

Double Mini Trampoline High Performance Coach (Cycle 6) Syllabus

Practical delivery:

Half in half out tucked
Half in half out piked
Rudy out (tucked)
Half in Rudy out tucked
Half in Rudy out piked
Randy out tucked
Randy out piked
Half in Randy out (tucked)
Full in back out tucked
Full in back out piked
Full in back out straight
Back in full out tucked
Back in full out piked
Back in full out straight
Back in double full out straight
Full in half out straight
Full in full out straight
Full in Rudy out (tucked)
Miller (tucked)
Miller plus (tucked)

Practical delivery continued:

Full full half
Triple back (tucked)
Triff (tucked)
Half in truff
Full in double back out (tucked)
Quad back (tucked)