

## Trampoline Gymnastics Coach (Cycle 5) Syllabus

### **Fitness and Well-being - Physical Preparation:**

Warm up

Postural shaping

Basic conditioning

Additional conditioning exercises

### **Individual Skills:**

Jumping (straight) and stopping

Jumping with tucked, piked and piked straddled shapes

Jump with  $\frac{1}{2}$  and  $1\frac{1}{1}$  twist

Seat drop, front drop, back drop and  $\frac{1}{2}$  twist into and out of these landings

Combinations of the above skills

Progressions for teaching the forward and backward somersaults tucked.

