



LEVEL 1-3 SKILLS DEVELOPMENT WORKSHOP TRAMPOLINE

SUGGESTED PROGRAM

09:30	Registration
09:45	Introduction
10:30	Mini Trampoline
11:15	Black Top
12:00	Refreshments
12:15	Double Mini
13:00	Euro Trampoline
13:45	Questions & Answers
14:00	Workshop Ends

1. INTRODUCTION (45 min)

- a. Attendance register – ex online sheet
- b. General Information regarding the workshop – Observation Checklist
- c. General Information Regarding Judges Code
- d. Apparatus Specifications
- e. Rules for Gymnasts/Coaches

2. MINI TRAMPOLINE (45 min)

a. Mini Trampoline Skills for Level 1-3

- i. Show the Skills (Tuck Jump, Straddle Jump, Pike Jump, ½ Turn, Pirouette, Tuck Front, Pike Front, Front Layout)
- ii. Teach skills to coaches (Practical)
- iii. Major deductions on the Mini Trampoline
- iv. Landing Deductions
- b. **Basic positions/body posture and elements**
- c. Basic drills for
 - i. Run Up
 - ii. Take off
 - iii. Skills
 - iv. Landing

3. TABLE TOP (45 min)

a. Straight Jumps – (body posture)

b. Table Top Skills Level 1-3

- i. Show the Skills (Tuck Jump, Straddle Jump, Pike Jump, ½ Turn, Pirouette, Seat Drop, Hands & Knees Drop, Stomach Drop, Seat Drop ½ Turn to Feet)
- ii. Teach skills to coaches (Practical)
- iii. Key points for deductions
- iv. Horizontal Displacement

c. Basic elements/positions

d. Basic Core Conditioning

4. DOUBLE MINI TRAMPOLINE (45 min)

a. Double Mini Skills Level 3

- i. Show the Skills (Tuck Jump, Straddle Jump, Pike Jump, ½ Turn, Pirouette)
- ii. Teach skills to coaches (Practical)
- iii. Major deductions on the Double Mini Trampoline
- iv. Landing Deductions

b. Basic positions/body posture and elements

c. Basic drills for

- i. Run Up
- ii. Take off
- iii. Skills
- iv. Landing

5. EURO TRAMPOLINE (45 min)

a. Straight Jumps – (body posture)

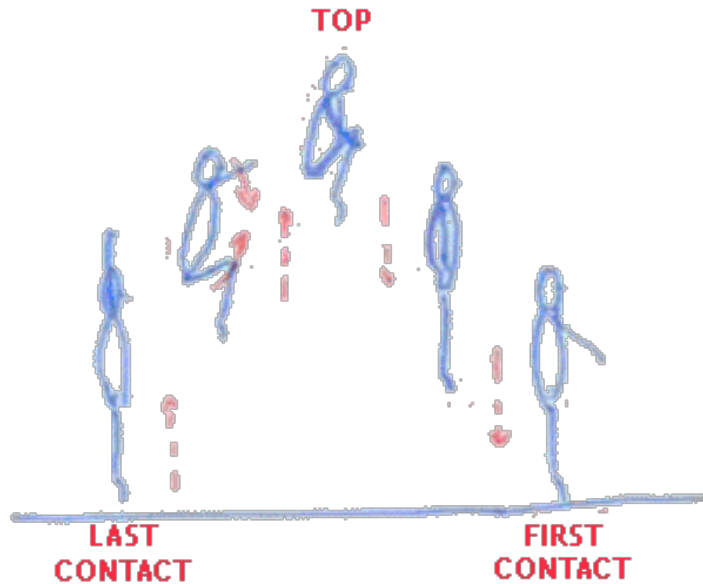
b. Euro Trampoline Skills Level 3

- i. Show the Skills (Tuck Jump, Straddle Jump, Pike Jump, ½ Turn, Pirouette, Seat Drop, ½ Twist to Seat, Stomach Drop)
 - ii. Teach skills to coaches (Practical)
 - iii. Key points for deductions
 - iv. Horizontal Displacement
- c. Basic elements/positions**
- d. Basic Core Conditioning**

Basic shapes

Tuck Jump

This shape skill should be performed as much like a straight jump as it is possible to do until you reach near TOP. This means 'arms high' first and not knees up first. Nearing the 'TOP' you start to bring the knees towards the chest and the hands towards the knees, by the TOP the knees should be as close to the chest as you can get them and your shins parallel to your back; hands should touch just below the front of the knees. As you come out of the tuck on the way down arms should first of all come to the side (difficult) and then start to rise again before 'first contact'.



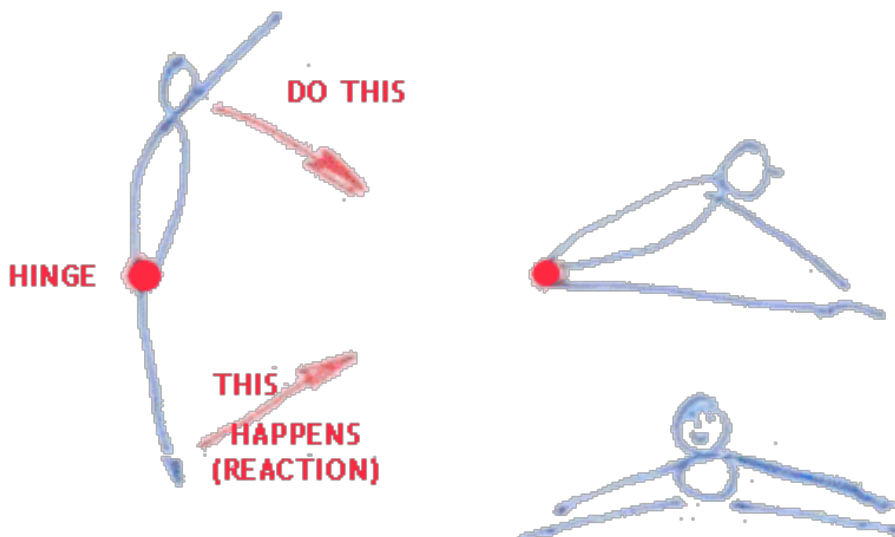
Straddle Jump

This shape skill should be performed as much like a straight jump as it is possible to do until you reach near TOP. This means 'arms high' first and not legs up first.

You then reach forwards with your arms from your hips (the hinge in the drawing) and slightly to the side (arms about 90° apart).

As long as you reached up first your legs will come up by themselves because of Newton 3rd law that says for every action there is an equal and opposite reaction.

As you come out of the straddle on the way down, your arms should track your legs back into a straight line



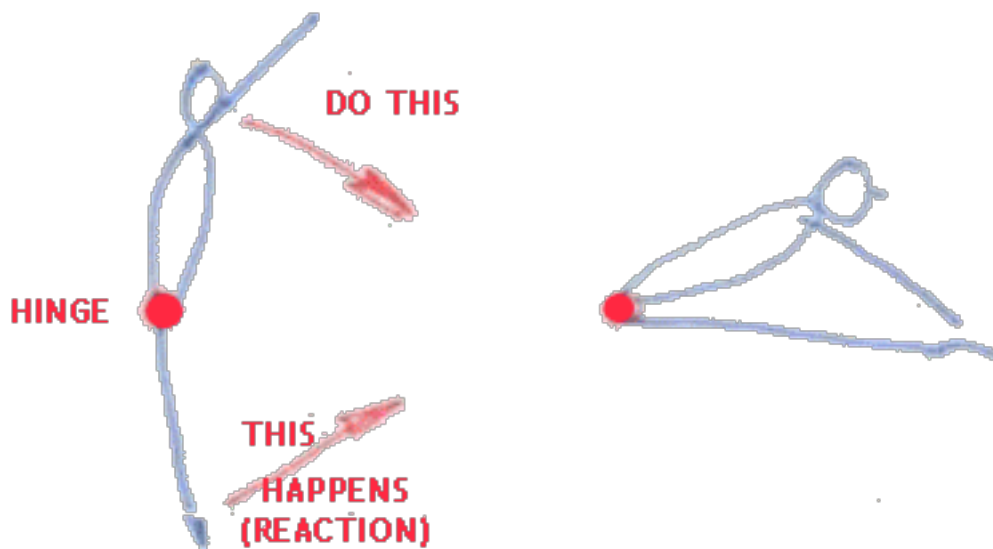
Pike Jump

This, the third of the shape skills we have practiced, shares much with the straddle as you would expect. It is performed as much like a straight jump as it is possible to do until you reach near TOP. This means 'arms high' first and not legs or feet up first.

Just before TOP you reach forwards with your arms from your hips (the hinge in the drawing) but this time directly forwards with both hands.

As long as you reached up first your legs will now come up by themselves because of Newton's 3rd Law that says for every action there is an equal and opposite reaction. If you are very flexible you will be able to touch your toes (but still keep them pointed) – it is more important that your legs are straight though than that you touch your toes so just touch your shins if that is all you can reach.

As you come out of the pike on the way down arms should first of all come to the side (difficult) and then start to rise again before 'first contact'.

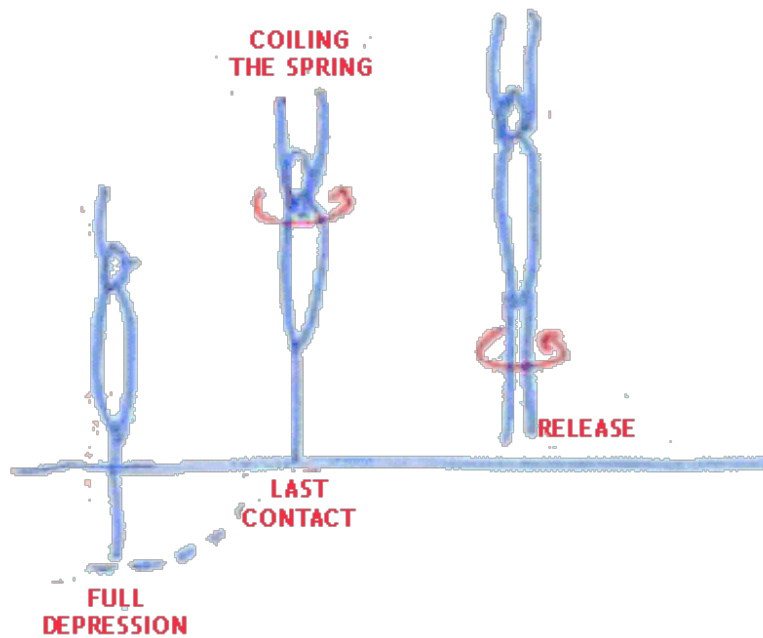


Basic Twists

Twist jumps can seem harder than they really are during your first attempts because many lean into the twist at take-off – this causes you to travel (nearly always) slightly forwards and to the side at the same time as you are twisting with an inevitable loss of balance.

The correct technique requires you to start the jump as much like a straight jump as possible and, as you near the point of last contact you twist your arms and shoulders upwards into the direction of twist – this is like coiling a spring. As you leave the trampoline the friction previously keeping your feet in place no longer exists – this allows the spring to uncoil and your feet now join in the twist; continuing to 'reach round' the twist with your arms and shoulders helps complete further twist which should now be lean-free.

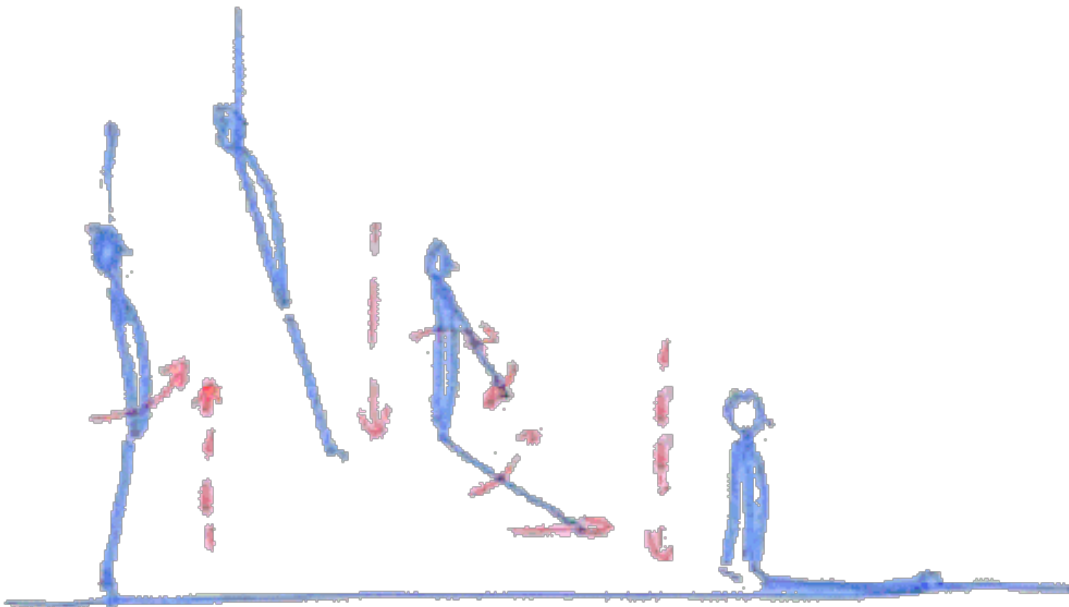
For more, faster, twist we can also do this with arms stretched out to the side at take-off and then, like an ice-skater or ballet-dancer, bring them into line – this will cause a large acceleration of twist because of the rules of Conservation of Momentum. At no point in this exercise should your head or shoulders be anywhere other than directly above your feet.



Basic Seat Landings

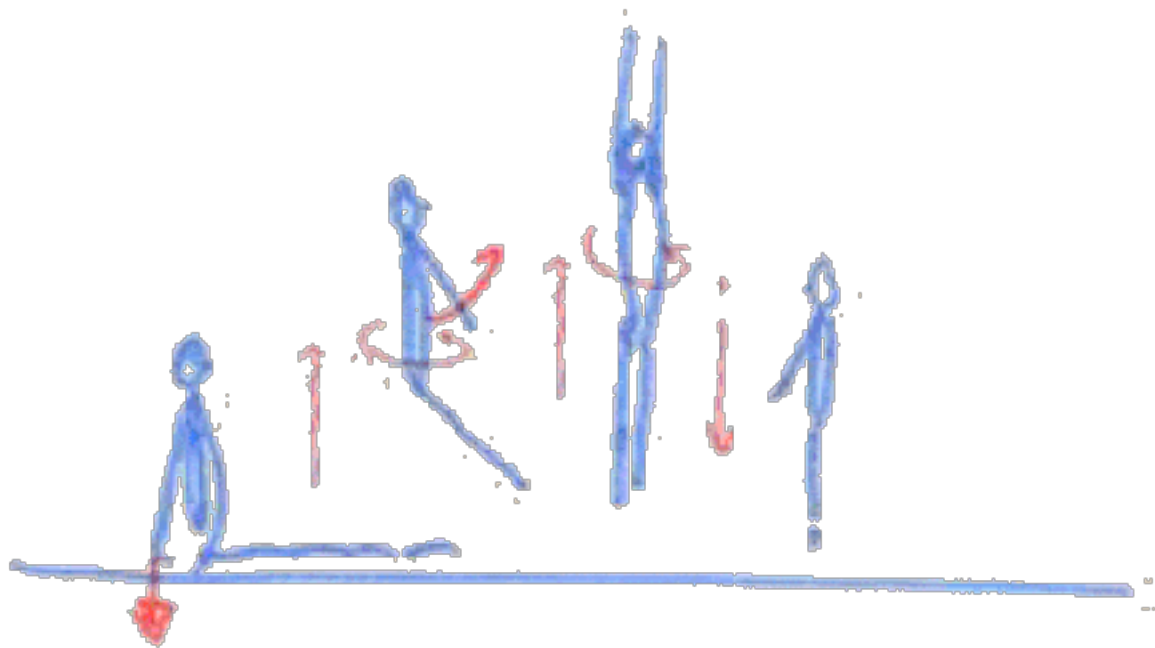
Seat Drop

The most important parts of this move are to keep straight legs, do not lift them up and to jump upwards first – it is tempting to ‘drop backwards’ or just lift your legs up but this is absolutely not what we want. Instead we need you to reach high and tilt your pelvis upwards slightly (still keeping your head and arms above your toes) as you leave the bed – this causes a very small amount of somersault rotation! As you come back towards the bed you start to prepare for landing by bringing your arms down to a position ready to be placed just behind your seat and extend your feet forwards. You should land with your back close to upright and hands tucked in just behind your seat with your fingers facing the same way as your toes.



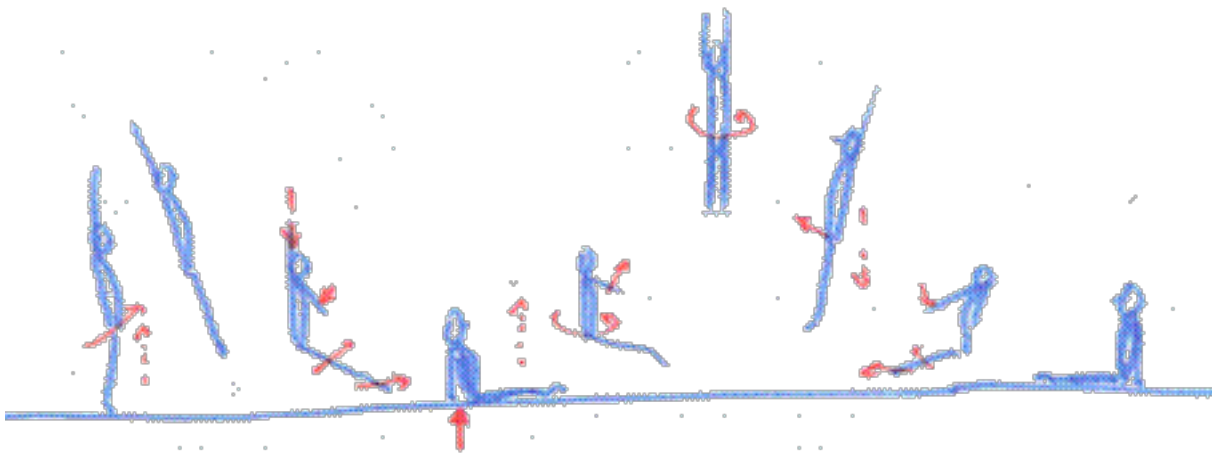
Seat Drop ½ Twist to Feet

Starting from a good seat landing this simply needs you to reach up high with a good push upwards from the bed; as you are reaching up you should start to twist at the shoulder by extending one arm into the twist more than other. As you become fully straight the twist will accelerate (as an ice-skater does when bringing in their arms for a spin) and so you then bring your arms back down ready for a stable upright landing.



Seat Drop ½ Twist to Seat Drop

This move builds on the Seat Drop and Seat Drop, ½ twist to feet above – indeed right up until a point shortly before your feet would have touched down it is almost identical to the Seat Landing, ½ twist to feet. Having followed the notes above for the beginning part of this move we find ourselves where we are nearly upright in the air with straight legs and have virtually completed the twist – at this point we push our hips upwards allowing the body to tilt slightly and extend our legs forwards (toes pointed). After that we are now heading for a seat landing rather than feet and so bring our hands back down to place them just behind our seat. At no point should the legs bend in this exercise.



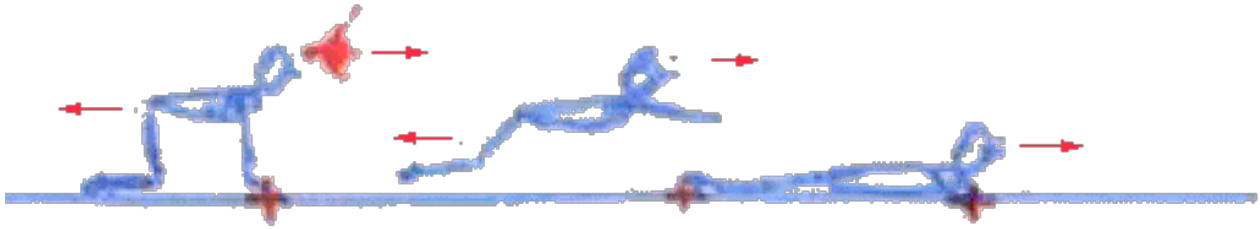
Basic Front Landings

Hands & Knees to Stomach Drop

Starting on hands and knees you begin bouncing equally – i.e. hands and knees at the same time and not like bucking broncos! Focussing eyes on an end wall (rather than the trampoline) throughout this move you push your hips backwards as you bounce, and straighten your legs as you drop to land on your stomach; at the same time you bring your arms to a position where your hands touch the trampoline slightly overlapping and in front of your face.

As you gain accuracy and confidence in this move, progress to standing on the mat (not bouncing) and, pushing upwards through your toes, drop to a hands and knees landing, bounce once on hands & knees and then drop to stomach drop

Once this is achieved with confidence progress to small bounces, first on the mat and then on the bed itself with mat being thrown in until you feel confident to achieve the full front landing without the intermediate hands and knees stage. Note that many of the first front landings ought to be performed onto a throw-in mat until repeated accuracy of landing is achieved.



Stomach Drop

The stomach drop starts in an upright position with hips pushed slightly back as you jump upwards (with arms up and fingers still directly above your toes). Extending your arms and legs as much as possible the initial hip displacement causes a small amount of forward somersault rotation – sufficient to allow you to land on your front as the diagram shows. As with the hands & knees move above you keep your eyes focussed towards an end wall rather than down towards the trampoline to avoid landing in a 'diving' or 'worm' action.

The move is performed accurately when your hips are landing approximately in the same position your feet were at take-off.

