

Trampoline Club Badges



gymsports

LEARN TO GYM

Badges 5-8

Weeks 5 and 6

Warm up - Weeks 5 and 6

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

Comp Tramp

Tight shapes, arms in for kickouts.

10x up, out, down, high bounces
4x tuck, straddle, pike jumps with kickouts

Double Mini Warm Up

Backwards Stick it - 10min with other activities

Levels: Straight jump, tuck, straddle, pike, half twist

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

To be done at start of pit rotation

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 straddle hold
 - 10 count bridge
 - 5 counts toes stretches
- Line up and ask the gymnasts what they did well or enjoyed today

Comp Tramp - Weeks 5 and 6

Tramp warm up first (in warm ups section)

Trampoline 2:

Level 2 routine: Seat landing, 1/2 to feet, tuck jump, front landing to feet, straddle jump, back landing to feet, straight jump - land.

	Trampoline	Trampoline	Strength
Badge 5/6	Spotted backsault	Seat landing, 1/2 to feet, tuck jump, front landing	Sit ups with medicine ball pass with partner x10
Badge 7/8	Backsault tuck	Level 2 routine	Sit ups with medicine ball pass with partner x10
Ext. 1	Backsault tuck with kickout		
Ext. 2	Backsault tuck with kickout, tuck jump		
Coaching tips	Arms up on takeoff, chin in and knees/hips up fast for tuck. Get someone to double spot if needed.	Routine to stay on cross, body tension throughout. Routine can be written up on whiteboard to gymnasts can read it to each other.	Feet together, sit up, passing the medicine ball at the top.(3-5kg)

Comp Tramp - Weeks 5 and 6

	Strength	Strength	Flexibility
Badge 5/6	Squats with foam block x10	Dish rocks x20	Straddle stretch for 10 seconds
Badge 7/8	Squats with foam block x10	Dish rocks x20	Straddle stretch for 10 seconds
Ext. 1			Straddle swim through x3
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)	Keeping body tight, arms and legs straight. Hands by sides. Rocking from shoulders to heels maintaining rounded body position.	Straight legs. Arms reach down as far as possible - try to get chest on ground. Straddle swim through - rolling from straddle to seal stretch keeping straight legs.

Double Mini - Week 5

Double Mini warm up first then work on the circuit below.

	Double Mini	Wall Bar	Floor
Badge 5/6	Frontsault tuck dismount onto crash mat	8x tuck leg raises	5x Burpees
Badge 7/8	Frontsault tuck dismount onto crash mat	8x tuck leg raises	5x Burpees with tuck jump
Ext. 1	Frontsault pike dismount onto crash mat	4x bent/straight leg raises each leg	
Ext. 2		5x pike leg raises	
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.	Keeping knees together. Bringing knees/toes up to chest so hips come away from bars. Straight arms. Pike leg raises can be coach assisted.	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.

Double Mini - Week 5

	Floor	Floor	
Badge 5/6	Pike rolls x3	Toes stretches x5	
Badge 7/8	Pike rolls x3	Toes stretches x5	
Ext. 1			
Ext. 2			
Coaching tips	Sitting in pike shape, straight legs throughout activity. Roll back to put toes on floor behind (straight knees and legs together), roll forward to stretch down into pike shape.	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.
Requirements to move up:

Arms up on take off
Tight position in skill
Kickout (if required) to soldier (arms straight by sides, straight body, legs together)
Straight arms/legs where required

Trampoline Into Pit off Tramp Into Pit off Side			
		All to start on same activity	Do twice
Badge 5/6	Spotted backsault	Frontsault tuck with kickout to soldier	Frontsault tuck into pit
Badge 7/8	Backsault tuck	Frontsault tuck with kickout and 1/4 turn	Frontsault tuck into pit
Ext. 1	Backsault tuck with kickout to soldier	Barani tuck	
Ext. 2	Backsault tuck with kickout, tuck jump	As above but with frontsault pike	
Coaching tips	Arms up on takeoff, chin in and knees/hips up fast for tuck. Get someone to double spot if needed.	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.	Arms up for take off, lift and hips up into frontsault.

Pit Tramp - Week 6

	Floor	Wall	Floor
			with medicine ball
Badge 5/6	5x Burpees	Walk feet up to handstand, count to 10	Russian twists x20
Badge 7/8	5x Burpees	Handstand against wall for 10	Russian twists x20
Ext. 1	Burpees with tuck jump		
Ext. 2			
Coaching tips	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.	Tight body, shoulders over wrists, Straight legs together with pointed toes. Round upper back	Sitting on bottom with legs and body off the ground, twist upper body to touch hands on floor behind bottom 20 times. Keeping legs together off the ground.