

Trampoline Club Badges



gymsports

LEARN TO GYM

*Badges 1-4
Weeks 7 and 8*

Warm up - Weeks 7 and 8

Warm up and shapes to cover after stretching

20seconds of jogging on the spot, hopping each leg, rocket jumps, star jump, tuck jumps. Then stretch and go over the following shapes: seat landing, front landing, back landing, tuck shape (1 hand each shin), L shape, straddle, and pike. Test shapes by trying to separate legs etc. Ask questions ie "where do we look when we land on our stomachs?" (straight ahead, why?)

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

Comp Tramp Complexes Double Mini Warm Up

Tight kickouts

2 feet mount, arm circles focus

10 high bounces with arm swing

3x straight jumps x2 to check

4x tuck, straddle, pike jumps with kickouts

2x straight jumps x2 to check

Strength - Week 7

With a partner - done at end of comp rotation

Push up high 5's x10 from either knees or toes

Synchro squats with 3sec pause at bottom x10

10 seconds to pull apart tuck shape

Pike open/closing 15seconds

Sit up high 10's x15

Strength - Week 8

To be done at start of pit rotation

10 to 15 leg lowers on the floor

20 to 30 squats

15 to 20 tuck ups on floor

10 to 15 v ups on floor

30 to 40 second plank hold

Stretching

10 count lunge on left leg

10 count straighten left leg chest to knee

10 count lunge on right leg

10 count straighten right leg chest to knee

10 count L hold

10 count pike hold

10 count open pike hold

5 count bridge with instructor guidance

Line up and ask the gymnasts what they did well or enjoyed today

Comp Tramp - Weeks 7 and 8

Comp tramp complexes before doing the below circuit.

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

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

		Trampoline	Trampoline	Strength
			Level 1 routines	
Badge 1/2	3x rocket jumps, seat landing to angry cat	Seat landing, tuck jump		5x push ups with partner - face each other and high five after each push up
Badge 3/4	3x rocket jumps, seat landing to angry cat, mini frontsaunt to back	Seat landing, tuck jump, 1/2 twist		5x push ups with partner - face each other and high five after each push up
Ext. 1	3x rocket jumps, seat landing to angry cat, frontsaunt tuck to feet	Add straddle		
Ext. 2		Add check landing		
Coaching tips	Angry cat having wrists under shoulders. Hips above knees. Push through angry cat to initiate rotation.	5x rocket jumps before start of routine. Quality skills, kickout of tuck and straddle jumps, arms/legs together in 1/2 twist. Stay on cross of trampoline.		Count 5 push ups together. Pair together moves onto the next activity. Straight body in push ups - can go from knees if too difficult from toes.

Comp Tramp - Weeks 7 and 8

	Strength	Strength - Wall	Floor
		Gymnasts hold wall sit while they wait for their trampoline turn	
Badge 1/2	10xleg lowers	Calf raises x10	Forward roll to pike hold for 10 seconds - into straddle hold for 10 seconds
Badge 3/4	10xleg lowers	Calf raises x10	Forward roll to pike hold for 10 seconds - into straddle hold for 10 seconds
Ext. 1			
Ext. 2			
Coaching tips	Straight legs, legs to not touch floor before coming up. Arms on floor next to body.	Straight legs, slow raise and lower. Hold onto the wall for support.	Start in rocket, forward roll to pike hold. Straight legs and pointed toes - wide legs when go into straddle - reach arms down legs.

Double Mini - Week 7

Double Mini warm up first then below circuit.

Can play backwards stick it for last 5-10min with other activities: straight jump, tuck jump, straddle jump, pike jump.

		Double Mini	Wall Bar	Floor
		Forwards dismount		
Badge 1/2		Straight jump, straight jump, half twist dismount	Tuck hang for 5 seconds	Glute bridge hold - laying on back with arms in rocket, bend knees to bring feet close to bottom, lift hips up and hold.
Badge 3/4		Straight jump, straight jump, full twist dismount	Tuck hang with 1 straight leg for 5 seconds	Glute bridge hold - laying on back with arms in rocket, bend knees to bring feet close to bottom, lift hips up and hold.
Ext. 1		Straight jump, half twist, straight jump.	L hang for 5 seconds	On 1 leg
Ext. 2		Straight jump, full twist, straight jump.		
Coaching tips		Arms up in rocket for twisting position with straight arms and legs. Legs together. Keep bottom squeezed and chest up in twist so to keep body in straight position.	Arms straight, knees up to chest for tuck hang - L to have straight legs aiming for parallel to floor (toes in line with hips)	Tight core and legs. Squeeze bottom. Should be a straight line from knees through hips down to shoulders.

Double Mini - Week 7

	Floor	Floor	Floor
Badge 1/2	Back support hold for 10 seconds	Arch hold for 10 seconds	Candlestick hold on elbows for 10 seconds - using hands to support hips.
Badge 3/4	Back support hold for 10 seconds	Arch hold for 10 seconds	Candlestick hold for 10 seconds arms straight on floor
Ext. 1			Candlestick hold for 10 seconds arms straight up by ears on the floor
Ext. 2			
Coaching tips	Fingers pointing to toes. Straight arms and legs - hips as high as possible	Straight arms and legs - legs together. Lifting chest and legs up as high as possible without bending legs	Arms on floor or support bottom. Straight legs, squeeze bottom and push hips up and forward.

Pit Tramp - Week 8

Explain set jumps as what trampolines athletes do before their skills/routines to ensure their arms are up

Trampoline Into Pit off Tramp Into Pit off Side			
			Do twice
Badge 1/2	3x rocket jumps, set jump, tuck jump	1/2 twist or full twist	Forward roll tuck into pit
Badge 3/4	3x rocket jumps, set jump, tuck jump	Frontsault tuck	Frontsault tuck into pit
Ext. 1	Change tuck jump to open pike then closed pike.		
Ext. 2	Try with arm circle jumps instead of rocket jumps		
Coaching tips	Set jump = arms go up, down, up in one jump. Land the set jump with arms up ready to do the tuck jump.	Twisting to be in a straight body, arms up and narrow. Frontsault tuck to take off in a rocket shape, stretching out of trampoline to lift up before getting into a tuck shape with hands on shins.	Tight tuck shape through rotation. If frontsaulting- gymnasts to jump up from rocket shape.

Pit Tramp - Week 8

	Wall	Floor	Floor
Badge 1/2	Wall sit with holding medicine ball in front of body count to 10-20seconds	Forward roll to dish shape - count to 5, roll to superman - count to 5	10 squats holding 5kg dumbbell to chest
Badge 3/4	Wall sit lifting medicine ball front in front to above head x10-15	Forward roll to dish shape - count to 5, roll to superman - count to 5	10 squats holding 5kg dumbbell to chest
Ext. 1			
Ext. 2			
Coaching tips	In wall sit - hips/knees/ankles at 90 degrees. Shoulders against wall, hold medicine ball with straight arms entire time.	Don't let feet touch the ground when going into dish. Legs straight and together.	Feet shoulder-width apart. Ensure gap between feet and knees throughout squat. Knees over toes.