

Trampoline Gymnastics Senior Club Coach (Cycle 5) Syllabus

Trampoline Skills:

Multiple Somersaults

Double back somersault tucked and piked

1¾ front somersault tucked and piked

Somersault with Twist

Back somersault with 1/1 twist

Back somersault with 1½ twist

Back somersault with 2/1 twist

Front somersault with 1/1 twist

Front somersault with 1½ twist

1¼ front somersault initiated from the back
with ½ twist – straight

1¼ front somersault initiated from the back
with 1/1 twist

1¼ front somersault with 1½ twists initiated
from the back

Construction of Routines

Linking the skills above without intermediate
jumps

Construction of routines up to a tariff of 6.5

