

Trampoline Club Badges



gymsports

LEARN TO GYM

*Badges 1-4
Weeks 5 and 6*

Warm up - Weeks 5 and 6

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

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

10 up, out, down bounces on the cross

10 high bounces on the cross

3 x 3 straight jumps to check landing working on mount technique. 1 foot hurdle to 2 feet on DMT

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 5

To be done at end of comp rotation

5-10 lunge, lunge, squats

20-30 russian twists

5 tuck roll, single leg stand attempts each side

20-30 arch rocks

5 jump to single leg landings each side

Strength - Week 6

Done at start of pit rotation - paper scissor rock

Winner - 10 squats Loser - 20 squats

Winner - 15 sit ups Loser - 20 sit ups

Winner - 15 dish rocks Loser - 30 dish rocks

Winner - 10 tuck jumps Loser - 15 tuck jumps

Winner - 30sec plank Loser - 45sec plank

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 5 and 6

Ensure to have covered seat landing, angry cat and back landing 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	Trampoline	Strength
Badge 1/2	3x rocket jumps, back landing with mat	3x rocket jumps, seat landing to angry cat	Sit ups with partner x10
Badge 3/4	3x rocket jumps, back landing to feet with/without mat	3x rocket jumps, seat landing to angry cat, mini frontsaunt to back	Sit ups with partner x10
Ext. 1	3x rocket jumps, back landing 1/2 twist to feet	3x rocket jumps, seat landing to angry cat, frontsaunt tuck to feet	
Ext. 2			
Coaching tips	Arms up by ears and feet pointed to the roof in back landing shape. Stay on cross- lift hips up into back landing.	Angry cat having wrists under shoulders. Hips above knees. Push through angry cat to initiate rotation.	Feet together, sit up with a high 10 at the top.

Comp Tramp - Weeks 5 and 6

	Strength	Strength	Flexibility
Badge 1/2	Straddle leg lifts x5 each side then together x5	5x Foam V-snaps	5x Pike rolls
Badge 3/4	Straddle leg lifts x5 each side then together x5	5x Foam V-snaps	5x Pike rolls
Ext. 1	Straddle leg lifts x8 each side then together x8	8x Foam V-snaps	
Ext. 2			
Coaching tips	Sitting upright in straddle, hands on mat between legs. Keeping both legs straight and pointed toes, lift single leg each side the set amount then both at the same time for the set amount.	Laying in rocket with foam between feet, without feet touching the ground, v-snap transferring foam from feet to hands with each v-snap	Sitting in L sit, keeping arms straight by ears and straight legs with pointed toes. Reach arms down towards toes as far as possible, then rock backwards to try and get toes to touch ground behind keeping knees straight then return to sitting up and repeat.

Double Mini - Week 5

Stick it for the first 10min - no mat at end of DMT

1. Straight jump
2. Backwards Straight jump
3. Tuck jump
4. Backwards tuck jump
5. Straddle Jump
6. Backwards Straddle Jump

If more than 3 gymnasts, do in floor/wall bar circuit to keep gymnasts moving. After 10min, move onto the below DMT activities

	Double Mini	Wall Bar	Triangle
Badge 1/2	Straight Jump, Straight jump, Half turn	Chin up hold - 3 seconds	Backward roll down triangle
Badge 3/4	Straight Jump, Half turn, Straight jump	Chin up hold - 5 seconds	Backward roll down triangle to finish in angry cat
Ext. 1	Straight jump, half turn, Tuck jump	Chin up hold - 8-10seconds	Backward roll down triangle to finish in front support
Ext. 2	Straight jump, full twist, tuck jump		
Coaching tips	Backwards dismounts to land in box. Be careful of bungee when dismounting.	Hands in top grip - Jump up to chin above the bar. Straight body, legs together and straight. Pointed toes.	Chin tucked in, knees to chest for roll. Push against the triangle with hands early to finish in angry cat/front support.

Double Mini - Week 5

	Floor	Floor	
Badge 1/2	Tuck rocks x5	Toe stretches x3	
Badge 3/4	Tuck rocks x5 to stand up without using hands	Toes stretches x3	
Ext. 1			
Ext. 2			
Coaching tips	Knees into chest, hands on each shin. Legs together.	Kneeling, bottom on heels hands on outside of knees. 1. Knees up for 3 seconds 2. Straighten knees for 3 seconds 3. Relax down Toes should be tucked under, pushing heels forward.	

Pit Tramp - Week 6

Go through the levels of skills into the pit with good performance. Gymnasts to start on the level that is their badge level (aka a badge 3 starts at straddle jump)

Requirements to move up: arms up on takeoff, lift up into the skill

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 (tight tuck position)

Trampoline Into Pit off Tramp Into Pit off Side			
	Working on joining skills together	Levels into the pit	
Badge 1/2	Seat drop to feet, tuck jump (with kickout)	See above for requirements to move on	Forward roll into pit
Badge 3/4	Seat drop to feet, tuck jump (with kickout), half twist (arms up in rocket)		Frontsault tuck into pit
Ext. 1	Add straddle jump after 1/2 twist		
Ext. 2			
Coaching tips	Starting to learn the level 1 routine. Legs together throughout. Kickout of tuck jump, and tight body for 1/2 turn (arms up in rocket and legs together).	See above for requirements to move on	Tight tuck throughout rotation

Pit Tramp - Week 6

	Floor	Floor	Floor
			with medicine ball
Badge 1/2	5x Burpees	Front support hold for 15 seconds	Russian twists x 10
Badge 3/4	5x Burpees	Front support hold for 15 seconds	Russian twists x 10
Ext. 1	Burpees with tuck jump	Front support hold for 20 - 30 seconds	
Ext. 2	Burpees with push up		
Coaching tips	To be done fast. From standing, hands on floor, jump feet out to front support, jump feet back to hands then big jump.	Straight arms and legs- tuck hips under, avoid arch. Shoulders over wrists.	Sitting on bottom with legs in the air (bent legs is easier). Holding medicine ball, touch ball on floor behind hips on each side x10