

Trampoline Club Badges



gymsports

LEARN TO GYM

Badges 5-8

Weeks 1 and 2

Comp Tramp - Weeks 1 and 2

Comp Tramp Warm up first before working on the below circuit (in warm ups section).

Focus for circuit:

Tramp 1: Frontsault work building up to a frontsault tuck kickout to soldier. Wanting gymnasts to start and finish on the cross.

Tramp 2: Working on front and back landings, once gymnast can confidently perform front and back landings without a mat, introduce 1/2 twist to front and back landing 1/2 twist to feet.

	Trampoline	Trampoline	Flexibility
		Alternating turns between front landing and back landing	
Badge 5/6	Seat landing to angry cat, frontsault tuck to feet	1/2 twist to front landing	Toe stretches x5
Badge 7/8	Frontsault tuck with/without throw in mat	Full twist to back (after doing a few 1/2 twist to fronts)	Toe stretches x5
Ext. 1	Frontsault tuck kickout to soldier with/without throw in mat		
Ext. 2	Frontsault pike kickout to soldier with/without throw in mat		
Coaching tips	Angry cat having wrists under shoulders. Hips above knees. Push through angry cat to initiate rotation. Frontsault tuck from feet to take off with arms straight and by ears. Tight tuck position, kickout to soldier shape.	Mat to stay on the cross of the trampoline, gymnast to start in the middle of the mat so not to travel. Feet together throughout twisting. Arms to stay up throughout twist.	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.

Comp Tramp - Weeks 1 and 2

	Strength	Strength	Strength
Badge 5/6	8x Foam V-snaps	Straddle leg lifts x5 each leg, then 5 together	Candlestick hold - 10 seconds
Badge 7/8	8x Foam V-snaps	Straddle leg lifts x5 each leg, then 5 together	Candlestick hold - 10 seconds
Ext. 1			
Ext. 2			
Coaching tips	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 straddle, keeping legs straight and pointed toes. Hands on floor between legs. Lifting leg desired number of times without bending knees. Stay sitting upright	Laying on back, lifting hips up off the ground, legs pointed to the roof (straight and together).

Double Mini- Week 1

Double mini warm up first (in warm ups section)

Focus of circuit:

Straight, tight body and control in twisting passes on DMT. Gymnasts all start on the first activity then progress when coach is happy with neatness in the skills.

	Double Mini	Ropes	Wall Bars
	Everyone to start at the first activity		
Badge 5/6	Straight jump, full twist, Straight jump	Tuck hang (5 seconds) with bent arms	8x tuck leg raises
Badge 7/8	Straight jump, full twist, 1/2 twist	Straddle hang (5 seconds) with bent arms	8x tuck leg raises
Ext. 1	Straight jump, full twist, full twist	Pike hang (5 seconds) with bent arms	4x bent/straight leg raises each leg
Ext. 2	Straight jump, full twist, frontsault		
Coaching tips	Two feet mount. Straight body in twisting with arms straight and narrow by ears. Legs together. Controlled landing. Spot wall after first full turn before doing dismount.	Start holding the ropes at head height. Jump up so chin is above hands, holding body up with bent arms. Tight position for tuck, straddle and pike positions.	Bringing knees up to chest so hips come away from bars.

Double Mini - Week 1

	Floor	Floor	Floor
Badge 5/6	3x tuck rocks to stand on single leg (each leg)	Forward roll to dish hold - 10 seconds	Squat jumps x5
Badge 7/8	3x tuck rocks to stand on single leg (each leg)	Forward roll to dish hold - 10 seconds	Squat jumps x5
Ext. 1			Squat jumps x8
Ext. 2			
Coaching tips	Tuck rock with legs together, to stand up on one leg. Without using hands to stand.	Starting in rocket, jump hips up to roll - tuck shape in roll, kickout to straight legs to dish hold for 10 seconds. Keep lower back on ground, chin on chest, legs straight and together. Feet to not touch the ground between roll and dish position.	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

Circuit focus: Kickout position of frontsaults

Into pit: all start with first activity, pass neatness to move onto second activity etc. make it like a challenge to see if they can 4 levels

Trampoline	Into Pit off Tramp	Into Pit off Side
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			To be done twice
Badge 5/6	Seat landing, full twist to feet	Frontsault tuck	Frontsault tuck
Badge 7/8	Seat landing, full twist to feet	Frontsault tuck with kickout landing arms down	Frontsault pike
Ext. 1	Can you do more than full twist to feet? What arm position works best for getting more twist?	Frontsault pike	
Ext. 2		Frontsault pike with kickout landing arms down	
Coaching tips	Pushing off bottom with hip extension, twisting fast to try and complete a full twists to land on feet. Maintain straight body.	Gymnasts to take off for frontsault with arms straight and narrow by ears on take off. Lift up then push hips for rotation. Eyes open, tight tuck. For pike frontsault, a bit more heel drive for push on take off and keep knees straight. Kickout and slide arms straight and tight by side from shape to finish with straight arms by sides.	Gymnasts to take off for frontsault with arms straight and narrow by ears on take off. Lift up then push hips for rotation. Eyes open, tight tuck. For pike frontsault, a bit more heel drive for push on take off and keep knees straight.

Pit Tramp - Week 2

	Floor	Floor	Box
Badge 5/6	10x bicycle crunches	10x squats with heel raise	8x box step ups
Badge 7/8	10x bicycle crunches	10x squats with heel raise	8x box jumps
Ext. 1			
Ext. 2			
Coaching tips	Laying on back with hands behind head, sitting up bringing alternate elbow to knee together, laying back down, alternate sides each turn. Feet not to touch the ground.	Squatting down to 90° (bottom in line with knees). When at 90° hold position and lift heels up to hold for 2seconds.	Either stepping up or jumping up onto the box. Ensuring gymnasts to get full foot onto the box and stand up tall. Can add a weight if desired.