

Double Mini Trampoline (DMT) Senior Club Coach (Cycle 5) Syllabus

Multiple Somersaults:

Double back somersault tucked
Double back somersault piked

Somersaults with twist:

Back somersault with 1 twist
Back somersault with 1½ twist
Back somersault with 2 twist
Front somersault with 1 twist
Front somersault with 1½ twist

Construction of passes:

Linking the skills above without
intermediate jumps

Technical Knowledge and Coaching Technique:

Initiating both early and late twist
Supporting double back somersaults
Supporting twisting somersaults