

Trampoline Club Badges



gymnastics

LEARN TO GYM

***Badges 1-4
Weeks 3 and 4
Warm ups***



Warm up - Weeks 3 and 4

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

- 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

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| 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 3

To be done at end of comp rotation

Strength - Week 4

To be done at start of pit rotation

10-15 lunges per leg	10-20 squat jumps
10 single leg floor touches per leg	20-30 calf raises (double leg)
10-20 shoulder taps in front support	5-8 burpees
20 second pike hold	20-30 second dish hold
20 second straddle hold	20-30 second arch 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









Comp Tramp - Weeks 3 and 4

Ensure to have covered front landing, seat landing and angry cat positions as a group before starting circuit.

Trampoline 1: **MAT TO BE IN THE MIDDLE OF THE TRAMPOLINE - GYMNAST TO START IN THE MIDDLE OF THE MAT**

Trampoline 2: **MAT TO BE IN THE MIDDLE OF THE TRAMPOLINE - GYMNAST TO START IN THE MIDDLE OF THE MAT**

	Trampoline 1	Trampoline 2	Flexibility
Badge 1/2	Angry cat to front landing back to angry cat with/without mat (if without mat - repeat x3)	3x rocket jumps, back landing with mat	Toe stretch x3
Badge 3/4	3x rocket jumps, front landing to feet on mat	3x rocket jumps, back landing to feet with/without mat	Toe stretch x3
Ext. 1	3x rocket jumps, front landing to feet without mat.	3x rocket jumps, back landing 1/2 twist to feet	Toe stretch x5
Ext. 2	With mat, 1/2 twist to angry cat, front landing, to feet.		

Coaching tips	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.	Arms up by ears and feet pointed to the roof in back landing shape. Stay on cross- lift hips up into back landing.	Starting in a kneeling position with hands by knees, toes pointed under with heels together - lift knees up to chest, keeping bottom on heels - hold 3 seconds - straighten legs (keeping toes pointed under and heels together) - hold 3 seconds - then relax. Repeat desired amount.
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Comp Tramp - Weeks 3 and 4

	Strength - wall	Flexibility	Strength
	Gymnasts hold wall sit while they wait for their trampoline turn		
Badge 1/2	Wall sit for 15 seconds with arms crossed over chest	Laying down on back, 10x forward leg kicks on each leg	10x toe touches
Badge 3/4	Wall sit for 15 seconds with arms crossed over chest	Laying down on front, 10x backward leg kicks on each leg	10x toe touches
Ext. 1	Wall sit for 20 - 30seconds		15x toe touches
Ext. 2			
Coaching tips	Hips and knees at 90° angle - straight line from hip to knees.	Straight legs and pointed toes throughout - not to bang floor with leg - fast kick up, controlled on the way down.	Laying on back with legs up in back landing position - Keeping legs straight, toes pointed. Hands to reach up to toes (or as high as possible) keeping arms straight by ears.









Double Mini - Week 3

Play stick it for 10 min (straight jump, tuck jump, straddle, pike jump, half twist, full twist). Gymnasts don't need to run up for this session on double mini but still need to do the wall bar/floor activities but line up on the floor at the mount of the double mini.

Last 10 minutes, change the DMT activities to those below in the circuit

	Double Mini	Wall Bar	Floor
Badge 1/2	Straight jump, straight jump, half twist dismount to stuck landing	Tuck leg raises x5	Candlestick hold for 10 seconds hands on hips
Badge 3/4	Straight jump, straight jump, full twist dismount to stuck landing	Tuck leg raises x5	Candlestick hold for 10 seconds hands on floor
Ext. 1	Straight jump, 1/2 twist, backwards straight jump dismount to stuck landing	Tuck leg raises with one leg straight x5	Candlestick hold for 15 seconds hands on floor
Ext. 2	Straight jump, full twist, straight jump dismount to stuck landing.	Pike leg raises x5	

Coaching tips	Ensure 2 feet mounting. Arms up by ears for twist. Landing to be stuck inside the box to move onto extension skills	Straight arms, for tuck raises: knees to chest and bottom off rail. For pike raises: straight knees legs at minimum 90 degrees.	Hips forward, straight line from shoulders to toes. Toes pointed to roof not behind.
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Double Mini - Week 3

		Floor	Floor	
Badge 1/2	Forward roll down triangle - Start with feet on triangle, finish in tuck shape		Superman hold for 15 sec	
Badge 3/4	Forward roll down triangle - Start with feet on triangle, finish standing		Superman hold for 15 sec	
Ext. 1	Forward roll down triangle - Start with feet on floor, finish standing			
Ext. 2	Backward roll down triangle.			

Coaching tips	Chin to chest in roll, head to not touch triangle. Hands grab shins in tuck shape during roll. Don't use hands to stand up	Legs together and straight, arms straight lifting upper and lower body off the ground	
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Pit Tramp - Week 4

Go through the levels of skills into the pit with good performance. All skills to take off with arms up.

Requirements to move up:

1. Straight jump (straight body, arms up and legs together)
2. Tuck jump (Tight tuck shape and kickout to soldier)
3. Straddle jump (Straight legs- hands to toes, kickout to soldier)
4. Half twist (Straight body with arms up)
5. Full twist (Straight body with arms up - head neutral)
6. Frontsault tuck (arms up on take off - tight tuck, kickout to soldier)

Trampoline Into Pit off Tramp Into Pit off Side			
	Working towards spotted backsaults		
Badge 1/2	Backward roll on trampoline	See above for levels	Laying on back in rocket. Fast snap of knees up to chest - backward roll into pit off 30cm box. Can be coach assisted.
Badge 3/4	from a squat, small bounce into backward roll		Laying on back in rocket. Fast snap of knees up to chest - backward roll into pit off 30cm box.
Ext. 1	Backover on trampoline		
Ext. 2			

Coaching tips	Encouraging athletes not to go over shoulder. Chin to check and legs over head - can use the cross on trampoline as a guide. If gymnasts struggle with backward roll can use a triangle also.	Arms in for kickouts, tight shapes, straight legs in straddle/pike/twists.	Coach can assist bringing hips up for rotation. Gymnast to keep chin on chest. One hand on each shin. Tight tuck for roll.
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Pit Tramp - Week 4

	Floor	Floor	Floor with Box
			Can be 30cm or 60cm depending on availability
Badge 1/2	Dish rocks x10, superman rocks x10	Push up, high five with partner x5	5 Box step ups
Badge 3/4	Dish rocks x10, superman rocks x10	Push up, high five with partner x5	5 Box jumps
Ext. 1			
Ext. 2			
Coaching tips	Straight arms and legs. Feet together. Tight body throughout rocks.	Straight body from shoulders through to feet. If struggling can do on knees.	Step up onto box and stand tall. 2-foot jump on and off box - put against wall. Hands not to touch