then change the DMT activity to below.

	Double Mini	Wall Bars - Foam	Floor - beanbag
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Badge 1/2	Straight jump, straight jump, straight jump.	Tuck hang for 5 seconds foam on legs	Superman raises x5 with beanbag between feet
Badge 3/4	Straight jump, straight jump, tuck jumps	Tuck hang for 5 seconds, straighten to L and lower down with foam on legs	Superman raises x5 with beanbag between feet
Ext. 1	Go through all basic dismounts: straddle jump, pike jump, 1/2 twist, 3/4 twist, full twist.	L hang for 5 seconds - foam on legs.	
Ext. 2			
Coaching tips	Gymnasts to build upon the straight jump work done in warm up. Still focus on the 2 feet mount. Gymnasts move up a level once done the correct amount of bounces (3) and landed the dismount in a landing shape without falling over.	Arms straight, knees up to chest for tuck hang - L to have straight legs aiming for parallel to floor (toes in line with hips). Foam to be placed by next gymnast on legs to ensure legs are lifted high enough.	Arms by ears, straight legs squeezing bottom and back when raising body up.

Double Mini - Week 1

		Floor- Stop sign	Floor- Velcro line	Floor
Badge 1/2		Tuck rocks x5	Starting in star, forward roll down line to tuck shape	Squat jumps x5
Badge 3/4		Tuck rocks x5 to stand up without using hands	Starting in rocket, forward roll down line to tuck shape	Squat jumps x5
Ext. 1				Squat jumps x8
Ext. 2				
Coaching tips		Hands on shins, knees to chest.	Tuck shape in forward roll, standing up without using hands.	Keeping feet and knees hip-width apart and chest up. Squat down to get bottom to knee height then jump high.

Pit Tramp - Week 2

Go through the levels of skills into the pit with good performance. Requirements to move up:

Arms up on take off
Tight position in skill
Kickout (if required) to soldier
Straight arms/legs where required

Skills into pit: straight jump, tuck jump, straddle jump, pike jump, 1/2 twist, full twist, frontsaunt tuck

Trampoline Into Pit off Tramp Into Pit off Side			
	Focus on the stretch in body for seat landing. Do activity 1-2 times.		Do twice
Badge 1/2	3x rocket jump, snappy seat drop	Skills as per above.	Fall backwards in soldier shape
Badge 3/4	3x rocket jumps, seat drop, 1/2 twist to feet		Fall backwards in soldier shape with eyes closed
Ext. 1	3x rocket jumps, seat drop, full twist to feet		Facing pit, fall and twist to land on back in pit
Ext. 2	3x rocket jumps, 1/2 twist to seat drop, to feet		
Coaching tips	Stretch up straight from trampoline, top of bounce toes up to land on bottom, straight body up from seat to land in rocket on trampoline	Take off within the end box of trampoline. Jump to go up and land within 1metre of edge of trampoline. Arms up in rocket for take-off, kickout to soldier	Tight body.

Pit Tramp - Week 2

Ensure to comment on all activities - if there's a line for the trampoline, do more reps or add in another activity at the floor

If there's no line, gymnasts can skip an activity to get onto the trampoline

	Floor - velcro line	Wall	Floor
Badge 1/2	Starting in rocket, forward roll to tuck shape	Hands on ground, walk feet up wall to front support - hold for 10seconds	Straddle hold for 10 seconds
Badge 3/4	Starting in rocket, forward roll to pike shape	Walk feet up to handstand - hold for 10 seconds	Straddle hold for 10 seconds
Ext. 1	Starting in rocket, forward roll to dish hold for 5 seconds		
Ext. 2			
Coaching tips	Chin on chest. Head to not touch the ground, finish in tuck shape with hand on each leg/straight legs - stretching down to toes keeping knees down and toes pointed	Straight arms and legs. Eyes looking at hands.	Knees down in straight legs. Reaching hands down legs trying to get chest to ground