

Trampoline Club Badges



gymsports

LEARN TO GYM

Badges 5-8

Weeks 7 and 8

Warm up - Weeks 7 and 8

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.

10 high bounces with arm swing

4x tuck, straddle, pike jumps, 1/2 turns

Double Mini Warm Up

2 feet mount, arm circle jumps

3x straight jumps x2

2x straight jumps x2

Strength - Week 7

To be 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 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 7 and 8

Gymnasts to do comp tramp complexes prior to working on the below circuit.

Backsault focus for circuit - watch take off with head position, look out for head tilting backwards on takeoff. Gymnasts should have a neutral head throughout skills - ask gymnasts if they can see their knees coming up to their tuck position. (If gymnasts can see their knees - their heads are tilting back)

		Trampoline	Trampoline	Strength
			All gymnasts to start with the first activity to ensure spotting correctly.	
Badge 5/6	Spotted backsault		1/2 twist to front landing with then without mat	5x push ups with partner - face each other and high five after each push up
Badge 7/8	Backsault tuck		1/2 twist to front landing, half twist to back landing (without coming up to feet between front and back landing)	5x push ups with partner - face each other and high five after each push up
Ext. 1	Backsault tuck with kickout		Full twist to back landing with then without mat	
Ext. 2	Backsault pike - with kickout			
Coaching tips	Arms up on takeoff, chin in and knees/hips up fast for tuck. Get someone to double spot if needed. Eyes open for gymnast, tight positions.		Arms up and straight on takeoff. Reach up, bringing heels up to initiate 1/2 twist to spot the end of the trampoline to land on stomach. To move onto full twist to back, keep same takeoff etc. for 1/2 twist to front landing but add 1/2 twist once spotted the end of trampoline to twist and land on back.	Count 5 push ups together. High five at top of push up. Straight body in push ups, shoulders over hands.

Comp Tramp - Weeks 7 and 8

	Strength	Strength - Wall	Strength
		To be done while waiting for turn on trampoline	
Badge 5/6	10xleg lowers	Calf raises x10	Russian twists x20
Badge 7/8	10xleg lowers	Calf raises x10	Russian twists x20
Ext. 1			Add a weight to the russian twists
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. Ensure ankle doesn't roll out - weight to go over big toes.	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.

Double Mini - Week 7

Backwards stick it for 10min: straight jump, tuck jump, straddle jump, pike jump, 1/2 twist, full twist.
Then work on below circuit

	Double Mini	Wall Bar	Floor
Badge 5/6	Straight jump, half turn, tuck jump	Tuck hang on wall bar for 10 seconds	Bridge hold with feet on 30cm box hold for 5-10seconds
Badge 7/8	Spotted backsault tuck dismount	Tuck hang with 1 leg straight hang on wall bar for 10 seconds	Bridge hold with feet on 30cm box or on floor hold for 5-10seconds
Ext. 1	Backsault tuck dismount	Pike hang on wall bar for 10 seconds	
Ext. 2			
Coaching tips	Arms up for half twist and take off for dismount skill. Tuck jump (badges 5-6) to have a kickout and stick landing. Spotted backsault to ensure coach assisted, hips up fast for tight tuck rotation. Tight body. Eyes open.	Keeping core tight, lifting legs and hips up into either tuck position (knees to chest, pointed toes, legs together) or pike position (straight and together legs, pointed toes). Gymnast to lift up and hold position as high as possible.	Starting laying on back in rocket, bring feet in towards bottom with bent legs. Bend arms to place hands beside head with fingers facing body. Pushing through heels and hands, lift body as high as possible and hold.

Double Mini - Week 7

	Floor	Floor	Floor
Badge 5/6	Toes Touches x10	Dish hold for 30seconds	Squats x10 with weight and foam block
Badge 7/8	Toes Touches x10	Dish hold for 30seconds	Squats x10 with weight and foam block
Ext. 1			
Ext. 2			
Coaching tips	Laying on back with straight legs together up pointed to the roof. Arms by ears, keeping legs vertical, sit up to touch hands on feet. To be done fast, keeping legs straight.	Laying on back, arms either tight by sides or straight by ears, legs straight and together with pointed toes. Lift legs and upper body up keeping lower back pressed into the floor.	Feet hip-width apart. Squat down to bottom touching foam block, knees to track out over toes throughout squat. Holding weight with both hands at collarbone height. Keep chest up when squatting.

Pit Tramp - Week 8

Explain set jumps as what trampoline athletes do before their skills/routines to ensure they have their arms up on takeoff (as they do straight jumps/high jumps not rocket jumps before they do their skills).

Go through the arm action on the floor (up, down, up) before doing it on the trampoline.

		Trampoline	Into Pit off Tramp	Into Pit off Side
			Working up to barani pike	Do twice
Badge 5/6	3x rocket jumps, set jump, tuck jump		Frontsault tuck with kickout	Forward roll to tuck into pit
Badge 7/8	3x rocket jumps, set jump, tuck jump		Frontsault pike with kickout	Frontsault tuck into pit
Ext. 1	Change tuck jump to open pike then closed pike.		Frontsault pike with kickout and 1/4 turn	
Ext. 2	Try with arm circle jumps instead of rocket jumps		Barani pike	
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.		Arms up for take off, lift and hips up into frontsault. Kickout of tuck/pike shape to bring arms by sides and extend body, straight legs. Gymnast to spot something when twisting. Coach to ensure twist direction is correct.	Tight tuck shape through rotation. If frontsaulting- gymnasts to jump up from rocket shape.

Pit Tramp - Week 8

	Wall	Floor	Floor
Badge 5/6	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 7/8	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.