

Trampoline Club Badges



gymsports

LEARN TO GYM

Badges 5-8
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

3x straight jumps x2 to check

4x tuck, straddle, pike jumps with kickouts

2x straight jumps x2 to check

Strength - Week 9

To be done between rotations

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

Strength - Week 10

To be done between rotations

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	Trampoline	Strength
		Badge activities first	Badge activities first	Gymnasts to do while waiting for trampoline turn
Badge 5/6	Frontsault or backsault tuck working on take offs and kickouts	Swivel hips competition - 2 tries per turn. Gymnasts to see how many times they can perform swivel hips.		Wall sit 20seconds with weight held at chest
Badge 7/8	Frontsault or backsault tuck working on take offs and kickouts			Wall sit 20seconds with weight held at chest
Ext. 1	Can start to work on pike somersaults once tuck somersaults stay on the cross, lift up and kickout to soldier			
Ext. 2	Barani working on take off and kickouts			

Coaching tips	Coach to choose dependant on athlete's needs. Gymnasts to take off for saults with arms straight and narrow by ears on take off. Lift up then push hips for rotation. Eyes open, tight tuck and kickout to soldier	Badge assessment skills first! Then work on seat landing twisting skills - ensuring gymnasts keep legs together	Hips and knees at 90° angle - straight line from hip to knees.
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Comp Tramp - Weeks 9 and 10

	Strength	Flexibility	Strength
Badge 5/6	10x squats with weight on chest	Pike hold 20seconds	10x leg lowers
Badge 7/8	10x squats with weight on chest	Pike hold 20seconds	10x leg lowers
Ext. 1			
Ext. 2			
Coaching tips	Feet hip width apart. Hold weight to chest. Keeping chest up, squat down to get bottom in line with knees - keeping knees tracking out over toes.	Straight legs keeping legs together with pointed toes. Reach hands down legs as far as possible without bending knees - eyes looking at toes.	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 5: (1) Frontsault tuck to crash mat. (2) Straight jump, full twist, straight jump

Badge 6: (1) Straight jump, 1/2 twist, tuck jump. (2) Frontsault tuck with kickout to crash mat

Badge 7: (1) Straight jump, set jump, frontsault tuck with kickout. (2) Straight jump, full twist, full twist.

Badge 8: (1) Backsault tuck dismount. (2) Frontsault tuck with kickout to landing zone.

	Double Mini	Wall Bar	Floor
Badge 5/6	Straight jump, half turn, tuck jump	Calf raises x5 each leg, x10 together	Single leg glute bridges - 10second hold each leg
Badge 7/8	Spotted backsault tuck dismount	Calf raises x5 each leg, x10 together	Single leg glute bridges - 10second hold each leg
Ext. 1	Backsault tuck dismount		
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.	Straight legs, slow raise and lower. Hold onto the wall bar for support. Ensure ankle doesn't roll out - weight to go over big toes.	Laying on back, bend one leg to put foot near bottom. Arms either straight on floor by sides (easier) or crossed over chest (harder). Lift hips up so straight line from knees to hips to shoulders. Other leg to be straight, keeping knees together.
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Double Mini - Week 9

	Floor	Floor	Floor
Badge 5/6	3x Jump to single leg landing each leg	10x tuck ups and 5x V snaps	Pike and straddle rolls x2 each
Badge 7/8	3x Jump to single leg landing each leg	10x tuck ups and 5x V snaps	Pike and straddle rolls x2 each
Ext. 1			
Ext. 2			
Coaching tips	Jump from two feet together to land in landing (check) position but land on one leg. Aiming for a 3 second hold on the landing leg - bent at the hips, knee and ankle. Gymnast wants to ensure knee or ankle doesn't roll in.	Laying on back in dish position, arms either tight by sides or straight by ears. Come up to a tuck position with bottom on ground, chest to knees, legs together and pointed toes (not touching the ground). For v snaps, coming up to a pike shape on bottom (legs together and straight, pointed toes, hands touching toes and chest to legs). These are to be done fast.	Rolling back, rolling forward to finish in pike/straddle hold. Straight knees and pointed toes.

Pit Tramp - Week 10

Badge Activities for Pit:

- Badge 5: (1) Frontsault tuck with kickout to soldier
 Badge 6: (1) Frontsault tuck with kickout to soldier. (2) Frontsault pike
 Badge 7: (1) Frontsault pike with kickout to soldier
 Badge 8: (1) Barani tuck

Trampoline Into Pit off Tramp Into Pit off Side

		Badge activities above	Do twice
Badge 5/6	3x rocket jumps, set jump, tuck jump	Badge activities above	Frontsault tuck into pit
Badge 7/8	3x straight jumps, set jump, tuck jump	Badge activities above	Frontsault tuck into pit
Ext. 1	3x straight jumps, set jump, frontsault tuck		
Ext. 2			

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 (barani). Coach to ensure twist direction is correct.	Tight tuck shape through rotation. If frontsaulting- gymnasts to jump up from rocket shape.
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Pit Tramp - Week 10

	Floor	Floor	Floor
Badge 5/6	Straddle hold - 10 seconds	Forward roll to dish shape - dish rocks x10	10 lunges holding 5kg dumbbell to chest
Badge 7/8	Straddle hold - 10 seconds	Forward roll to dish shape - dish rocks x10	10 lunges holding 5kg dumbbell above head - straight arms
Ext. 1			
Ext. 2			
Coaching tips	Straight knees, pointed toes. Hands reaching down legs, trying to get chest to the ground.	Don't let feet touch the ground when going into dish. Legs straight and together.	Stepping forward into lunges - ensure back knee touches ground. Front leg to have knee over toes.