

Trampoline Protocol

Important Trampoline Vocabulary

Pull- used to speed up the trick- knees tucked up in a ball, hands to back of thighs

Stretch- used to slow down the trick- elongate body with hands over head

Out- used for over-rotation- to come out of trick to get ready to land- kick feet straight out, arms forward

-front flip feet kick straight ahead like sitting in chair,

-back flip- feet kick out towards wall behind

Protocol for New Tricks and Pad Throwing

- Athlete should always communicate to coach the trick they are attempting or working on
- Always use progressions before moving on to the next step
- Always ask: "Are you ready?"
- When ready, the athlete says "1" on the bounce- coach says "2" on the bounce- the athlete goes on 3. Watch the trajectory and throw the pad in the landing area. Count down variation due to preference: athlete-3- coach 2- go on 1
- Before athlete throws the new trick, practice the pad throw timing with straight air or simple maneuver.

*Emphasis the full commitment to the trick

Fall Techniques and Basic Tumbling

- **Cat twist-** escape (late 180 to back drop)
 - **Back Roll-** roll back with hands above head
 - **Front Roll-** hands planted next to head, tuck chin to chest, roll straight forward in tucked position to feet
 - **Dive Roll-** arms out, slight jump into front roll
 - **Misty Roll-** bring arm across, drop shoulder, eyes up to ceiling, roll from one side to other side of back, 180 back to feet
- *Avoid- Scorpion- feet come over head, while chest stays in place

1. Minimize Risk: The athlete's safety is in your hands. They are counting on you to keep them safe. Athletes do not assess risk very well. That is your job. Inspect both the facilities equipment and the athlete's equipment. Make sure pads are set up correctly. Keep an eye out for hazards. When kids are waiting for a trampoline turn, keep them away from the trampoline so they don't get landed on. People waiting should pay attention to the trampoline. Progress athletes based on their skill level, conditioning and mental state.
2. Master the Basics (take off, body positions, landing): It is more important to teach take-off, body positions and landing than it is to teach tricks. If athletes have these three skills mastered than they will have the tools to learn any trick. These skills should be practiced daily during warm ups and workouts. It is easiest to teach body positions on the floor. Make workouts sport specific. There are many small steps in the progression of a trick. Start with the easiest thing and make sure they master it before moving to the next one. Only ask an athlete to perform a skill that they are capable of doing. Don't give the athlete an opportunity to make a mistake. They will develop good habits.
3. Don't Fall: Athletes will inevitably crash, but we have to prevent this from happening whenever possible. Progressing to fast is the main reason for crashes. If an athlete does not successfully land a trick within the first two tries, they are not ready for the skill.

General Guideline:

- Always supervise athletes. You must see everything. It is difficult to assess an injury that you didn't see. When coaches are not around or not looking, athlete are more likely to get injured.
- Use a throw-pad for trampoline when doing any trick that is not upright. If the athlete is already proficient at the skill, the pad thrower can just watch and be ready to throw if a mistake is made. Beginners should jump low.
- Make stations where there are more than three people in a trampoline group. Assign a workout, drill or stretch to athletes who are waiting
- If an athlete crashes three times, they should be done for the day. Most crashes involve some jarring of the brain. Multiple small impacts can lead to a concussion. If the athlete feels fine and there are no signs of concussion, then they can still trampoline and workout.

Sitting Candle Stick Roll	
	Start in seated pike position with arms above head
	look straight ahead
	roll back keeping the same initial body shape
	keep arms above head
	raise legs to point at the ceiling
	roll back until your upper back reaches the floor
	press hips upwards toward ceiling
	continue to press hips towards ceiling until your body and legs are in line
	Note: Legs should never fall back over the gymnast head with this drill.
Candle Stick Roll	
	Stand tall with feet together
	Feet are pointing forward
	Abs and butt are flexed
	Descend by pushing hips backwards and down
	Bend knees
	Descend until hip crease falls below knees
	Controlled fall backwards
Front Roll	
	Feet together stand tall with arms pressed to your ears
	Squat down and reach in front as far as possible
	Once hands touch floor jump and send hips over head
	Allow body to roll in a tuck position until feet touch the ground
	Reach in front of you and stand up using the momentum
Misty Roll	
	Stand tall in T-set position
	Bend knees and from T-set position touch right or left hand to pad
	wiper position.
	Finish facing 180 degrees from starting position
Candle Stick Roll	
	Stand tall with arms up and next to your ears
	Initiate your squat by sending hips back and down
	When hips pass knee height allow the body to fall back
	keep chin close to your chest and back
	Allow back to flex enough to create a comfortable rolling position
	Maintain legs straight as you direct toes to the sky
	Bend arms and bring the hands to your ears as you reach for the ground
	When hitting the candle stick your hands should be flat and with elbows in position
Backwards Roll	

	<p>From standing position, keep arms up and sit back into a squat position and then roll onto your back</p> <p>As soon as your butt and back touches the ground, bend your arms and reach behind your ears</p> <p>Hands should catch ground as you continue to roll back on your shoulders, protecting and taking any pressure off your neck and head</p> <p>to complete the roll allow your momentum to bring your legs and hips over your head</p> <p>When hips roll past vertical over your body do you press with your arms to</p>
Back Extension Roll	
	From standing position, keep arms up and sit back into a squat position and then roll onto your back
	As soon as your butt and back touches the ground, bend your arms and reach behind your ears
	Hands should catch ground as you continue to roll back on your shoulders, protecting and taking any pressure off your neck and head
	When body reaches pass perpendicular to the floor extend legs straight and
	Place feet firmly on the ground and reach for the ceiling
Dive Front Roll	
	<p>Start in standing position jumping forward and work up to a running start (5 steps)</p> <p>Start with hands pointing forward, slightly up and away from body</p> <p>Jump out, not up</p> <p>Arms should be pressed over ears</p> <p>Do half of a front roll and land with hands hitting first and rolling to shoulders (NOT your head)</p> <p>Preform a front roll, bending your legs and digging heels into ground</p>

Level 1	
Soldier Bounce	
	Arms at side, Straight legs, Good posture
	Land flat footed then push off trampoline by pointing toes, stay on X
	Look forward at end of trampoline
	Feet should match in air
Stop Bounce	used before dismount, absorb the bounce
Arm Sing Bounce	
	straight arms swing up the side and reach toward ceiling as athlete rises toward apex
	at apex arms begin to drop symmetrically to the side
Swan Jump	
	stretch body long with extra arm reach vertically
	spot end of trampoline
	keep body straight
Tuck Jump	
	arm swing bounce up to apex
	bring knees up to chest in a tuck
	Knees together and feet matched
Pike	
	Knees straight
	Bend at waist
Straddle Jump	
	Piked spread or Kosak
T-Set Bounce	
	arms straight out to the sides
	cross position
	use T-Set take for all tricks
T-Set 180	
	Spot forward on takeoff
	feet should be parallel and toes pointed forward on take off
	match feet in the air
T-Set 360	
Arm Swing 180	
	square arms swing
	gets arms all the way up before spin

Seat Drop	
	swan jump take off w/ Slight lean back
	sit position happens just after a pax
	arms drop to the side on the T-set
	hands plant on trampoline and assist in returning to your feet
	un pike and land with arms over head
Seat Drop 180 to feet	
	use unlike motion to assist with 180 twist
	twist as body straightens out
	arms swing 180 back to feet
	finish with arms overhead like an arm swing 180

Lesson 3	
Arms up Bounce	
	Keep arms above head for 10 bounces
Lesson 2 (establish natural spin direction)	
T-Set 360	
T-Set 540	
Wrapped 720	
	set same spin power as T-set 360
	T set until 180 then drop arms to sides
Routine	
	Tuck
	Pike
	Straddle
	Tuck
	Pike
	Straddle
Bounce on Hands and Knees	
	keep back parallel to the trampoline
Hands and Knee Drop	
	make sure back is parallel to the trampoline
Front Drop	
	with a pad from a low bounce
Swan to Hands and Knees	
	try to stay straight until body is vertical
180 to Seat Drop	
	slight lean forward on take off
	swan into twist
	don't pike until spin is finished
Seat Drop to Hands and Knee Drop	
	try to stay straight until body is vertical
Swivel Hips	
	twist should happen as body is vertical
	arms up for twist
	stay on the line

Arm Set Bounce	
	bounce low starting with arms up
	arms up when in contact with trampoline
	arms drop in front as athlete leaves the trampoline
	hands stay at the same altitude as body lifts off trampoline
	hands and arms will be at eye level at apex then body drops below arms on descent to land with arms over head
	don't force arms, relax shoulders and let gravity do the work
Truck Front Drop	
Seat Drop	
Seat Drop to Front Drop	
	tuck in between tricks
	stay on line
Back Drop	
	from standing to pad
	keep eyes forward
Routine	
	Tuck jump
	Seat Drop Return to Feet
	180 Straddle Swan
	Stop Bounce

Lesson 4	
Sitting Grabs	
	Balance on tail bone with feet in the air
	practice all basic grabbing positions
Iron Cross	
	Keep feet and knees together
	cross leading spin direction foot over the top
Basic Grabs	
	Safety: Brings both legs up, grab the same side foot on the outside of the foot, keep legs up and feet parallel
	Japan: Reach behind leg to grab outside edge of opposite foot
	Mute: iron cross grab
T-set 360 Iron Cross	
	Cross lead foot on top
	Cross at 180
T-Set 360 with Basic Grabs	
	T-set to 180
	Bring feet up at 180 or later to grab
T-Set 540 with Basic Grabs	
	T-Set to 270
	Bring feet up at 270 or later to grab
Unnatural Spins	
	180
	270
	360
	540
	720
Unnatural Spins with Basic Grabs	
	opposite grab hand from natural spin direction

Lesson 5	Lesson 5
Back Flip Tuck-Ups	
	this exercise is done laying down on the floors
	lay on floor with tight body position with arms up
	tuck knees into chest, lifting only the lower body
Front Flip Sit-Ups	
	this exercise is done laying down on the floor
	lay on floor with tight body position with arms up
	reach arms in an arc toward ceiling then forward as sit-up happens
	legs bend and feet drag on floor as feet pull in towards body
	grab shins just below knees and finish in a sitting up "cannon ball" position
Tuck Front Drop	
	Seat Drop
	Swan Take off
	don't look up
Seat Drop to Front Drop	
	tuck back drops
	seat drop take off
	tuck at apex
	land piked
	spot forwards the whole time
	don't look up
Cough Drop	
	Arm swing take off
	keep body straight
	land on back with legs in contact with pad
	whole body hits at the same time
	look forward
Routine	
	pike jump
	front drop return to feet
	swivel hips
	180
	tuck jump
	360

Lesson 6	
T-set 360 Right	
360 X R	
360 R with Basic Grabs	
T-Set 540 R	
540 X R	
540 R with Basic Grabs	
	Grab at 270
	stay on axis
	Spot at 360 then 180 down
360 Left	
540 Left	
720 Left	
Tuck Front Drop	
Pike Front Drop	
Cat Twist	
	late 180 to cough Drop
	start like pike front drop, Pike square facing the pad
	use kick out for twist
Seat Drop	
Swivel Hips	
Seat Drop, to Pike Front Drop	
Seat Drop 180 to Back Drop	

Lesson 7	
Arm Set Bounce	
	Start with arms up
	Drop arms in front all the way down at apex
	smoothly lift the arms back to overhead position for landing
	repeat this to develop rhythm
Arm Swing Bounce to Arm Set	
	start with arms swing bounce
	drop arms at apex
	smoothly lift arms in front to overhead position for landing
Pike Front Drop (using arm set Bounce)	
Lay out front drop (using arm set Bounce)	
Forward Roll	
	No bounce
	roll straight over on line
	two footed take off
Dive Roll	
	No Bounce
3/4 Front Flip	
	Low bounce
	Pike position
Front Tuck	
	Start with arms up
	look at knees in tuck
	when front wall is seen over the top of the knees, break out and get ready to land

Lesson 8	
Seat Drop	
Seat Drop 180 to feet	
Tuck Back Drop	
Tuck Back Drop, 180 to feet	
cough drop	
Tip over Half Airplane with Pad	
	start with arms up
	fall back
	lookforward at the beginning stay on the line
	twist 180 when halfway to pad
	try to be on line
Half Airplane with Pad	
	small bounce or from Standing
	look forward at the beginning stay on line