FREESTYLE SKI ACROBATIQUE

Can Freestyle Club & Coach Resource

Section 6.1

Air Module 1

Basic Acrobatic Skills Training On Trampoline

Coaching Association of Canada / Association canadienne des entraîneurs

National Coaching Certification Program / Programme national de certification des entraîneurs

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The programs of this organization are funded in part by Sport Canada.

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Acknowledgements

CFSA gratefully acknowledges the support of the Canadian Acrobatic Sports Group currently including Gymnastics, Diving, Freestyle Skiing and Snowboarding. The Air 1 and Air 2 Acrobatics Projects have been made possible with the support and leadership of Canadian Sport For Life and Sport Canada.

In the Air 1 and Air 2 Modules we set out to distill the most up to date technical information in Trampoline, Traditional and New School Freestyle skilling, and Snowboarding. This required expertise and innovation from a wide variety of top coaches and learning facilitators.

The resulting courses develop acrobatic excellence for a broad group of sports, and the content is designed to be shared to support the acrobatic sector of our Canadian sport system. It represents a leap forward in developing core skills in athletes age 6 to 16 through the Long Term Athlete Development Model.

Also we would like to thank the following contributors who brought this project to life through their exceptional expertise and enthusiasm:

Development Team

Adam Higgins
Caroline Franc
Chip Milner
Darcy Downs
Heather Ross McManus
Jeremy Bachelor
Jeremy Cooper
Julie Steggall
Louise Stack
Lucinda Jagger
Marc Mcdonnell
Meredith Gardner
Sean McManus
Steve Omischl
Sylvain Rainville
Toben Sutherland
Trennon Paytner

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Design and layout by: Fresh Air Media – FreshMarketingSolutions.com

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Introduction

The foundation skills of trampoline gymnastics help to successfully develop acrobatic literacy and to control the air moves performed in Freestyle Skiing. It is very valuable to begin developing those skills at a young age, beginning at 6 years old.

Good acrobatic mechanics allow a Freestyle Skier to learn complex moves more quickly later in their career. Most importantly, good mechanics allow the skiers to pilot themselves out of trouble caused by a poor take-off or changing conditions. Finally, with well-rounded mechanics an athlete has the freedom to concentrate on form and creativity, and is not limited in their movements.

Trampoline is fun and is open to anyone regardless of age or physical abilities. Trampoline also develops agility, balance, coordination, spatial orientation and body awareness, which are the main qualities of acrobatic literacy needed to practice Freestyle Skiing disciplines. Training acrobatic skills on trampoline is very important, regardless if it is for Aerials, Halfpipe, Slopestyle, or Moguls.

The Air 1 and 2 Modules teach coaches to help their athletes develop a set of foundation acrobatic skills for all disciplines. The curriculum is non-specialized and should not be adapted until athletes are specializing in one or more disciplines at 14 years or older.

Training on trampoline also develops physical strength. The main muscles used are the legs, the arms and the abdominal core muscles.

With trampoline, it is easy to work with a high training volume. It is possible to do a lot of repetitions in a short period of time, which is not the case on a ski water ramp, on an air bag, or on snow. There are also many safe landing positions on trampoline which allow for a progressive (step-by-step) method of learning of skills. This makes trampoline a valuable cross-training tool both for training volume and skill acquisition.

CANADIAN FREESTYLE WIKI SITE: CFSA has created a skill wiki site for this module, please visit the following link to see video for many of the Air 1 skills described in this manual: http://www.canfreestyle.com/wiki/acrobatic-module-1/

Safety

Athlete safety is the number one responsibility of a coach. Ensure a safe environment, establish safety rules, and teach athletes to respect and follow safe practices.

Establish Safety Rules

Always do a stop bounce:

- Before getting down
- When too close to the side
- When learning a new skill

Two foot rule:

- Always land on two feet at the same time and on the same surface

Never put the arms out when falling (forward or backward)

- An athlete should not land on their hands on the trampoline

Establish control before going higher.

Wear proper clothing (that will not get caught or restrict movement) and hair tied up.

Take off all jewellery including:

- Rings
- Necklaces
- Earrings and other piercings (nose, belly button, etc.)
- Watch
- Bracelets (except for "medic alert" which may be taped for safety)

No chewing gum, no food while jumping.

Only one person on the trampoline at a time, except for games supervised by the coach.

Never bounce under the influence of alcohol or drugs.

Safety Related to the Equipment

Equipment should be inspected regularly for:

- Frame level, including both ends
- Legs attached properly
- The whole structure in proper place
- Allen screws on the legs and on the frame are tightened
- Spring hooks pointing down
- Frame pads fixed properly and well padded
- Trampoline bed in a good condition
- Landing mats at both ends of the trampoline
- Floor mats around the trampoline
- Spotting decks at the end of trampoline are strongly suggested
- No obstacles beside or above trampoline (walls, mirrors, windows, beams, lights)
- Trampolines should be locked when not in use and without proper supervision

When training outside, be aware of the following:

- Avoid jumping at dawn, dusk or at night (Depth perception is severely affected when the bed is not properly lit)
- In full daylight, make sure that the sun doesn't blind the athletes
- Allow the athletes to adapt to the environment.
- Do not jump in strong winds
- Make sure the trampoline is on a surface where it will not slide or move

Avoid injuries during set-up and take-down of trampoline equipment:

- Use at least two people for set up or take down (highly recommended)
- Always wear shoes during the trampoline set up or take down
- Never go under the trampoline when it is partially set up
- Keep fingers away from the hinges
- TRAMPOLINES ON WHEELS TIP OVER EASILY AND ARE VERY HEAVY!
- Always roll the trampoline lengthwise when moving it and make sure that the wheels are facing the proper way before pushing it.
- Never pull on the roller stands to move the trampoline
- If a trampoline is falling, get out of the way
- When opening the trampoline: The second end will be under tension, control it carefully until it is completely unfolded to avoid having it snap shut.
- Never put anything under the trampoline including the trampoline wheels.
- When folding in the frame ends: KEEP YOUR ELBOWS STRAIGHT so they don't get caught between the two sections of frame. Go slowly and control the frame the whole way down. The first end is under tension and will spring closed if not controlled.
- When tipping the trampoline up onto its wheels, make sure the outside end of the trampoline frame is pointing down (it will stay closed easily when done properly)

Proper Teaching for Safety

Coach's position:

The coach needs to be in a position to see all the athletes at all times.

Learning methods:

The best way to reduce risk is to ensure that the athletes go through proper progressions, and that the coach is able to recognize when is the right moment to switch to the next step.

Appropriate use of safety mats:

A mat placed on the trampoline bed is an excellent way to increase the safety when teaching beginner trampoline skills. It reduces abrasions and cushions the landing allowing for small errors to be corrected before attempting the skill on the bed.

Respecting the athlete's capabilities:

The coach must take into account the athlete's physical state and mental state during training. It is also essential to respect medical advice from health professionals.

Good planning and discipline:

The coach is responsible to apply the discipline required to keep athletes safe during training and to make athletes aware of the possible dangers in practicing trampoline.

Proper warm up:

Every training session must begin with a warm up. It is essential to plan and to supervise a good warm up in order to prepare the body and the mind for the training session.

Clothing to protect the skin:

To prevent skin abrasions, athletes may wear long pants and shirts with long sleeves, especially when learning front drop landings. Cut-off socks over the elbows can prevent abrasions, or can help keep bandaids on while jumping.

Visual cues:

The athletes must look at the bed whenever possible. This is essential for developing aerial awareness. When first introduced to trampoline, they need to learn to bounce facing lengthwise on the trampoline bed. Continue to ask the athletes on a regular basis, what they see when they are performing skills on the trampoline.

Getting off trampoline Safely:

Athletes must stop their bounce then walk towards the side of the trampoline
Sit down on the trampoline frame, turn around and climb down carefully

- For young children, the coach should help them get down
- Athletes should never jump off the trampoline

Additional Safety Tips

- Always keep knees apart when learning flips (avoid knees hitting nose or teeth)
- Remind athletes to keep arms in if they are falling forward or backward (go to backdrop if falling backward, do a 180 to back drop if falling forward)
- Skills with a lot of spin should always land with a stop bounce because the rebound can be unpredictable
- Off-axis skills should always land with a stop bounce because the skier is often still slightly off axis on the landing (when skiing they can carve out of such a landing, but on trampoline a rebound may send them off the trampoline)

Safe "Bailouts"

- Best landing is to get two feet down and do a stop bounce
- 2nd best option is a landing on the back because there is greater margin for error than other bed landings (practice getting to back drop from almost anywhere)
- Avoid seat drop as a bailout because it is difficult to control
- Avoid front drop as a bailout because it has a low margin for error

Emergency Action Plan

Make sure your emergency action plan includes safe extraction of an injured athlete from a trampoline (something for emergency personnel to stand on without moving the athlete on the trampoline bed). Consider a similar plan for foam pits or any other equipment you may be using.

Mechanics of Acrobatics

Stationary mechanical concepts:

Mass is a measure of the quantity of matter in a body. Weight and mass can be used interchangeably for the purpose of studying biomechanics in freestyle skiing.

Centre of gravity (=centre of mass) is the point about which all of the body's mass is distributed equally in all directions.
The location of the centre of gravity:

- Is dependent on the shape of the athlete and the distribution of their mass
- Can change depending on the position of the athlete's body and limbs
- Does not have to lie within the athlete's body

An athlete's **base of support** is the length and width of their body's contact points with the ground that support their mass.

- A person standing on one foot has a small base of support
- A wider stance on two feet will increase the base of support
- Skis increase an athlete's base of support since they are much longer than a human foot

The **line of gravity** is an imaginary vertical line from the athlete's centre of gravity to the ground.

Balance is achieved by controlling the body's equilibrium by maintaining the line of gravity within the base of support.

Stability is the measure of the athlete's resistance to losing balance.
Stability is increased by:

- Increasing size of the base of support
- Lowering the centre of gravity
- Keeping the line of gravity closer to the centre of the base of support

Linear Motion

Linear motion is motion along a straight line.

Generally when analyzing the linear motion we track the motion of the athlete's centre of gravity. This is called **general linear motion**.

Translation is movement resulting from a force that acts through the centre of gravity.

Distance is the length of the path a body follows.

Speed describes how fast an object is moving.

Momentum is a measure of how much motion a body has, and how persistent the body is to continue moving in the same direction.

- A skier with a greater mass will have more momentum
- A skier traveling at a greater speed will have more momentum
- A skier at rest (stopped) has a momentum of zero

Force is a pushing or pulling action that causes a change in the momentum of a body.

Primary acrobatic axes of rotation

Somersault axis

Forward rolls and Backward rolls rotate about this axis
Front flips and Back flips rotate about this axis

Twist axis

Upright spins such as Straight 180, Straight 360 rotate about this axis
Roller-style skills on trampoline, such as Seat roller and Back roller rotate about this axis

Cartwheel axis

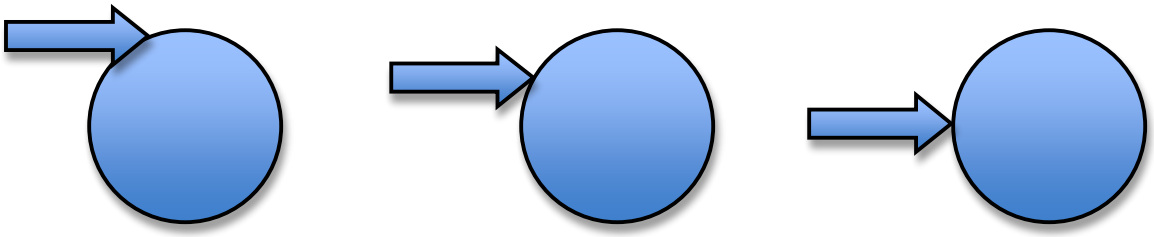
Turntables on trampoline rotate about this axis
Lincoln Loop rotates about this axis

Beyond the basics most skills have rotation around more than one axis at the same time.

Mechanics of Rotation

An **Off-centre force** is a force that does not act directly through the athlete's centre of gravity. This type of force causes both rotational and linear movement (translation) of the body.

- A force that is directed farther off-centre produces more rotation with less translation
- A force that is directed only slightly off-centre produces less rotation and more translation
- A force acting directly through the centre of gravity will cause only translation (NO rotation)



More rotation
Less translation

Less rotation
More translation

No rotation
Only translation

Force Couple

A force couple is a pair of forces that are equal in magnitude and opposite in direction, acting at equal distances from the athlete's centre of gravity. A force couple produces rotation with no linear movement.

A force couple is very effective for upright spins such as upright 180 or upright 360 on trampoline. The skier pushes forward with one foot and backward with the other, this force couple combines to produce spin while canceling out any forward or backward translation so that the skier remains upright and on the same spot

Methods of Twist

Contact Twist

The twist rotation is produced by applying an off-centre force while the body is in contact with the ground. This is the twisting method used for skills that have only twist, such as upright spins and roller skills on trampoline.

Tilt twist

Rotation can be transferred from one axis to another in the air. This can be achieved through asymmetric limb manipulation, which causes the body to "tilt".
"Tilt twist" involves transferring rotation from the somersault axis to the twist axis. Dropping an arm is the most common way to tilt. This arm movement is only effective if it is done perpendicular to the direction of rotation. This method of twist does not work for upright spins! The athlete must already have flip rotation in order to use the tilt twisting method.

Counter-rotation twist (=Cat twist or Hula twist)

"Counter-rotation twist" actually has a net rotation of zero. To rotate the torso in the desired direction other parts of the body (arms/legs) must circle around the twist axis rapidly in the opposite direction. Counter-rotation twist is often used when learning skills, to complete a skill that did not have enough rotation, or to "bail-out" of a skill mid-air. Skiers also use counter-rotation twist when performing an upright twister jump for moguls, and the term "Shifty" is used to describe a counter-rotation twist within a skill.

Methods of Flip

Contact Flip

Flip rotation is produced by an off-centre force applied during takeoff. Almost all flip is produced this way.

Tilt Flip

Rotation can be transferred from one axis to another in the air. This can be achieved through asymmetric limb manipulation. "Tilt flip" involves transferring rotation mid-air from either the twist or cartwheel axis to the somersault axis. Pulling the knees overhead in line with the direction of rotation is normally how this is done, and it is most often used at the end of off-axis skills. The athlete needs a significant amount of twist or spin to use the tilt flipping method.

Counter-rotation flip

Also called "winding down the windows." Counter-rotation flip actually has a net rotation of zero. To rotate the athlete's torso, other parts of the body (arms) must circle around the somersault axis rapidly in the opposite direction. It takes MANY rotations of the arms to get the body to rotate even ¼ of a flip. This is not a graceful or desired flipping method, but it is often used to complete a skill that did not have enough rotation ("bail-out").

Spotting Methods

Throw Mat

- The throw mat is a large safety mat or smaller spotter mat that is thrown onto the trampoline bed for athletes to land on while learning new skills
- *It absorbs some of the impact on landing and therefore* ***it reduces the risks of injuries, but it doesn't eliminate them***

Size of the throw mat:

The size of the mat should depend on the skill being learned.

- A large "safety mat" should be used for learning new skills (size is approx. 5' x 8' x 10")
- A smaller "spotter mat" may be used as a transition from using a safety mat before doing the skill on the trampoline bed (size is approximately 4' X 6' X 5")

Tips for spotters who are throwing the safety mat:

- Establish a clear communication with the athlete for the take off:
  (athlete counts 1, coach says 2, and the take off is at 3).
- If the athlete travels on the take off, the spotters must ensure that the throw mat is placed under the athlete on landing. Throw mats with handles will help the spotters to manipulate the mat more accurately.
- The spotter should wait until the athlete is clear of the bed before throwing the mat
- Sometimes the athlete forgets to count or takes off on the wrong count, it is very important for the spotter to focus on the athlete to be prepared for any such surprises
- For skills landing on the stomach or on the back priority mat placement is under the upper body, and head
- The safety mat is often thrown by one or two athletes supervised by the coach, ensure that the athletes are tall enough and responsible enough to manipulate the mat safely

Spotting Preparation & Practice

Coaches practice throwing in:

- Safety mat (large mat) with two coaches throwing
- Safety mat (large mat) with one coach throwing
- Spotter mat (small mat) with one coach throwing

Spotting "Bedwork"

Coaches practice

- Taking away bounce
- Adding bounce
- Neutral bounce (standing on trampoline and bouncing with an athlete)

Hands-on Spotting Preparation

- Handspotting and step-in spotting will be taught in Air 2, but coaches should begin learning how to time the bed and step in and the right time so they are ready for the Air 2 course
- Bounce with the "athlete" as you will when spotting, practice timing the push with the feet to make the bounce feel as normal as possible for the athlete
- Continue as above, and athlete does tuck jump on 3, the coach "spots" the tuck jump while keeping their feet on the trampoline and helps the athlete stop their bounce during the landing
- Coach stands on side of the trampoline, then steps in and catches athlete's tuck jump

Physical Preparation

Warm Up

It is important to warm up in order to prepare the body and the mind for a training session.

A warm up should consist of gradually increasing physical activity to raise the heart rate and body temperature. Begin with 5 minutes of light aerobic activity and move into more sport specific movements to prepare the muscles, joints, and energy systems of the body specifically for the training session that will follow.

Coaches should plan and lead the warm up. The warm up may also be used to help correct weaknesses, and to develop motor skills such as coordination, body awareness, agility, balance, strength and flexibility.

The warm up should fit the age group being coached. Young children learn in a playing environment, so warm ups should include imaginative games and be non-competitive, whereas children age 8 and older can better control their actions and maintain a more constant effort, which means that better technical quality can be expected as part of their warm up.

Physical Conditioning

Work on physical development is very important and needs to begin at a young age because it will reflect on the long term development of the athlete's physical abilities in acrobatics. You can work on physical development in a separate training session or it may be included in the warm up at the beginning of the practice.

Moving, landing, balancing, jumping, rolling, twisting and cartwheeling will develop acrobatic literacy, and increasing flexibility and strength will better prepare the body for a future as a high performance athlete and acrobat. It is important to teach these acrobatic fundamentals to give athletes the tools to perform at the highest level possible.

To begin with, coaches must teach athletes how to have a good posture. This posture will be fundamental to performing good acrobatic skills and for the exercises developing strength for the older athletes.

Standing Posture

Staying straight

- Keep all the body parts aligned.
- Keep the head straight
- Place the shoulders aligned with the hips
- In this position, arms should be able to move freely in all positions without raising the shoulders, (like a ballet dancer)

Tight body and hollow body exercises

- Athlete lies down on their back, Coach lifts athletes feet while the athlete keeps their body aligned without collapsing at the hips
- Athlete starts in push-up position, the coach lifts the athlete's feet up to handstand, then lowers them back into push-up position
- Athletes stands, the coach tilts the athlete forward or backwards, supporting them from the shoulders, the athlete maintains tight body posture

Balance exercises

- Balance On The Feet
- Balance On The Knees
- Balance On The Buttocks
- Balance On The Shoulders (Candle stick)

Jumping and landing exercises

Small jumps using only the ankles while keeping the legs straight but not locked.
Various jumps on the floor with a good landing position

- landings going forwards
- landings going backwards
- landing going sideward (each side)

Various jumps off a box with a good landing position

- landings going forwards
- landings going backwards
- landing going sideward (each side)

The height may be increased with more training.

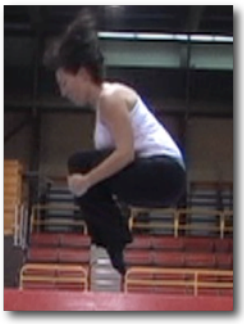
Technical Skills

Basic positions (learned as stationary positions)

Layout (or Straight)

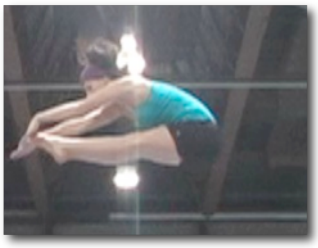
- Legs straight and together, toes pointed
- Joints completely aligned (ankles, knees, hips, shoulders and head)
- Head neutral

Tuck



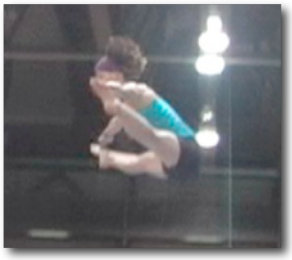
- Legs bent
- Thighs close to the chest
- Heels close to the buttocks
- Hands on the shins
- Head in neutral position

Truck driver (Pike)



- Legs straight and together at horizontal
- Hands touching the feet
- Close the angle between the body and legs with the back straight
- Head in neutral position

Cossack (Straddle)



- Legs straight with a 90 degree angle or more between them
- Close the angle between the body and legs with the back straight
- Hands in the middle or touching the feet
- Head in neutral position

Landing Positions (introduced while stationary on the floor)

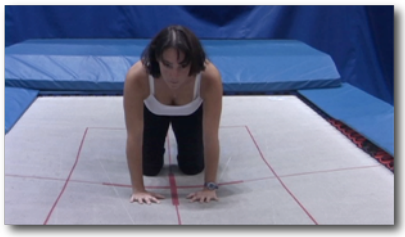
- Trampoline skills may begin or end with different landing positions
- These positions are very important and are necessary for safe landings and for progressions when learning advanced somersaulting skills.
- These positions should be added to the work on body schemes on floor because they should be learned on floor first before being performed on trampoline.

Seat Drop Position

- Legs straight and together, toes pointed
- Back straight and leaning slightly back
- Hands slightly behind the hips, fingers pointing forward
- Head neutral, look at the end of the trampoline

Hand and Knee Position

(This skill should be practiced only at low height for front drop progressions)



- Hands, knees and shins on the trampoline bed
- Elbows slightly bent (never locked), hands slightly turned in and aligned under the shoulders
- Knees at hip width and aligned directly under hips (with thighs vertical)
- Back with a slight hollow position
- Head neutral, look at trampoline bed in front of the hands

Front Drop Position

- Body is straight and tight
- Thighs and arms press down on the bed
- Arms are bent and flat on the trampoline bed in a diamond shape, underarms close to the trampoline
- Legs together and bent, toes pointed
- Hold the head up, look at the trampoline bed in front of hands

Back Drop Position

- Back is straight with the hips and shoulder blades pushing down on the trampoline bed.
- Legs straight and together with toes pointed.
- Legs close to vertical
- Arms straight and close to vertical
- Head touching the trampoline bed

Flat Back Position

(This skill should be practised only on a mat on the trampoline to avoid a "kaboom" rebound)

Need picture using a mat!

- Legs straight and together, toes pointed
- Body completely straight and tight
- Hips slightly raised so heels and shoulders press into the bed (like going fast down a waterslide!)
- Arms tight along the side of the body
- Head touching the trampoline bed and aligned with the body

Floor Skills

Forward roll

Steps to learning a forward roll

- Demonstrate tuck position while lying on the floor
- Egg roll: Rocking forward and back on the floor with rounded back (should feel smooth)
- Forward roll down an incline, tuck head in, rounded back for a smooth roll
- Keep knees apart at the end of the roll when learning, to avoid knees hitting the face (this is a good habit for when they are learning Front tucks on trampoline in the future)
- Forward roll on the floor mat, stand up at the end
- Variations: straddle roll, pike roll, stand up on one foot

Backward roll

Steps to learning a backward roll

- Demonstrate tuck position while lying on the floor
- Egg roll: Rocking forward and back on the floor with rounded back (should feel smooth)
- Push up test for arm strength: Touch toes then walk hands forward four hand lengths, do a push up in this position to test for the arm strength to get up at the end of the backward roll
- Crouch position on floor, hands on shoulders with palms up (like carrying a pizza in each hand)
- Roll backward with rounded back (hips first then along spine to shoulders), touch hands to the floor and roll back up to crouch position
- Repeat as above but also touch the feet to the floor behind the head before rolling back up
- Backward roll down an incline: Begin in crouch position with "pizza hands" tuck head in, rounded back for a smooth roll (use hands!)
- Keep knees apart when learning, to avoid knees hitting the face
- Backward roll on the floor mat, stand up at the end
- Variations: straddle roll, pike roll, stand up on one foot

Shoulder rolls

- Shoulder rolls are important for acrobats when they start doing bigger skills so that they can "roll out" of an over-rotated or under-rotated landing

Handstand

Teaching progression for handstand

- Develop wrist, arm and shoulder strength (e.g. monkey walk, wheelbarrow)
- Safe exit drills, practice ¼ turn and step down
- Safe entry to handstand (practice with back against a wall, or face a wall and walk feet up)

Headstand

Warning for the head stand: This is an advanced skill

- The headstand has to be supervised by qualified coaches
- Young children should not work on this skill (too much pressure on the neck)
- The headstand should be repeated just a few times per training session
- The support is on the hands and the head, and not on the forehead

Trampoline Skills

The skills on the upcoming pages are in approximate order of teaching, but they may be taught in slightly different order as long as the prerequisites have been met for each skill.

Air 1 Skill: Stop Bounce

Stop Bounce

- Look at the end of the trampoline
- Land with a slight bend at the knees and hips
- Bend legs and hips rapidly to absorb rebound force
- End standing on the trampoline bed with knees and hips slightly bent, chest close to vertical and arms extend upward (higher than the shoulders)
- Stand up slowly and under control

PREREQUISITE:

- This is the first skill every participant must learn on the trampoline
- Landing position while stationary

PROGRESSIONS:

- Stop Bounce from very low jump
- Increase height gradually

SAFETY NOTES:

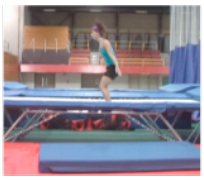
- The STOP BOUNCE is the most important fundamental skill for safety on Trampoline
- Practice the STOP BOUNCE frequently and be able to perform a STOP BOUNCE on demand

COACHES' NOTES:

A STOP BOUNCE must be done:

- At the end of every new skill
- If landing outside the box or at the edge of the trampoline
- If they are off balance
- if they are uncertain or forget a skill or routine
- At the end of every turn before getting off the trampoline
- Immediately if the coach yells STOP!

Air 1 Skill: **Straight Jump**




Straight jump

- Jump on the cross
- Look at the end of the trampoline for the entire jump
- Feet slightly apart while in contact with the bed, knees over the toes, hips over heels, core muscles engaged for a "rigid body" for better spring
- Spring is produced by pushing down on the trampoline bed at its lowest point
- Arms swing up the front as the bed rises to increase spring, arms reach straight overhead at the top of the jump, then come down the sides or back ready for the next jump
- In the air: Body position is straight on the way up and down, legs together and toes pointed

PREREQUISITE:

- An effective and controlled STOP BOUNCE

PROGRESSIONS:

- Low bouncing and STOP
- Straight jumps (no arm swing)
- Straight jumps with small arm swing
- Straight jump with full arm swing
- Gradually progress to higher jumping with control

SAFETY NOTES:

- Athletes must be able to do a STOP BOUNCE from whatever height they are jumping

COACHES' NOTES:

- Caution: Many skiers are strong enough to jump high without the control to do so safely
- If they are off balance or are unable to stop they must JUMP LOWER!

Air 1 Skill: Upright Jumps and Grabs

Upright jumps and grabs

- Start and land on the cross
- LOOK at the end of the trampoline for the entire jump
- Start and land on the feet
- Technique and position while in contact with the trampoline are identical to straight jump
- Complete the takeoff then execute the shape at the top of the jump
- Release the shape well before landing
- Land safely on BOTH feet

PREREQUISITE:

- STOP BOUNCE
- Controlled and balanced STRAIGHT JUMP
- Demonstrate the desired shape as a stationary position on floor (Flexibility helps!)

PROGRESSIONS:

- Stationary shape on floor
- Straight bouncing under control
- Add a shape at the top of the jump, end with a STOP BOUNCE
- Repeat shape jump with a straight bounce after it
- Do shape jumps in a row, or in sequence
- Begin with easier shapes and progress to more challenging ones

SAFETY NOTES:

- As athletes challenge themselves with more difficult and creative shapes they still must be sure to land on BOTH FEET at the end of the skill, and do a STOP BOUNCE if they are off balance

COACHES' NOTES:

- The shape must be executed at the top of the bounce so that it does not interfere with either the take-off or the landing
- Learn all grabs to both sides

VARIATIONS (EXAMPLES OF UPRIGHT JUMPS AND GRABS):

Game: "Invent a grab"

Gorilla Jump

- Wide stance in the air
- Legs bent and apart, knees up
- Hands down near the level of the feet
- Head in neutral position (look at end of trampoline)

Closed Gorilla (Puck)

- Similar to Gorilla position but with legs together
- Hands down near the level of the feet
- Head in neutral position (look at end of trampoline)

Tuck Jump

- Legs bent
- Thighs close to the chest
- Heels close to the buttocks
- Hands on the shins
- Head in neutral position (look at the end of the trampoline)

Cossack (Straddle Jump)

- Legs straight with a 90 degree angle or more between them
- Close the angle between trunk and legs with the back straight
- Hands in the middle (touching the feet for straddle)
- Head in neutral position (look at the end of the trampoline)

Truck Driver (Pike Jump)

- Legs straight and together at horizontal
- Hands grab outside of skis (or touching the feet)
- Close the angle between the trunk and legs, with the back straight
- Head in neutral position (look at the end of the trampoline)

Swan Jump (Stretch straight jump)

- Extended straight position in the air (open hips)
- Legs straight and together
- Arms up, straight over head

Spread Eagle (Star jump)

- Legs and arms straight spread to the side (abduction)
- Upper body upright and hips straight
- Head in neutral position

Twister

- Straight, upright body position, with a counter-rotation twist
- Hips and legs turned to a 90 degree angle
- Upper body twists in the opposite direction
- Arms extended at shoulder height
- Head in neutral position, looking at end of trampoline

Daffy

- Legs are brought forward and backward simultaneously, aiming for 180 degree angle (split)
- Arms are in the opposite positions to the legs
- Head in neutral position
- Hips square (facing forward)

Mute Grab

- Reach across and over to grab the outside of the foot
- Feet close together knees bent
- Head in neutral position

Variations:

- Simple mute grab
- Mute grab tweaked to the side
- Mute grab tweaked to the back

Safety Grab

- Grab one foot with the hand on the same side of the body.
- Knees bent
- Head in neutral position

Variations:

- Double safety grab
- High safety or "scissor" grab

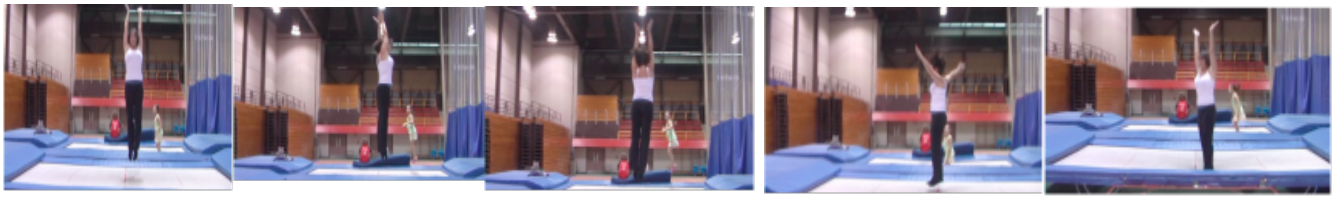
Japan Grab

- Reach behind one leg to grab the opposing foot.
- Grab the bottom of the foot
- Head in neutral position

Tail Grab

- Reach behind and grab tail of the ski (use imagination on trampoline)

Air 1 Skills: Straight 180 and Straight 360 (Upright spins)



Straight 180, and Straight 360

- Start and land on the cross
- Start and land safely on BOTH feet
- LOOK at the end of the trampoline during takeoff, and LOOK for the end of the trampoline in the direction you want to face upon landing
- The body rotates about the twisting axis only
- Both feet push in opposite directions (one forward one backward) to initiate the twist during takeoff (force couple)
- Body position in the air is straight and vertical, legs together, toes pointed, arms close to the body

PREREQUISITE:

- STOP BOUNCE
- Controlled and balanced STRAIGHT JUMP
- STRAIGHT 180 on the floor
- STRAIGHT 360 on the floor

PROGRESSIONS:

- Straight 180 from standing on trampoline, STOP BOUNCE
- Straight 180 from low bounce, STOP BOUNCE
- Straight 180 with an out-bounce on the cross
- Straight 360 from standing on the trampoline, STOP BOUNCE
- Increase height gradually

SAFETY NOTE:

- When adding more twist always land with a STOP BOUNCE

VARIATIONS:

- Continue adding spin to produce Straight 540, Straight 720 etc
- Add a position, grab or shifty

Air 1 Skill: Switch Bouncing

Switch bouncing

- Jump with feet facing one direction, but looking at the opposite end of the trampoline (behind the athlete)
- Start and land on the cross
- Start and land safely on BOTH feet
- Shoulders and upper body open to help keep head turned to focus on the back end of the trampoline

PREREQUISITE:

- STRAIGHT JUMP

PROGRESSIONS:

- Jump with feet facing forward, and vision focused at 90 degrees (look at side of trampoline)
- Jump with feet facing forward, and vision focused behind the athlete at 180 degrees to the direction the feet are pointed (look at the end of the trampoline behind the athlete)

SAFETY NOTES:

- Minimize the "lead change" in the stance on trampoline as much as possible during switch bouncing as this staggering of the feet can cause some instability on trampoline
- Avoid lead change when landing skills on trampoline.

COACHES' NOTES:

- Athletes should practice switch bouncing in both directions
- Work on torso flexibility on the floor so athletes can twist with the whole upper body, not just the neck, so they can bounce comfortably

Air 1 Skill: **180 to Switch**

180 to switch

- Begins forward facing, look at the front end of the trampoline during takeoff
- Perform a 180 degree spin with the lower body, but keeping vision focused on the same end of the trampoline the whole time
- Land switch
- Shoulders and upper body open to help keep vision focused while the lower body turns

PREREQUISITES:

- STRAIGHT JUMP
- UPRIGHT TWISTER
- SWITCH BOUNCING
- STRAIGHT 180

PROGRESSIONS:

- Upright Twister, land facing forward
- Begin forward facing and turn only the lower body 90degress but keep looking forward at the front end of the trampoline, do a STOP BOUNCE landing
- 180 to switch landing, keep vision forward the whole time

SAFETY NOTES:

- Keep core muscles strong while landing
- Bend knees on landing
- Remember a stop bounce!

COACHES' NOTES:

- This is the basic skill for teaching the proper technique for all skills involving switch landings
- Athletes should learn 180 to switch in both directions

Air 1 Skill: Switch 180

Switch 180

- Begin in switch position with upper body turned so that vision is focused on the back end of the trampoline (behind them)
- Perform a 180 degree twist with the lower body to catch up with the upper body, keeping vision focused on the same end of the trampoline for the entire skill
- Shoulders lead the rotation at the beginning of the skill and the hips catch up to end in a forward facing posture

PREREQUISITES:

- STRAIGHT JUMP
- SWITCH BOUNCING
- STRAIGHT 180

PROGRESSIONS:

- Switch bouncing
- Switch bouncing, add 90 degree twist with lower body, keep vision focused in same place
- Switch 180

COACHES'NOTES:

- Learn in both directions
- This is the basic skill for teaching the proper technique for all skills involving switch takeoffs
- If the athlete rotates as a stiff unit: Practice some shoulder-hip separation and flexibility exercises so they can move each body segment independently

Air 1 Skill: **Switch 360**

Switch 360

- Begin in switch position (upper body turned, vision focused on end of trampoline behind them)
- Perform a 360 degree twist with the lower body to catch up and then pass the upper body, keeping vision focused on the same end of the trampoline for the entire skill
- Shoulders lead the rotation at the beginning of the skill and the hips catch up and lead rotation for the end of the skill
- Lands in switch the opposite direction

PREREQUISITES:

- STRAIGHT JUMP
- SWITCH BOUNCING
- 180 TO SWITCH
- SWITCH 180
- STRAIGHT 360

PROGRESSIONS:

- Switch bounce, 180 twist toforward landing (1st half of the skill) = Switch 180
- Forward facing start to switch landing in the other direction (2nd half of the skill) = 180 to switch
- Put 1st half and 2nd half together with a bounce in between
- Switch 360

VARIATION & DRILLS

- Opposite direction
- Switch 360 in Gorilla Position
- Consecutive Switch 360s in opposing directions while maintaining vision in one spot

SAFETY NOTES:

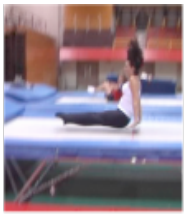
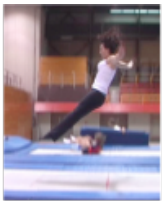
- Keep centre of gravity over the base of support

COACHES'NOTES:

- Learn in both directions
- Consecutive switch 360s in alternating directions are one of the most effective training tools to develop and fine-tune shoulder-hip separation
- Review this skill as a base for adding a "shifty" to Air 2 skills

Air 1 Skill: **Seat Drop**



Seat drop

- LOOK at the end of the trampoline throughout skill
- Begin with a very slight backward rotation
- The body should be straight in the air with a slight backward lean and arms straight overhead
- Upon landing legs are straight, together and horizontal with toes pointed
- Upper body is close to vertical with shoulders slightly behind the hips
- Arms come down the front for landing and the hands are placed slightly behind the hips with FINGERS POINTING FORWARD (toward toes)
- Elbows bend slightly in order to push down on the bed to add spring and create the off-centre force required to get back to feet

PREREQUISITE:

- STOP BOUNCE
- STRAIGHT JUMP
- SEAT DROP position (stationary)

PROGRESSIONS:

- Stationary seat drop position on the trampoline bed (ensure fingers point forward toward toes!)
- From standing, drop into Seat drop landing on a mat on top of the trampoline bed
- Seat Drop from a small jump on the mat (stay at this step until landing is consistent)
- SEAT DROP from a small jump on the trampoline
- Add height gradually

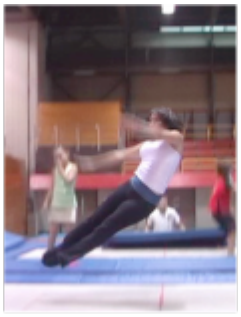
SAFETY NOTE:

- FINGERS MUST POINT FORWARD TOWARD THE TOES to avoid injury to arms, wrists and shoulders

COACHES' NOTES:

- The athlete can continue improving the skill over time to achieve a straight position with arms up during the aerial phase (=Stretch seat drop)

Air 1 Skill: **Seat Drop, 180 to feet**

Seat drop, 180 to feet

- From seat drop, twist 180 degrees on the way up to feet
- Look at the front end of the trampoline during takeoff, then toward the opposite end of the trampoline (the direction you want to face upon landing)
- Push down with the hands while in contact with the trampoline bed
- Arms swing up the front and are overhead during the twist
- A straight body while in the air will help the twist

PREREQUISITES:

- SEAT DROP TO FEET
- STRAIGHT 180

PROGRESSIONS:

- Seat drop, To feet, Straight 180
- Seat drop, 90 degree twist to feet, STOP BOUNCE
- Seat drop, 180 to feet, STOP BOUNCE

SAFETY NOTE:

- A STOP BOUNCE must always be done while learning to add twist to the end of any new skill because twist may be incomplete or land off balance during the learning process.

VARIATION:

- SEAT DROP,360 TO FEET, use the same step-by-step method, adding 90 degrees of twist at a time with a stop bounce on every attempt

Air 1 Skill: **180 to Seat drop**




180 to seat drop

- The participant does 180 degrees of twist landing in seat drop
- Begin with a very slight forward rotation (lean)
- Look forward at the end of the trampoline during takeoff then at the opposite end of the trampoline (direction you want to face on landing)
- Arms lift up the front during takeoff to help with spring and rotation
- During the twist the body is straight in the air with arms straight overhead
- Just before landing, after the twist is complete, the athlete pikes to land in seat drop position, arms come down and the hands push on the trampoline with fingers pointing forward

PREREQUISITES:

- SEAT DROP TO FEET
- STRAIGHT 180

PROGRESSIONS:

It helps to always land the seat drop facing the same direction during each of these progressions, only the starting position changes:

- Straight180, Seat drop, To feet
- Start standing on the trampoline facing the side, and do a 90 degree twist to seat drop
- 180 to seat drop

SAFETY NOTE:

- Remember that the FINGERS POINT FORWARD on the seat drop landing

VARIATION:

- FULL TWIST TO SEAT DROP: To continue adding twist the athlete can walk around another 90 degrees to begin facing the other side at the start of the skill so they end up doing a 270 degree twist to seat drop. Then work gradually closer to 360. Remember to always land the seat drop facing the same direction to avoid confusion! This also helps the athlete figure out which way to lean during takeoff.

Air 1 Skill: **Seat drop, 180 to Seat drop (Swivel hips)**



Swivel hips

- Some forward rotation is needed in order to complete this skill successfully, the upper body leans slightly forward during the first seat drop and the hands push on the trampoline bed to create both forward and twisting rotation
- Look at the front end of the trampoline during takeoff then along the side of the trampoline and toward the other end during the twist (in the direction you want to face to complete the skill)
- Arms swing up the front and overhead during the twist, coming back down to the sides for the final seat drop landing (fingers pointing forward)
- A straight body in the air will help the twist
- During the twist the legs swing under the body so that a straight position is shown in the middle of the skill

PREREQUISITES

- 180 TO SEAT DROP
- SEAT DROP, 180 TO FEET

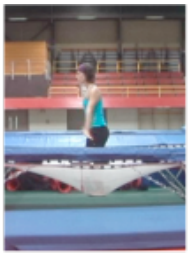
PROGRESSIONS:

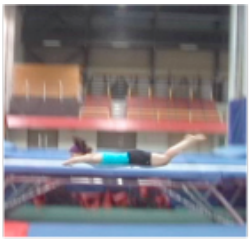
- Seat drop, To feet, 180 to seat drop
- Seat drop, 180 to feet, Seat drop
- Seat drop, 90 degree twist to feet, 90 degree twist to seat drop
- Seat drop, 180 twist with feet barely touching at the end, to seat drop (low bounce)
- Seat drop, 180 to seat drop (pull feet under for seat drop just before they would touch)
- Seat drop, 180 to seat drop

SAFETY NOTES:

- Remember FINGERS POINTING FORWARD on all Seat drop landings

Air 1 Skill: Front Drop





Front drop

- Start with the feet on the cross and land with the waist on the cross (90 degree forward rotation)
- LOOK at end of the trampoline during takeoff, along the centre line while in the air, and at the bed between the hands during landing.
- Chest and thighs should land simultaneously

When the athlete is ready:

- During takeoff, arms swing up the front to add to spring, body position is straight while in the air
- Forward rotation is initiated by the feet pushing forward on the trampoline bed as it rises
- Knees bend on landing so shins are perpendicular to the trampoline

PREREQUISITE:

- HAND-KNEE position (Stationary)
- FRONT DROP position (Stationary)

PROGRESSIONS:

- Review Front drop POSITION while stationary on the trampoline
- Review Hand-knee POSITION while stationary on the trampoline
- Alternate Hand-knee drop to Front drop repeatedly with low bounce, torso stays horizontal, shoulders drop straight down (not forward) and feet slide back to achieve front drop
- Stand on a mat on the trampoline, bend forward so torso is horizontal, drop gently into Front drop on the mat (waist lands where the feet started)
- Gradually progress to starting from an upright position, then add height

SAFETY NOTES:

- Always use a safety mat to cushion the landing and avoid abrasions to the elbows and knees
- Only remove mat when the landings are consistently flat (horizontal from shoulders to knees)
- First priority is a SAFE, FLAT AND COMFORTABLE LANDING, only when the landing is consistent should the athlete work on improving the takeoff and aerial portion of the skill

COACHES NOTES:

- Keep improving the front drop over time to develop a good technique for all forward rotations, eventually athletes should be able to keep the body straight during the entire aerial phase

Air 1 Skill: Seat Drop, to Front Drop

Seat drop, to front drop

- Begin with a Seat drop on the cross, rotate forward to land in Front drop
- The hands push on the trampoline slightly behind the hips (FINGERS POINT FORWARD) and the upper body leans forward to produce forward rotation (off-center force)
- The cheststayslow,movingtoward the horizontal front drop landing position

PREREQUISITE:

- SEAT DROP
- HAND-KNEE position
- FRONT DROP position
- Low rebounds between: hand-knee position, to front drop

PROGRESSIONS: (use a mat!)

- FROM STANDING (NO BOUNCE): Seat drop, Hand-knee drop, Front Drop
- FROM STANDING (NO BOUNCE): Seat drop, show hand & knee position in the air into front drop landing if the gymnast feels comfortable (otherwise land in Hand-knee drop)
- Stay at this step with hand-knee drop as an option until landing consistently in a flat, comfortable front drop
- Seat drop to tuck to Front drop (Low) on the trampoline bed
- Seat drop to Front drop (gradually add height)

SAFETY NOTES:

- To avoid arm injuries, always start from NO BOUNCE when using Hand-knee drop
- Remind the athlete that if they do not have enough rotation to land a good front drop, use the Hand-knee landing as a "bail-out" to prevent a poor landing

VARIATIONS:

- SEAT DROP, TUCK TO FRONT DROP
- SEAT DROP, STRADDLE TO FRONT DROP
- SEAT DROP, PIKE TO FRONT DROP

Air 1 Skill: Back Drop

Back drop

- Start with feet on the cross, land with the lower back on the cross (90 degrees backward rotation)
- LOOK at the end of the trampoline during takeoff, then use PERIPHERAL vision to stay oriented
- Hips, shoulders and back of the head should land simultaneously, spine should be straight
- Legs are close to vertical and arms are close to vertical (pointing toward ceiling) on the landing
- Kick legs forward and down to get up to feet, arms lift up to vertical on the way up

When the athlete is ready:

- Body position is straight in the air, bend at the hips just prior to landing in back drop
- Backward rotation is initiated by the feet pushing backward on the trampoline bed during takeoff
- Hips must be open during takeoff to help create the off centre force
- During takeoff, arms swing up the front to produce spring

PREREQUISITE:

- SEAT DROP
- BACK DROP position (Stationary)

PROGRESSIONS:

- Back drop position NO BOUNCE on the trampoline
- Back drop on safety mat on the trampoline bed, kick with only one leg at first while leaving the other on foot down, this reassures the participant if they are worried about rotating too far
- Back drop from a crouch position on safety mat
- Back drop on safety mat with both legs together
- Small bounce to back drop on the safety mat (gradually add some height)
- When landings are consistently flat, do LOW back drop on the bed, and come up to feet
- Back drop to feet on the trampoline, gradually add more bounce

SAFETY NOTES:

- Always use a SAFETY MAT ON THE TRAMPOLINE forteaching back drop
- First priority is a SAFE, FLAT AND COMFORTABLE LANDING, only when the landing is consistent should the athlete work on improving the takeoff and aerial portion of the skill

COACHES NOTES:

- Keep improving the Back drop over time to develop good technique for all backward rotations, eventually athletes should be able to keep the body straight during the entire aerial phase

Air 1 Skill: Back Drop, 180 to Feet

Back drop, 180 to feet

- Back drop with 180 degrees of twist added on the way up to feet
- From back drop, open the hips (kick the legs forward) so shoulders push on the bed to produce forward rotation
- The twist is initiated mid-air (after the "kick")
- Look forward to see the endof the trampoline on the way up, turn to look at the cross while in the air to prepare for landing
- The body position is straight during the aerial phase to allow for more efficient twist

PREREQUISITES:

- BACK DROP, TO FEET
- STRAIGHT180
- SEAT DROP, 180 TO FEET

PROGRESSIONS:

- Back drop, To feet, Straight 180
- Back drop, 90 degree twist to feet, STOP BOUNCE (lands facing the side of the trampoline)
- Back drop, 180 to feet, STOP BOUNCE

SAFETY NOTE:

- Always do a STOP BOUNCE at the end of any new twisting skill

COACHES' NOTES:

- Priority is to get enough forward rotation to get to feet, THE TWIST IS SECONDARY
- If the athlete twists too soon they will travel sideways, to fix this go back to Back drop, To feet and work on the "kick" before adding twist

VARIATIONS:

- BACK DROP FULL TWIST TO FEET (add 90 degrees at a time onto the end with a STOP BOUNCE)

Air 1 Skill: 180 to Back Drop



180 to back drop

- Begin rotating forward 90 degrees (toward front drop) add 180 degrees of twist mid-airto land in back drop
- Stay on the cross (Feet begin on the cross, waist lands on the cross)
- Look at the cross for as long as possible during the aerial phase
- Twist is initiated mid-air just prior to landing
- Body position is straight in the air for efficient twist

PREREQUISITE:

- STRAIGHT 180
- 180 TO SEAT DROP
- BACK DROP
- FRONT DROP

PROGRESSIONS:

1. The Clap Hands Method (Use safety mat for all steps)
   - Front drop on safety mat
   - Front drop on mat, turn over to back on rebound
   - Front drop with hand clap before landing on mat
   - Front drop add 180before landing on mat (in place of the hand clap)
2. Add Twist To The Start Method
   - Back drop on a mat
   - Begin by turning feet 90 degrees opposite the desired twisting direction, then do 90 degree turn to back drop on mat
   - Turn feet further around at start, until gymnast reaches 180 to back drop on mat

   NOTE: The Back drop always lands facing the same direction, only the starting position changes

SAFETY NOTE:

- TWIST SHOULD BE DONE AS LATE AS POSSIBLE to ensure a good back drop landing

Air 1 Skill: **180 to Front drop (Airplane)**




180 to front drop

- 90 degrees backward rotation plus a 180 twist to land in front drop
- LOOK forward at the end of the tramp during takeoff, the bed should be viewed throughout the entire skill, look at the centre line upon landing
- The body position is straight in the air
- Arms may be held close to the body or straight overhead
- Starts with the feet on the cross, lands with the waist on the cross
- Front drop landing is horizontal (chest and thighs land simultaneously)

PREREQUISITES:

- FRONT DROP
- STRAIGHT 180

PROGRESSIONS:

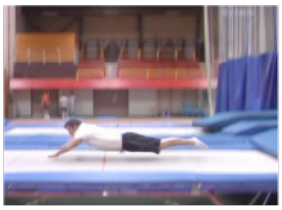
For the following progressions, choose one direction to face on all front drop landings to avoid confusion. Front drop always lands facing the same direction on top of the centre line, it is the only the starting position that changes:

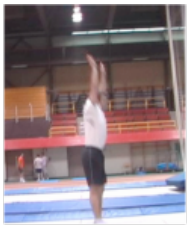
- Straight 180 (land on the feet), Front Drop
- *Place a mat on the trampoline, start in middle of mat for the remaining progressions*
- Stand facing the side of the trampoline, do 90 degrees of twist to front drop (landing the front drop on the centre line) NOTE: check twisting direction!
- Gradually start further around to progress up to 180 degrees of twist to front drop on mat
- Gradually add bounce and increase height
- Remove mat only when landings are consistent

COACHES' NOTES:

- It is important to spend time to control and keep improving this skill because it is a base skill for back full

Air 1 Skill: Front Drop, 180 to Feet



Front drop 180 to feet

- Front drop with 180 degrees of twist added on the way up to feet
- Push with the hands/arms on the bed during the front drop to create rotation up to the feet
- To produce a twist to the left, push harder with the left hand, to produce a twist to the right, push harder with the right hand
- The body position should be straight on the way up to feet to allow for more efficient twist

PREREQUISITES:

- FRONT DROP, TO FEET
- STRAIGHT 180

PROGRESSIONS:

- Front drop, To feet, Straight 180
- Front drop, 90 degree twist to feet, STOP BOUNCE (ends facing the side)
- Front drop, 180 to feet, STOP BOUNCE

COACHES' NOTES:

- This skill is good preparation for learning to add spin to the end of Air 2 skills

Air 1 Skill: **180 Turntable**

180 turntable

- Front drop followed by 180 degrees rotation about the "cartwheel axis" landing in front drop
- During the front drop the hands push the trampoline to the side creating an off-centre force to produce spin about the cartwheel axis
- The lower legs move sideways creating a reaction force at the knees to complete the force couple
- The body stays parallel to the trampoline (no twist and no somersault rotation)
- Body adopts a tucked or gorilla position in the air order to speed up the rotation
- Body straightens to land in front drop for landing after 180 degrees of spin

PREREQUISITE :

- HAND-KNEE DROP
- FRONT DROP

PROGRESSIONS:

- Front drop to Front drop (Rebounding on the front)
- Front drop, Tuck to front drop (hips must be higher than shoulders in the air)
- Front drop, 90 Turntable
- Front drop, 180 Turntable

SAFETY NOTES:

- Doing too many repetitions may cause skin abrasions on the elbows and knees
- Limit the number of repetitions or wear long sleeves and pants when learning this skill

COACHES' NOTES:

Variations of turn tables can be used as build-ups and to train spatial orientation for future freestyle skills.

VARIATIONS:

- Add more spin to achieve a 360 TURNTABLE (360 degrees rotation)
- 180 TURNTABLE WITH 180 TO BACK DROP (180 turntable but add a 180 degree twist to Back drop just before landing)

Air 1 Skill: Seat Roller (Seat drop, 360 twist to seat drop)

Seat roller

- Seat drop, 360 degree twist to seat drop, lands in facing the same direction
- Look at the end of the trampoline at the start and end of the skill
- Hands push on the trampoline FINGERS POINTING FORWARD. The outside hand (opposite the direction of twist) pushes down and the inside hand pushes away from the body to initiate rotation and stay in the middle of the tramp
- Shoulders LEAN BACK and HIPS LIFT after takeoff, feet stay close to the trampoline
- In the air the body position is straight, and tilted at about 45 degrees

NOTE: Roller is very different from swivel hips. There is NO forward rotation in this skill. If the athlete leans forward they will land facing the side or they will not complete the twist.

PREREQUISITE:

- SEAT DROP
- STRAIGHT 180
- HAND-KNEE DROP

PROGRESSIONS:

1. Progressions methods
   - Seat drop, lift hips Seat drop
   - Seat drop, 180 to hand & knee drop
   - Seat drop, 180 to Hand & knee drop, 180 to seat drop
   - Seat drop, 360 to seat drop
2. No-bounce "walk" though then add speed
   - Start in a stationary seat drop position on the trampoline. With NO BOUNCE turn into a"push up" position, then roll around to seat (360)
   - Gradually roll faster and with less weight on the hands during the push up position
   - Try to finish with hands one on each side of hips (fingers forward) for final seat drop position
   - Gradually progress to Seat drop, 360 to seat drop with a small bounce

SAFETY NOTES:

- Remember FINGERS POINT FORWARD on seat drop landings
- NEVER LAND ON STRAIGHT ARMS on the trampoline bed!

COACHES' NOTES:

- It is much easier to learn from consecutive seat drops rather than jumping into seat drop
- It is common to go crooked, athletes need to lean back with a straight body during the twist

VARIATIONS:

- SEAT DROP, 360 TO BACK DROP (Seat drop, Roller to back drop)
- SEAT DROP 720 TO SEAT DROP or "DOUBLE ROLLER" (Use a throw in mat when teaching)

Air 1 Skill: Back Roller (Back drop, 360 twist to back drop)

Back roller

- From back drop the athlete does a 360 twist to land in back drop again
- Body is straight in the air for more effective twist, and the body is oriented at approximately 45 degrees to the trampoline (feet higher than the head)
- Arms may be wide at the start then pull in close to the body to accelerate twist, then open again to slow the twist for landing
- When able the athlete should try to stay in the middle of the trampoline

PREREQUISITE:

- BACK DROP, TO BACK DROP with straight body (Needle)
- STRAIGHT 360
- SEAT ROLLER
- FRONT DROP

PROGRESSIONS:

- Seat roller to flat back (with throw-in mat)
- Seat roller to back drop
- Back drop, straight body bouncing to back drop (needle)
- Back drop, 180 to hand-knee drop, 180 to back drop
- Back drop, 360 to seat drop (with mat)
- Back drop, 360 to flat back (with mat)
- Back drop, 360 to back drop (with mat)
- Back drop, 360 back drop on the trampoline bed

SAFETY NOTES:

- When throwing the mat for this skill the coach should make sure that the athlete is twisting toward them, not away

COACHES' NOTES:

- It is much easier to learn from consecutive back drops rather than jumping into back drop
- Athletes may prefer to turn perpendicular on the trampoline to allow more room for side travel
- This is a base skill for the middle phase of many Air 2 off-axis skills

VARIATIONS:

- BACK DROP, 360 TO SEAT DROP (Back drop, Roller to seat drop)
- BACK DROP 720 TO BACK DROP or "BACK DROP DOUBLE ROLLER" (Use a throw mat)
- Add a puck, gorilla position, or grab

Air 1 Skill: Misty back drop

Misty back drop

- Similar to 180 to back drop, but the back drop lands perpendicular to the centre line of the trampoline (crossways on the trampoline)
- The addition of some spin around the "cartwheel axis" results in an overall "off-axis" rotation
- Lands in back drop position (not flat back)

PREREQUISITE :

- BACK DROP
- 180 TO BACK DROP

PROGRESSIONS:

- Use a mat on the trampoline
- Start with 180 TO BACK DROP
- Add a bit more spin so the back drop lands 45 degrees past the centre line of the trampoline
- Continue to work it around until the back drop lands perpendicular (90 degrees) to the centre line

SAFETY NOTES:

- This skill is a spin (not a flip) it does not go upside down
- It is important to use a mat on the trampoline because the rebound can be unpredictable when learning this skill

COACHES' NOTES:

- This is a base skill for many Air 2 off-axis skills
- It should be taught together with the MISTY ROLLOVER (next page)

VARIATIONS:

- Add spin to the start of the Misty back drop (start 45 degrees further around each time until the athlete is doing an additional 180 degrees of spin) to achieve a CORK BACK DROP

Air 1 Skill: Misty Rollover

Misty rollover

- Starts from a perpendicular back drop (crossways on the trampoline)
- The athlete rolls sideways 180 degrees and simultaneously turns 90 degrees to land on the feet
- Lands facing along the centre line of the trampoline

PREREQUISITE :

- BACK DROP, 180 TO FEET
- MISTY BACK DROP
- HAND-KNEE DROP
- BACK ROLLER

PROGRESSIONS:

- Perpendicular back bouncing (crossways) on the trampoline
- Perpendicular back bouncing rollover to perpendicular hand-knee drop (first half of a back roller)
- Perpendicular back bouncing, rollover to a hand-knee drop that is turned 45 degrees closer to the centre line
- Begin the same way, but if the athlete has room at the end of the skill they can try to get their feet down for the landing
- Gradually work the landing around until they land on their feet facing the centre line
- Finally, try to do Misty drop, Misty rollover in combination

SAFETY NOTES:

- This skill rolls over, it does not go directly upside down!
- Always do a STOP BOUNCE landing because it can frequently land slightly off balance

COACHES' NOTES:

- This is a base skill for building up to Air 2 off-axis skills

VARIATIONS:

- Add more spin to the end of the misty rollover to prepare for adding spin to Air 2 off-axis skills, remember to always do a STOP BOUNCE

Air 1 Skill: Front Drop, to Back Drop



Front drop, to Back drop

- Begins in Front drop and rotates backward 180 degrees backward to land in Back drop
- A good "kick" from Front drop is required to produce the rotation (knees bent on front landing)
- LOOK at the trampoline bed during the aerial phase of the skill, see the feet come past the cross

When the athlete is ready:

- Aim to have a straight body position in the air

PREREQUISITE:

- FRONT DROP with leg kick
- FRONT DROP, TO SEAT DROP
- BACK DROP

PROGRESSIONS:

- Front drop to feet (the arms should be up by the ears aligned with the body on the way up)
- Front drop, to Seat drop on mat
- Front drop, to Seat drop on mat, rebound to back drop (still on mat)
- Front drop, to Back drop on mat (arms up for a proper back drop position on landing)
- Front drop, to Back drop on the trampoline bed (once landings are consistent on the mat)

SAFETY NOTES:

- Remind the athlete to NEVER PUT THE ARMS BACK to catch themselves on the landing, if the they are under-rotated they should land in seat drop, or tuck in to get to back drop
- ALWAYS USE A SAFETY THROW IN MAT because the first few attempts may land between seat drop and back drop positions

COACHES' NOTES:

- Feet should not hit the trampoline bed, if they do the athlete needs to wait longer for the kick
- This is an important skill to prepare athletes for harder skills from the front such as Cruise (front drop 180 to front drop) and Cody (front drop into back tuck)

VARIATIONS:

- Tuck, Pike or Straight body in the air
- Add a grab

Air 1 Skill: Back Drop, to Front Drop




Back drop, to Front drop

- Starting in Back drop, rotate forward 180 degrees to land in Front drop
- During the takeoff from back drop the hips open, pushing the shoulders down into the trampoline bed, this creates both spring and somersault rotation
- While learning the athlete should tuck or pike during the aerial phase to adjust the rotation

When the athlete is ready:

- Work to achieve a straight body position while in the air

PREREQUISITE:

- BACK DROP, TO FEET with good height and legs straight
- FRONT DROP, TO FEET
- SEAT DROP, TO FRONT DROP
- Mid-air 180 TO BACK DROP (as a "bailout")

PROGRESSIONS:

- Seat drop, to Front drop
- Back drop, To feet, Front drop
- Back drop, To front drop with safety mat
- Back drop, To front drop without mat once landings are very consistent

SAFETY NOTES:

- Teach how to "BAIL OUT" of a bad front drop by using a mid-air "180 to Back drop"
- Avoid landing in Hand-knee drop from this much height and rotation
- THROW-IN MAT MUST BE USED when teaching this skill

COACHES' NOTES:

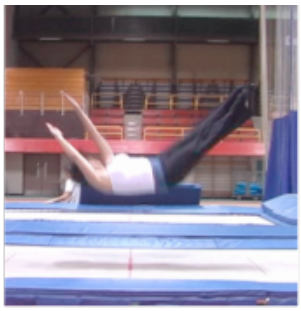
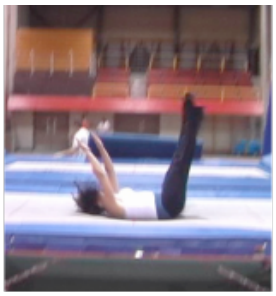
- Make sure the athlete is ready for this skill and that they have the height and power required before trying it for the first time and ALWAYS USE A MAT WHILE LEARNING it!
- The rotation in this skill is half a flip and there are no safe progressions in between the back drop to feet and whole skill (Do not use hand-knee drop, it is too much force rotating onto the arms)

VARIATIONS:

- Tuck, Pike or Straight body in the air
- Add a grab

Air 1 Skill: **Seat Drop, 180 to Back Drop (Baby Cradle)**



Seat drop, 180 to back drop

- From Seat drop, rotate forward toward front drop, add 180 degrees of twist to land in Back drop
- During takeoff from Seat, push with the hands, and lean chest forward to create forward rotation
- LOOK at the trampoline bed as long as possible (if they don't see the bed the twist is too early)
- Once the forward rotation is generated, twist 180 degrees to land in back drop

PREREQUISITES:

- SEAT DROP, TO FRONT DROP
- Mid-air 180 TO BACK DROP
- HAND-KNEE DROP, 180 TO BACK DROP (roll over to back drop, no flip!)

PROGRESSIONS:

- LOW Seat drop, Hand-knee drop, 180 to back drop
- Seat drop, to Front drop on mat
- Seat drop, to Front drop on mat, roll over (180) to Back drop on the rebound (still on mat)
- Seat drop, to Front drop on mat with "hand clap" when the body is close to horizontal
- Seat drop, toward Front drop but add 180 twist instead of clapping, just before landing
- Seat drop, 180 to back drop on the mat
- When landings are consistent do Seat drop, 180 to back drop on the trampoline bed

SAFETY NOTES:

- This skill has a LATE TWIST
- The priority is to get enough forward rotation in order to finish with a safe landing position

COACHES' NOTES:

- If the athlete is landing poorly they are likely not getting enough forward rotation, practice Seat drop, To front drop between each attempt at Baby cradle
- This is a progression for Back drop,180 to Back drop (Cradle)

Air 1 Skill: **Back Drop, 180 to back drop (Cradle)**



Back drop, 180 to back drop

- From back drop, rotate forward 180 degrees and add 180 degrees twist to land in Back drop
- During takeoff from back drop, open the hips to push shoulders down into the trampoline to create forward rotation and spring
- Look at the trampoline bed as long as possible (if the bed is not seen the twist islikely too early)
- Once the forward rotation is generated, twist 180 degrees to land in back drop

PREREQUISITES

- BACK DROP, TO FRONT DROP (straight body)
- Mid-air 180 TO BACK DROP
- SEAT DROP, 180 TO BACK DROP (Baby cradle)

PROGRESSIONS:

- Back drop, to Front drop (on mat)
- Back drop, to Front drop on mat, 180 to Back drop (roll over) on the rebound (still on mat)
- Back drop, to Front drop on mat with "hand clap" when the body is close to horizontal
- Back drop, toward Front drop but add 180 twist instead of clapping, just before landing
- Back drop, 180 to back drop on the mat
- When landings are consistent do Back drop, 180 to back drop on the trampoline bed

SAFETY NOTES:

- This skill has a LATE TWIST. The priority is to get enough forward rotation in order to finish with a safe landing in back drop
- An early twist will also cause side travel which should be avoided

COACHES' NOTES:

- WHEN IN DOUBT GO BACK TO THE PROGRESSIONS!
- This skill requires an aggressive "kick" to create enough forward rotation
- If forward rotation is insufficient practice Back drop, to Front drop with a straight body in the air
- If the twist is too early practice Seat drop, 180 twist to back drop (Baby cradle) with a late twist

Air 1 Skill: Front Drop, 180 to Front Drop (Cruise)

Front drop, 180 to front drop

- From front drop, rotate backward 180 degress and twist 180 degress to land in Front drop
- A slight "kaboom" action may be used to help create the backward rotation. This should be perfected on Front drop, to Back drop first (thighs land very slightly before chest)
- LOOK at the trampoline bed (cross) during the entire skill
- The body is straight in the air for the whole skill
- Upper body reaches vertical in the air, it does not go around the side (not a Turntable)
- The skill is symmetrical: at the top the body is straight and upright with 90 degrees of twist completed, the second 90 degree twist happens on the way down

PREREQUISITE:

- FRONT DROP, TO BACK DROP (straight body)
- 180 TO FRONT DROP (airplane)

PROGRESSIONS:

- Front drop, 90 degree twist to feet, 90 degree twist to front drop
- Front drop, to Seat drop, 180 (roll over) to front drop
- Front drop, to Back drop straight
- *Use at throw ma for the next progressions:*
- Front drop, to Flatback, 180 to front drop (roll over) on rebound (still on mat)
- Front drop, to Flatback with "hand clap" when feet pass the cross (with throw mat)
- Front drop, to back drop add late 180 twist instead of clapping (with throw mat)
- Front drop, 180 to front drop (with throw mat)
- Front drop 180 to front drop on the trampoline bed (= Cruise)

SAFETY NOTES:

- Always USE A THOW MAT when teaching this skill
- Look at the trampoline (avoid throwing the head back)

COACHES' NOTES:

- Keep reviewing FRONT DROP TO BACK DROP to make sure the gymnast remembers how much backward rotation is required
- It is very important that THE BED IS VIEWED DURING THE ENTIRE SKILL
- Viewing the bed during the Cruise is important for training spatial orientation because it is a base skill for twisting doubles

Twisting Direction

At this stage of the learning process, the athlete does not need to establish a dominant twisting direction. It is good for athletes to perform the skills included in this module using both twisting directions. The long-term requirements will be different within each freestyle skiing discipline. In halfpipe athletes must perform twisting skills in both directions, while in aerials twisting in one direction is essential for the advanced skills with multiple twists.

Recognizing the athlete's direction of twist on each skill

The coach must recognize which direction the athlete is twisting on any given skill.
Look at the picture 1 and 2 below:

Before performing the skill, both athletes are facing the wall on the left hand side. To recognize which way they are twisting notice if you see the back first or the chest first.

In picture 1, she is twisting RIGHT
In picture 2, she is twisting LEFT

Determining an athlete's dominant twisting direction

Most athletes will have a dominant twisting direction and it will be hard for them to perform twisting skills in the opposite direction, but some athletes can perform twisting skills in both directions with ease. These athletes may eventually need to be tested to establish their more dominant twisting direction. The evaluation for dominant twisting direction should take place after most of the non-inverted Air 1 skills have been learned.

Steps to follow to determine the dominant twisting direction:

- All the skills tested must be performed in both twisting directions
- The coach should not give any technical pointers to the athlete when performing the skills
- Ask the athlete to perform skills with as many twists as possible
- Ask the athlete to perform a variety of skills

Dominant twisting direction - Evaluation criteria:

- The athlete tends to perform the skill with his dominant twisting direction first
- Which direction looks fluid and easy to perform
- Which direction has better technical quality of the skill
- Which direction has better speed of learning and ability to adapt
- Which direction is more consistent

Routines & Skill Combinations

Practicing combinations of skills and routines will increase overall control on trampoline and will teach the athlete to adapt to different situations and to mentally make quick decisions. These abilities are essential to any athlete aspiring to perform high performance acrobatics.

Combinations and routines such as those listed below may be integrated into regular practice sessions (add grabs or change the jumps for discipline-specific variations):

Foot to foot combinations and routines:

1)
1- Tuck jump
2- Straight jump
3- Pike jump
4- Straight jump
5- Straddle jump
6- Straight jump
7- Stop bounce

2)
1- Straight 180
2- Straight jump
3- Tuck jump
4- Straddle jump
5- Straight jump
6- Straight 360
7- Stop bounce

3)
1- Tuck jump
2- Straight jump
3- Straight 180
4- Straight jump
5- Straddle jump
6- Pike jump
7- Stop bounce

4)
1- Pike jump
2- Straight 180
3- Straddle jump
4- Straight 180
5- Tuck jump
6- Straight jump
7- Stop bounce

5)
1- Tuck jump
2- Straight jump
3- Straight 360
4- Straight jump
5- Straddle jump
6- Pike jump
7- Stop bounce

6)
1- Tuck jump
2- Straight 180
3- Pike jump
4- Straight 360
5- Straddle jump
6- Stop bounce

7)
1- Tuck jump
2- Pike jump
3- Straddle jump
4- Straight 360
5- Stop bounce

8)
1- Tuck jump
2- Straight 360
3- Straddle jump
4- Sraight 360
5- Pike jump
6- Straight 360
7- Stop bounce

Seat drop combinations and routines:

1)
1- Tuck jump
2- Seat drop
3- To feet
4- Straddle jump
5- Straight 360
6- Stop bounce

2)
1- 180 to seat drop
2- 180 to feet
3- Pike jump
4- Straddle jump
5- Straight 360
6- Stop bounce

3)
1- Tuck jump
2- Seat drop
3- To feet
4- Pike jump
5- Seat drop
6- 180 to feet
7- Stop bounce

4)
1- Pike jump
2- Seat drop
3- Swivel hips
4- 180 to feet
5- Straddle jump
6- Straight 360
7- Stop bounce

5)
1- Tuck jump
2- Seat drop
3- Swivel hips
4- 180 to feet
5- Pike jump
6- Seat drop
7- Swivel hips
8- 180 to feet
9- Straddle jump
10- Seat drop
11- Swivel hips
12- 180 to feet

Front drop combinations and routines:

1)
1- Seat drop
2- To front drop
3- To feet
4- Tuck jump
5- Straight 360
6- Stop bounce

2)
1- Front drop
2- To feet
3- Tuck jump
4- Seat drop
5- To front drop
6- To feet
7- Straight 360
8- Stop bounce

3)
1- Pike jump
2- Straight 180
3- Seat drop
4- To front drop
5- To feet
6- Tuck jump
7- Front drop
8- To feet
9- Straddle jump
10- Straight 360
11- Stop bounce

4)
1- Tuck jump
2- To front drop
3- To feet
4- Pike jump
5- To front drop
6- To feet
7- Straddle jump
8- Front drop
9- To feet
10- Straight 360
11- Stop bounce

5)
1- Front drop
2- To feet
3- Tuck jump
4- 180 to front drop
5- To feet
6- Seat drop
7- To front drop
8- 180 Turntable
9- To feet
10- Stop bounce

6)
1- 180 to front drop
2 -180 to feet
3- Pike jump
4- Front drop
5- Seat drop
6- To front drop
7- To feet
8- Tuck jump
9- Straddle jump
10- Straight 540
11- Stop bounce

Back drop combinations and routines :

1)
1- Back drop
2- To feet
3- Tuck jump
4- Straddle jump
5- Straight 360
6- Stop bounce

2)
1- Tuck jump
2- Back drop
3- To feet
4- Straddle jump
5- Back drop
6- To feet
7- Straight 180
8- Stop bounce

3)
1- Pike jump
2- Back drop
3- 180 to feet
4- Back drop
5- To feet
6- Straight 360
7- Stop bounce

4)
1- Back drop
2- 180 to feet
3- Tuck jump
4- Back drop
5- 180 to feet
6- Straddle jump
7- Back drop
8- 180 to feet
9- Pike jump
10- Back drop
11- 180 to feet
12- Stop bounce

5)
1- Pike jump
2- Seat drop
3- 180 to back drop
4- 180 to feet
5- Pike jump
6- Back drop
7- To front drop
8- To feet
9- Back drop
10- To feet
11- Stop bounce

6)
1- 180 to back drop
2- 180 to feet
3- Tuck jump
4- Back drop
5- 180 to feet
6- Straight360
7- Stop bounce

Twisting combinations and routines:

1)
1- 180 to seat
2- Swivel hips
3- 180 to feet
4- 360 to seat
5- Seat roller (360 to seat)
6- To feet
7- Straight 360
8- Stop bounce

2)
1- Seat drop
2- 360 to feet
3- Tuck jump
4- 180 to seat drop
5- Swivel hips
6- 180 to feet
7- Straight 360
8- Stop bounce

3)
1- 180 to front drop
2- To feet
3- 360 to back drop
4- 180 to feet
5- 360 to seat drop
6- Seat roller (360 to seat)
7- 180 to feet
8- Straight 360
9- Stop bounce

4)
1- Back drop
2- Back roller (360 to back drop)
3- 180 to feet
4- 360 to back drop
5- Cradle (180 to back drop)
6- 360 to feet
7- Straight 540
8- Stop bounce

Introduction to flipping on trampoline

Coach decision: Is this athlete ready to flip?

- Your job as a coach is to ensure that athletes have good body control and spatial awareness with the non-inverted Air 1 skills before you even consider teaching them to flip
- It is your responsibility as a coach to decide when the athlete is ready and not to simply let them convince you, most kids will tell you they have "done it before" but that doesn't mean they are well prepared or that they have learned correctly or safely
- Make your own informed decision based on their demonstrated skill level, not what they have told you they can do!

10 steps to a Front tuck

STEP 1: Base skills and "bail-outs"

Ensure the following BASE SKILLS have been solidly learned. This is a necessary step, not to be skipped! These safety skills and landing positions may be needed while learning front tuck.

Review:

- Seat drop, Swivel hips
- Front drop, To Feet
- Back drop, 180 to feet
- 180 to back drop
- Baby Cradle (Seat drop, 180 to back drop) to show mid-air twist

STEP 2: Forward roll on the floor

- Start with "egg rolls" (rolling on the back with back rounded) try to roll all the way up to feet

Forward roll down an incline:

- Start at top of incline, crouch with back rounded, place hands on the mat close in front of feet, tuck head in and roll forwards. Finish with the KNEES APART to prepare for landing on trampoline. Try to stand up at the end.

Forward roll on the floor mat:

- Remember to keep back rounded. Finish with the KNEES APART to prepare for landing on trampoline. Try to stand up at the end.

STEP 3: Stretch front drop

Stretch front drop demonstrates that the athlete has learned how to "kick" effectively and accurately to initiate forward rotation on trampoline

- Practice stretch front drop with a mat on the trampoline to avoid discomfort on imperfect landings
- Feet start on the cross, waist lands on the cross (cross can be marked on mat with chalk)
- Upper body stays vertical during take off and arms swing to produce height (added spring)
- Forward somersault rotation comes from the force applied by the athlete's feet. The feet push forward on the trampoline, the trampoline pushes back on the feet sending them backward (off-centre force) which creates forward rotation.
- A "Stretch Front Drop" stays straight without adjusting position right up until the athlete lands, the athlete must initiate the correct amount of forward rotation during the takeoff

STEP 4: Donkey kicks

Going upside-down! 1st step DONKEY KICKS! This helps with spatial orientation.

- Start in hand and knee position, hands remain on the trampoline throughout the donkey kick (DO NOT jump onto your hands on the trampoline)
- Push with the feet/shins on the trampoline. Bounce hips up over the hands and shoulders. Come down to finish on hands & knees. At first, keep the legs tucked and focus on lifting the hips
- Once hips are consistently over the hands and shoulders, the legs can be extended into a near handstand position, repeat!
- Always look at the trampoline between the hands when doing donkey kick

STEP 5: Mini-flip to seat drop

Your first "flip": MINI-FLIP TO SEAT DROP

- On a mat on the floor, start from Hand-knee position and do a forward roll, ending with the knees apart (as practice for landing on trampoline to avoid knees to the nose or teeth!)
- On the trampoline, start in Hand-knee position, do hand and knee roll on trampoline, look at the trampoline during the roll, push with the hands on the trampoline so the head doesn't touch
- Start STANDING on the trampoline: Without jumping, drop to Seat drop, to Hand-knee drop, and rotate forward (mini-flip) to seat drop. (Push on trampoline with hands so head doesn't touch)

Coaches' Notes:

- The athlete must GRAB THEIR SHINS during the flip to speed rotation and get in position to land
- ALWAYS LAND WITH KNEES APART to avoid knocking teeth or nose with the knees

STEP 6: Mini-flip to seat drop drills

These drills help work on spatial orientation and balance while flipping preparing athletes to be able to adjust in the air and control their landings.

Coaches' Notes:

- The athlete should TUCK (grab shins) during each mini-flip, and land with KNEES APART for safety
- Watch for skin abrasions, athlete should wear long pants if needed

Drill #1:

- From Standing: Seat drop, To hand-knee drop, Mini-flip to seat, Swivel hips (repeat)

Drill #2:

- From Standing: Seat drop, To hand-knee drop, Mini-flip to seat, To hand-knee drop, Mini-flip to seat (repeat)

STEP 7: Mini-flip to feet

Landing on the feet: MINI-FLIP TO FEET

- Start from standing, Seat drop, To hand-knee drop, Mini-flip to feet

Coaches' notes:

- This is a challenging skill, but athletes who learn it usually continue on to learn Front tuck easily
- ALWAYS LAND WITH KNEES APART!!! This is extremely important at this stage
- The athlete does NOT need to go higher, instead they should try to FLIP faster
- Ensure that the athlete TUCKS (grabs their shins) during the flip
- Looking for the end deck or end of the trampoline will help the athlete to land successfully

STEP 8: Baby flip to seat drop

BABY FLIP TO SEAT DROP (starting on the feet)

Place a mat on the trampoline:

- Start by doing a forward roll onto the mat, end with KNEES APART
- Add bounce: START WITH ARMS UP overhead!! Crouch down to start, do a small jump into the roll on the mat (hands may still brush the mat)
- Gradually add more bounce: The first priority is to get AROUND don't worry about going up yet!
- Add more bounce until the athlete is doing a baby flip landing in seat drop (land KNEES APART)
- Add a TUCK in the air before landing in seat drop (still land with KNEES APART)
- LOOK forward at the end of the trampoline during the seat drop landing

STEP 9: Front tuck with a mat

The whole skill with assistance: FRONT TUCK onto a mat on the trampoline

- Start with the ARMS UP overhead (numerous reminders may be needed)
- Flip forward (as with the Baby flip to seat drop), grab the shins (tuck) in the air and hold onto the tuck to be in a good position to land on the feet with KNEES APART
- Look for the end of the trampoline during landing

Coaches' notes:

- It is extremely important to keep the KNEES APART when learning to land front tuck
- The athlete does NOT need to go higher, instead they should try to FLIP faster
- If the athlete is close to landing but not quite getting it, it may help to be spotted a few times by a competent coach, this can speed the learning process but is not always necessary for front tuck

STEP 10: Front tuck!!

You can flip!! FRONT TUCK on the trampoline bed without assistance ☺

- When landings are consistent on the mat the athlete can make the transition to doing the Front tuck alone on the trampoline
- Before expecting the athlete to land the skill on the trampoline bed, they must demonstrate that they can see where they are on landing (look at the end of the trampoline or end deck) and that they can do a good STOP BOUNCE
- Remember: ARMS UP overhead on takeoff, TUCK (grab shins) in the air, KNEES APART and LOOK at the end of the trampoline during landing
- Always land with a STOP BOUNCE

Coaches' notes:

- Steps to remove the mat may include: Using a throw in mat, or hand-spotting on the trampoline by a competent coach

Trampoline Games

Safety considerations for trampoline games

- Allow only one person to jump on the trampoline on their feet at a time
- Athletes are always under control
- Athletes are taught to use safe landings techniques (stop bounce & two foot rule)
- Avoid having athletes kip or "double bounce" each other
- Avoid games with balls on the trampoline

Coaches' Notes:

- Games require diligent supervision, they are not a break time for coaches!
- Games can get out of control very quickly if left unsupervised
- If a game is not working change it right away
- Adapt games to the level of the participants
- Any added bounce (kipping) should only be done by the coach, and should be done conservatively taking into consideration the level and age of the athletes

Game: **Add-On**

Description:

- The first participant performs a skill (bounce) and the next participant must perform the same skill and then "add" his / her skill. The nest participant must perform all the previous skills plus add a skill of their own. Participants are "out" if they cannot perform or remember the correct sequence. Second chances and / or three – strikes normally apply. Note that a skill is only one bounce so if a participant does a seat drop, the next person must do a skill from the seat.
- You can also play cooperative add-on where the group cooperates to see how many skills they get, they can call out skills to each other and nobody is out. If someone can't do a skill it can be changed to another skill.

Safety notes:

- Participants always have veto power so they can prevent other players from adding skills they have not yet learned or mastered.

Variations:

- Rules can be added, such as no landing on the feet, no repeats, or all skills must have at least a ½ twist. You can also play add before, where the skills must be added to the beginning rather than the end, or add in the middle where each participant does two skills and the next player does their two skills in between.
- 2 skill add-on. First athlete does 1 skill. Next athlete does the first skill plus one more. The 3rd athlete does the 2nd athletes second skill and adds one on. The 4th athlete does the 3rd athletes second skill and adds one on etc. This is a good variation for younger athletes as all the participants do same amount of skills per turn.

Game: The Alphabet Game

Description:

- Participants make letters and spell words by shaping their body in the air, while the coach try to guess the letters and figure out what they are spelling.
- This is a great game to do off a mini or double-mini trampoline. It helps to develop air awareness as participants learn to make new shapes that they wouldn't usually do, while learning balance to get back to their feet

Safety notes:

- Participants must land safely and controlled on both feet after each letter (follow two foot rule).

Game: How Many

Description:

- Participants are challenged to see "how many" of a given skill they can do in a row (i.e. swivel hips, rollers, seat drop to front drop, etc.)

Safety notes:

- Avoid skills that might be likely to make them dizzy and fall down, such as jump half twist, or jump full twist.

Game: Highest

Description:

- Coach can time a bounce, or series of skills to determine how high an athlete is jumping. The longer the time, the higher the bounce.
- For straight bounces, time 10 in a row. For single skills you can time just the one.

Safety notes:

- Game should only be played with more advanced athletes. If athlete travels outside the box, they must do an immediate stop bounce

Game: Synchro

Description:

- Participants learn the same routine or sequence and then do it at the same time, aiming for synchronization on side by side trampolines.

Safety notes:

- This only works if you have more than one trampoline, it cannot be done safely with two people on the same trampoline.

Participants must face each other, stay on their own side and are not allowed to touch the mat

Game: Rock-Paper-Scissors

On floor:

- Participants are divided into two teams. Each team decides what they will be (rock=tuck, paper=pike, scissors=straddle). The teams meet in the middle of the floor and do their positions. The winning team chases the losing team and the participants who are tagged switch teams.

On trampoline:

- Best played on two trampolines, jumping in synchronization.
- 2 players
- On the count of three the players do a seat drop (crossed legs =rock, straight legs =paper, straddle legs = scissors)
- If only one trampoline is available it can be done from standing (no jumping) with one participant at each end of the box (coach should supervise to ensure they are not bouncing first!)

Safety notes:

- Never allow two participants to jump on their feet at the same time on the same trampoline. It gets out of control very easily**.**