

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

DMT skills:

Run up and hurdle onto the DMT

Shapes

Tuck jump

Pike jump

Straddle jump

Twists

½ twist

Full twist

Back Somersaults

Single Back somersault tucked

Single Back somersault piked

Single Back somersault straight

Front Somersaults

Single Front somersault tucked

Single Front somersault piked

Single Front somersault straight

DMT skills continued:

Somersaults with twists

The teaching of Front and Back 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

Coaching Aids

Elevated run up

Push on mats

Coaching platforms

Overhead rig

Safe construction

On both DMT and landing area

Alongside DMT

Use of rig and belt