

Trampoline Gymnastics Club Coach (Cycle 5) Syllabus

Trampoline Skills:

Back Somersaults

$\frac{3}{4}$ back somersault straight
Back somersault piked and straight
Back somersault to seat tucked and piked
 $1\frac{1}{4}$ back somersault tucked and piked
 $1\frac{1}{4}$ back somersault tucked initiated from the front

Front Somersaults

$\frac{3}{4}$ front somersault straight
Front somersault piked
 $1\frac{1}{4}$ front somersault tucked and piked
 $1\frac{1}{4}$ front somersault tucked and piked initiated from the back

Somersaults with Twists

The teaching of the following skills using the principles of aerial and contact twisting.

Front somersault with $\frac{1}{2}$ twist tucked, piked, straight

$1\frac{1}{4}$ front somersault initiated from the back with $\frac{1}{2}$ twist – tucked and piked

$\frac{3}{4}$ back somersault with $\frac{1}{2}$ twist

Back somersault with $\frac{1}{2}$ twist

Linking of Somersaults

Linking the somersaults listed above without intermediate jumps

Routine compilation using the skills listed above up to a tariff of 4.0