

Trampoline Club Badges



gymsports

LEARN TO GYM

Badges 5-8

Weeks 3 and 4

Warm up - Weeks 3 and 4

Warm up on floor

On the spot warm up 20 seconds each of jogging, hopping on each leg, star jumps, dish hold, arch hold, burpees

Joint mobility with quality

Select someone at the end who was trying exceptionally hard at the warm up

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
Pike hold and Straddle hold
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 Complex

Good quality arms, legs, toes, on cross

10 up, down, high bounces on the cross
4x tuck, straddle and pike jumps with set jump

Double Mini Warm Up

Stick it - 10min in circuit with 2 other activities

Levels: Straight jump, tuck jump, straddle jump, pike jump, half turn, full turn, frontsault tuck

Strength - Week 3

To be done at end of comp rotation

10-15 lunges per leg
10 single leg floor touches per leg
10-20 shoulder taps in front support
20 second pike hold
20 second straddle hold

Strength - Week 4

To be done at start of pit rotation

10-20 squat jumps
20-30 calf raises (double leg)
5-8 burpees
20-30 second dish hold
20-30 second arch 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 straddle hold		
10 count bridge		
5 counts toes stretches		
Line up and ask the gymnasts what they did well or enjoyed today		

Pit Tramp - Week 4

Ensure to check twisting direction before working barani
Frontsault take off's should lift up and show control within the somersault.

Trampoline Into Pit off Tramp Into Pit off Side			
Badge 5/6	Frontsault tuck, jump 1/2 twist	Frontsault tuck with kickout	Spotted backsault into pit
Badge 7/8	Frontsault tuck, jump 1/2 twist	Frontsault tuck with kickout and 1/4 turn	Spotted backsault into pit
Ext. 1	Frontsault pike, jump 1/2 twist	Barani tuck	
Ext. 2			
Coaching tips	Arms up for take off, lift and hips up into frontsault. Kickout of tuck shape to bring arms by sides and extend body, straight legs. Gymnast to spot something when twisting. Coach to ensure twist direction is correct. (check with 1/2 twist, full twist, aeroplane and back landing 1/2 twist to feet)	Arms up for take off, lift and hips up into frontsault. Kickout of tuck shape to bring arms by sides and extend body, straight legs. Gymnast to spot something when twisting. Coach to ensure twist direction is correct.	Spotted backsault is coach assisted (either standing on edge of pit or can stand in pit (coach preference). Arms up on takeoff, hips up fast for tight tuck rotation. Tight body. Eyes open.

Pit Tramp - Week 4

	Wall	Floor	Floor
Badge 5/6	Wall sit for 30-60seconds	Push up with side rotation x4 each side	5x Burpees
Badge 7/8	Wall sit for 30-60seconds	Push up with side rotation x4 each side	5x Burpees
Ext. 1			5x Burpees with tuck jump
Ext. 2			
Coaching tips	Hips and knees at 90° angle - straight line from hip to knees.	Can be done either from toes or knees. Maintaining straight body, bring chest to floor then at top of push up position - rotate body to a side support then back to front support.	From standing, squat down and place hands on floor, jump feet out to front support (straight line from shoulders to toes), jump feet back into squat, squat jump. Badges 7/8 do a tuck jump in their squat jump.

Comp Tramp - Weeks 3 and 4

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

Focus for circuit:

Tramp 1: Backward rotation, if the gymnast can backsault tuck start with that. If not, below are backover progressions.

Tramp 2: Frontsault work building up to a frontsault tuck kickout to soldier. Wanting gymnasts to start and finish on the cross.

	Trampoline	Trampoline	Strength
	If gymnast can backsault tuck - start with that.		
Badge 5/6	Backward roll on trampoline - can use a small triangle	Frontsault tuck (may be spotted) onto throw in mat.	Front support shape for 10 seconds into 5 rotations each side
Badge 7/8	From squat, back landing, back over.	Frontsault tuck with kickout	Front support shape for 10 seconds into 5 rotations each side
Ext. 1	From feet, back landing, back over (either to feet, or to back)	Frontsault tuck with kickout, tuck jump	
Ext. 2	Spotted backsault tuck	Frontsault tuck with kickout, tuck jump, frontsault tuck	
Coaching tips	Hips to go over head in rotation - be aware gymnast doesn't go sideways by rotating over shoulder. Knees apart is ok so not to knee themselves in the nose.	Take off with arms up behind ears. Lift up into frontsault (spotting ahead not down). Tight tuck in somersault. Eyes open. Kickout to spot end of flyaway.	Each rotation goes from front support to side support. Keep straight and tight body.

Comp Tramp - Weeks 3 and 4

	Strength - wall	Strength	Flexibility
	To be done while waiting for turn on trampoline		
Badge 5/6	Wall sit for 20-30 seconds with arms crossed over chest	Laying on back with legs up in back landing - 10x Toes touches	5x Pike rolls
Badge 7/8	Wall sit for 20-30 seconds with arms crossed over chest	Laying on back with legs up in back landing - 10x Toes touches	5x Pike rolls
Ext. 1	Wall sit for 20-30 seconds with arms up straight by ears		
Ext. 2	As above, lifting one foot off the ground		
Coaching tips	Hips and knees at 90° angle - straight line from hip to knees. Shoulders against wall.	Keeping legs straight, toes pointed. Hands to reach up to toes (or as high as possible)	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 3

Play stick it for 10 min (on first page of lesson plan). Gymnasts don't need to run up for this part of the rotation. Include 2 other activities in the stick it circuit.

	Double Mini	Wall Bar	Floor
Badge 5/6	Frontsault tuck dismount onto crash mat	Hands on the ground, walk feet up wall bars (stomach facing wall bars) and hold 10seconds	Candlestick hold for 10 seconds hands on hips
Badge 7/8	Straight jump, tuck jump, frontsault tuck (kickouts)	Handstand against wall bar for 10seconds	Candlestick hold for 10 seconds hands on floor
Ext. 1	Frontsault pike dismount onto crash mat		Candlestick hold for 15 seconds hands on floor
Ext. 2	Straight jump, straddle jump, frontsault pike (kickouts)		
Coaching tips	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.	Tight body, shoulders over wrists, Straight legs together with pointed toes. Round upper back. No arching in lower back - hips tucked under.	Hips forward, straight line from shoulders to toes. Toes pointed to roof not behind.

Double Mini - Week 3

	Floor	Floor	
Badge 5/6	Squats with foam block x10	5x push ups with partner - face each other and high five after each push up	
Badge 7/8	Squats with foam block x10	5x push ups with partner - face each other and high five after each push up	
Ext. 1			
Ext. 2			
Coaching tips	Foam on floor, bottom to go down and touch foam before standing up. Knees to track out over toes (ensure gymnasts knees don't come in when squatting)	Count 5 push ups together. High five at top of push up. Straight body in push ups, shoulders over hands.	