

Double Mini Trampoline - Club Coach Add on Module (Cycle 5) Syllabus

Practical delivery:

Run up and hurdle onto the DMT

Shapes - tuck, pike and straddle jumps

Twists - ½ twist, full twist

Backwards somersaults - single backwards somersault tucked, piked and straight

Forwards somersaults - single forwards somersault tucked, piked and straight

Somersaults with twists - the teaching of forwards and backwards somersaults with ½ twist using the principles of aerial and contact twisting

Linking skills to create a competition pass

Linking the skills above without intermediate jumps

