

Trampoline Club Badges



gymsports

LEARN TO GYM

Badges 1-4

Weeks 9 and 10

Warm up - Weeks 9 and 10

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

4x tuck, straddle, pike jumps with kickouts

3x straight jumps x2 to check

2x straight jumps x2 to check

Strength - Week 9

Strength - Week 10

Holding Positions

Done at start of pit rotation - paper scissor rock

20 to 30 seconds each side support

20 to 30 second back support

30 to 45 second front support

20 to 30 second dish hold

20 second pike and straddle hold

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

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 9 and 10

Comp Tramp complexes first then go through skill assessments for each badge level on trampoline - gymnasts to go through their badge skills a few times each.

Badge activities are on the skill assessment sheets.

	Trampoline 1	Trampoline 2	Strength
	Badge assessment skills first	Badge assessment skills first	
Badge 1/2	Seat drop, 1/2 twist to seat landing (swivel hips)	Seat landing to angry cat - mini frontsaunt to back or feet	10 partner sit ups
Badge 3/4	See how many swivel hips gymnasts can do in a row without coming back to their feet	Seat landing to angry cat - frontsaunt to feet.	10 partner sit ups
Ext. 1	Seat landing, full twist to feet	If can do the frontsaunt from angry cat to feet - gymnasts can do some frontsaunts from their feet with mat on tramp	
Ext. 2			
Coaching tips	Badge assessment skills first! Then work on seat landing twisting skills - ensuring gymnasts keep legs together	Arms up by ears and feet pointed to the roof in back landing shape. Stay on cross- lift hips up into back landing.	Feet facing partner, 10 sit ups to give partner high 10 at the top of each one

Comp Tramp - Weeks 9 and 10

	Flexibility	Strength	Strength
Badge 1/2	Pike hold 15 seconds	Wall sit 20seconds	10 leg lowers
Badge 3/4	Straddle hold 15 seconds	Wall sit 20seconds	10 leg lowers
Ext. 1			
Ext. 2			
Coaching tips	Straight legs, knees to ground, pointed toes reach arms down legs keep eyes looking forward	Hips and knees at 90° angle - straight line from hip to knees.	Laying on back with straight legs together and pointed toes, lift and lower legs to 90 degrees without feet touching the ground.

Double Mini - Week 9

Double Mini complexes first.

Do each badge activity 5 times ensuring a check landing. Then can practise the next badge level activities. Practise with presenting

Badge 1: 1/2 Twist dismount to stuck landing

Badge 2: Tuck jump dismount, Backwards Straight jump dismount.

Badge 3: Full twist dismount

Badge 4: Straight jump tuck jump straight jump, Backwards tuck jump dismount

	Double Mini	Wall Bar	Floor
Badge 1/2	As above, then can play stick it as a group - including strength circuit	Tuck leg raises x5	Forward roll to pike hold 10 seconds
Badge 3/4	As above, then can play stick it as a group - including strength circuit	Tuck leg raises with 1 leg bent and 1 leg straight x5	Forward roll to dish hold 10 seconds
Ext. 1		Pike leg raises	
Ext. 2			
Coaching tips	Checking, kickouts, body shape in twisting.	Knees to get at least about hip height, keep legs together.	Feet together throughout. Start in rocket before forward roll - straighten legs at end of roll to finish in pike or dish.

Double Mini - Week 9

	Floor	Box	Floor
		Can be 30cm or 60cm	
Badge 1/2	10 second dish hold	Box step ups x5 each leg	Push ups with partner x10
Badge 3/4	Dish rocks x10	Box jumps x10	Push ups with partner x10
Ext. 1			
Ext. 2			
Coaching tips	Straight arms and legs - legs together. Keeping lower back rounded, rocking from shoulders to heels maintaining same position throughout.	Stand up fully at top of box. If using a 30cm box, encourage gymnasts to do it as fast as they can!	Legs together, straight body from shoulders to heels. High five after each push up with partner. If too difficult, can do push ups from knees.

Pit Tramp - Week 10

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

Trampoline Into Pit off Tramp Into Pit off Side			
Badge 1/2	3x rocket jumps, set jump, tuck jump	1/2 twist or full twist	Do twice Frontsault 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 10

	Wall	Floor	Floor
Badge 1/2	Handstand hold for 10 seconds	Push up, high five with partner x8	Leg Lowers x8
Badge 3/4	Handstand hold for 10 seconds	Push up, high five with partner x8	Leg Lowers x8
Ext. 1			
Ext. 2			
Coaching tips	Straight arms and legs - feet together. Push up through shoulders	Straight body from shoulders through to feet. If struggling can do on knees.	Straight legs, feet together and pointed - arms on floor by sides.