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SECTION 7

RESOURCES

BRITISH GYMNASTICS CODE OF PRACTICE

DVD OF TRAMPOLINE MOVES

ACTIVATE TRAMPOLINE - DVD AND CD FOR WARMING UP
5. Coaching emphasis must be on the take off i.e., what is happening during bed contact
6. Height and direction take precedence over style and elegance – hence why I use the TREE method of prioritising coaching points
7. Single somersaults must be taught with the emphasis on “top” - example of this in the Back s/s skill card with the final method of supporting the s/s emphasising lift with no travel
8. Linking basic moves and somersaults, trampolinists need to be aware of rhythm created by the depression and rise of the trampoline
9. Concept of first contact – maximum depression – last contact must be adopted and understood by Coach and performer. This forms the basis of ALL coaching advice
10. Use of vision is supplemented with information from the other areas notably feeling and hearing
11. The most effective coach is one who manages to make themselves redundant

**KEY**

- Definition of ‘blind’ = it is difficult to do anything after ie a front somersault because you are unable to see the bed before the landing, therefore should only be put in as the last move in a routine
- Pyramid – used as a progression for front landings, Hands & Knees Turn overs

• **SWEEP** is the term used when a coach steps onto the trampoline whilst the learner is in mid-air and assists the legs if needed, to rotate through ie seat to front landing/ back to front landing or front to back landing. Can be seen on the DVD.
31. Forward Roll

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>TEACHING POINTS</th>
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</thead>
<tbody>
<tr>
<td>DEMO MOVE - WATCH DVD</td>
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**Prerequisites**
Rocking backwards and forwards in a tuck position

**Progressions on floor mats**

1a Rock 3 x to stand up
1b Rock 3 x to stand up without using hands on knees or on floor to get up
1c Rock 2 x to stand up
1d Rock once to stand up

2a Hands on floor flat and shoulder width apart
2b Walk feet up towards your hands
2c When you can’t walk any nearer overbalance to roll onto back

3 Begin in a squat position roll

4 Start and end stretched tall
Can do on floor mats/on trampoline on a thin mat or on the trampoline bed

*a excerpt from Primary School Gymnastics by Val Sabin*
E  CALM-DOWNS - KEEP TOGETHER

Stand facing a partner and hold palms – to – palm with him/her. One person becomes the “leader” and gently moves his/her hands and the other keeps light contact and moves with them. Concentrate, then change over the leader. Repeat, but without palms actually touching.

F  CALM-DOWNS - WASH WINDOWS

Stand facing a partner and make contact palms to palms, feet astride and balanced. The leader initiates circular and sweeping movements to “wash the windows” high and low. Change the leader and repeat.
**Tutor Conditioning Card - 4**

Work for **1 - 1 ½ minutes** on each card.  
Start on the basic activity and ask a partner to check the movements are of a **high quality** before you move on to the next level from  
**Basic - Intermediate - Advanced**

<table>
<thead>
<tr>
<th><strong>BASIC BRIDGE POSITION</strong></th>
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| **Position** | Bend knees feet shoulder width apart and near hips  
Roll hips off of floor gradually one vertebrae at a time  
Aim for a straight line between shoulders and knees  
Roll back down in the same gradual way hips touching last  
Work slowly matching the movements to your breathing |
| **1.** | Roll up on an out breath hold still for the in breath then roll back down on an out breath  
Keep knees the same distance apart |
| **2.** | Roll up - hold for 2-5 breaths then lower by slowly rolling back down |

<table>
<thead>
<tr>
<th><strong>INTERMEDIATE</strong></th>
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| **3.** | Roll up lifting arms up above head - hold - roll down with arms aiming to land with the hands touching the floor at the same time as the hips  
Match movement with out breaths hold  
body still on the in breaths |
| **4.** | Do the above with a small/medium ball squeezed between your knees |

<table>
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<tr>
<th><strong>ADVANCED</strong></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>5.</strong></td>
<td>Roll up to shoulder bridge - hold - then lift one knee into chest, straighten up towards the ceiling, slowly replace knee to chest - then foot to floor - all the time keeping the hips at the same height - Swap leg being lifted up</td>
</tr>
<tr>
<td><strong>6.</strong></td>
<td>As above - arms above head</td>
</tr>
</tbody>
</table>