

TRAMPOLINE AND TUMBLING

Coach Education Session

August 2018

COACH EDUCATION SESSION
TRAMPOLINE SECTION

INTRODUCTION

Landing shapes are in most cases an athlete's first introduction to rotation on Trampoline and form the basis for a number of advanced combination skills. It is therefore vital that athletes are able to perform these skills with competence and confidence.

In this section, you will create a skill development plan for each of the three landing shapes (Seat, Front and Back) that uses pre-requisites, physical preparation and progressions. By approaching skill development in this way, you are able to gain a greater understanding of the skill as a whole and easily integrate skill development activities into lesson and unit plans.

GLOSSARY OF TERMS

Ideal Model: The best possible version of a skill, a skill with no deductions.

Key Coaching Points: These are the instructions that you would give an athlete in order to build technical awareness, correct common errors and achieve the ideal model.

Pre-Requisite Skill: A skill an athlete must know before proceeding (e.g. a backward roll is a pre-requisite skill for a back somersault)

Prevailing Body Actions (PBAs): Body positions and actions that are used in a wide range of skills.

Physical Preparation: Also called conditioning, physical preparation is used to improve the general fitness, strength and flexibility of an athlete as well as for targeted skill development. Physical preparation activities can be easily integrated into lessons using circuits or skill stations.

Progressions: Distinct drills, skills or exercises that build towards the mastery of a specific skill or family of skills. Progressions can be used to determine what athletes already know, and what they need to learn next.

Beginning Progressions: Progressions that provide athletes with an orientation to a certain skill, helping them understand the body positions and movement involved. Physical preparation is a vital part of this stage of skill development.

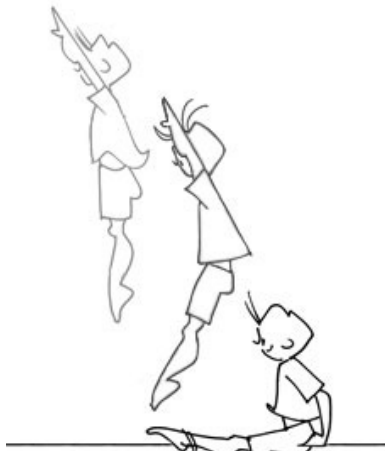
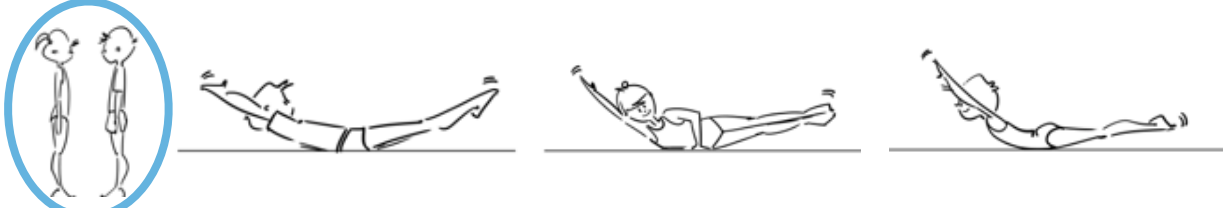
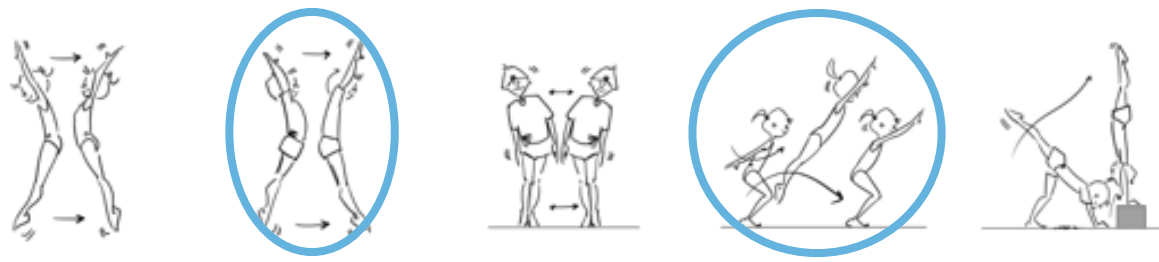


Developing Progressions: Progressions that start to build the skill actions and movements together to form a whole. This may involve:

- a. Performing specific parts of the skill
- b. Performing the skill with assistance (spotting, overhead rig)
- c. Performing the skill uphill





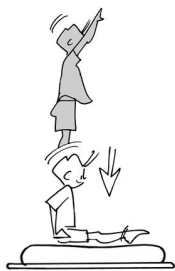
Refining Progressions: Progressions that consolidate the previous steps of development with a focus on technical perfection and future extensions. This may involve:

- a. Repetition of the skill
- b. Extensions to the skill or connecting the skill with other elements
- c. A focus on specific technical aspects of the skill

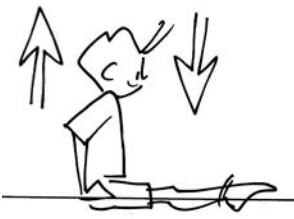
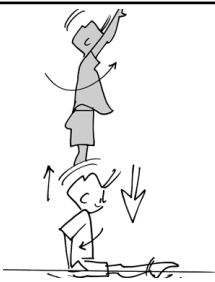


SKILL ANALYSIS #1 - SEAT LANDING

<p>Key Coaching Points:</p> <ul style="list-style-type: none"> - Vertical start with a tight, straight body position - Legs straight and together - Toes pointed - Hands flat on trampoline, facing forward with fingers together - Chest open - Head neutral - Vertical finish with arms straight and raised by ears 	<p>Ideal Model:</p> 
<p>Pre-Requisite Skills:</p> <ul style="list-style-type: none"> - Straight Jump - Pike Sit 	
<p>Prevailing Body Actions:</p>	
<p>Skill appropriate PBAs have been circled below.</p>	
<p>Body Postures:</p>	
	
<p>Whole Body Actions:</p>	
	
<p>Joint Actions:</p>	
	
	

SKILL ANALYSIS #1 - SEAT LANDING cont.

Physical Preparation:	
<p>1) V-Sit</p> <p><u>Activity Description:</u> Athlete sits balanced on their bottom with legs straight and raised.</p> <p><u>Role in Skill Development:</u> Develops core strength and strong pike shaping.</p>	 <p>Equipment: none</p>
<p>2) L-Sit</p> <p><u>Activity Description:</u> Athlete balances on their hands between two boxes whilst holding legs straight.</p> <p><u>Role in Skill Development:</u> Develops core strength and strong pike shaping.</p>	 <p>Equipment: none</p>
<p>3) Leg Raises (With or Without Partner)</p> <p><u>Activity Description:</u> Athlete lies on back with legs straight, lift legs to vertical then lowers back down.</p> <p><u>Role in Skill Development:</u> Develops core strength and strong pike shape.</p>	 <p>Equipment: none</p>
<p>Additional Activities:</p> <ul style="list-style-type: none"> - Squat Jumps - Fall to Pike Sit - Pike Rolls 	
Beginning Progressions:	
<p>1) Fall to Seat Landing on soft landing mat</p> <p><u>Key Coaching Points:</u></p> <ul style="list-style-type: none"> - Arms straight, swing up then snap down for landing position - Legs straight and together, toes pointed - Chest open, head in neutral - Slight elbow bend on landing 	 <p>Equipment: 1x Landing Mat</p>
<p>2) Jump to Seat Landing on soft landing mat</p> <p><u>Key Coaching Points:</u></p> <ul style="list-style-type: none"> - Strong, vertical leg push to initiate jump - Toes pull forward, initiating hip flexion - Legs straight and together, toes pointed - Slight elbow bend on landing 	 <p>Equipment: 1x Landing Mat</p>

SKILL ANALYSIS #1 - SEAT LANDING cont.

Developing Progressions:	
<p>1) Consecutive Seat Landing on TRP</p> <p><u>Key Coaching Points:</u></p> <ul style="list-style-type: none"> - Legs straight and together, toes pointed - Core squeezed, chest open and head in neutral - Shoulders drop slightly and hips rise between landings - Slight elbow bend on landing 	 <p>Equipment: 1x Trampoline</p>
<p>2) Seat Landing on TRP</p> <p><u>Key Coaching Points:</u></p> <ul style="list-style-type: none"> - Strong, vertical leg push to initiate jump - Legs straight and together, toes pointed - Chest open, head in neutral - Slight elbow bend on landing 	 <p>Equipment: 1x Trampoline</p>
Refining Progressions:	
<p>1) Seat Landing, 1/2 Twist to Feet on TRP</p> <p><u>Key Coaching Points:</u></p> <ul style="list-style-type: none"> - Legs straight and together, toes pointed - Chest open, head in neutral - Arms straight, initiate twist using swing while in straight body position - Whole body twist, hips and shoulders must move as one 	 <p>Equipment: 1x Trampoline</p>
<p>2) 1/2 Twist to Seat Landing, to Feet on TRP</p> <p><u>Key Coaching Points:</u></p> <ul style="list-style-type: none"> - Arms straight, initiate twist using swing while in straight body position - Toes pull forward, initiating hip flexion - Legs straight and together, toes pointed - Slight elbow bend on landing 	 <p>Equipment: 1x Trampoline</p>
Common Errors:	Safety Considerations:
<ul style="list-style-type: none"> - <u>Travelling during skill</u>, hips and feet should land on the cross. - <u>Incorrect hand placement</u>, hands should land flat on the mat next to hips with fingers together and facing forward. Elbows should have slight bend on landing. - <u>Not enough height for full straight extension</u>, athlete needs to jump high enough to achieve a straight body position before and after the seat landing. 	<ul style="list-style-type: none"> - Correct technique (e.g. correct chest and hand position) is important to prevent injury. - Ensure the athlete is mentally ready and strong enough for the skill by taking them through the progressions and physical development activities <i>before</i> having them attempt the full skill. - Use training aids (such as the throw-in mat) to protect the athlete on their first attempts of the skill.

SKILL ANALYSIS #1 - SEAT LANDING cont.

Additional Notes:

Extension Skill: Swivel Hips

Key Coaching Points:

- Legs straight and together, toes pointed
- Hands flat on trampoline, facing forward with fingers together
- Head neutral
- Arms drive upwards on rebound as hips open
- Twist initiated at apex by arm swing
- Straight body position in twist

Pre-Requisite Skills:

- Seat Landing
- Half Twist
- Full Twist

Progressions:

Beginning:

1)

2)

Developing:

1)

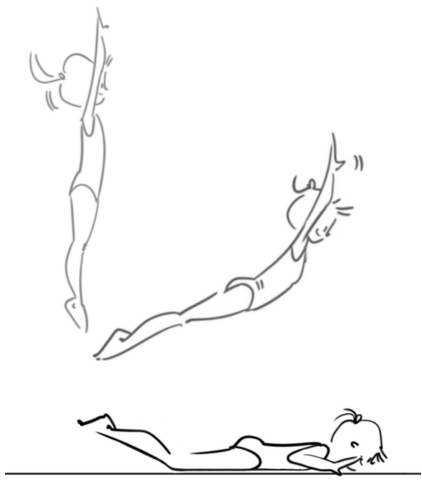

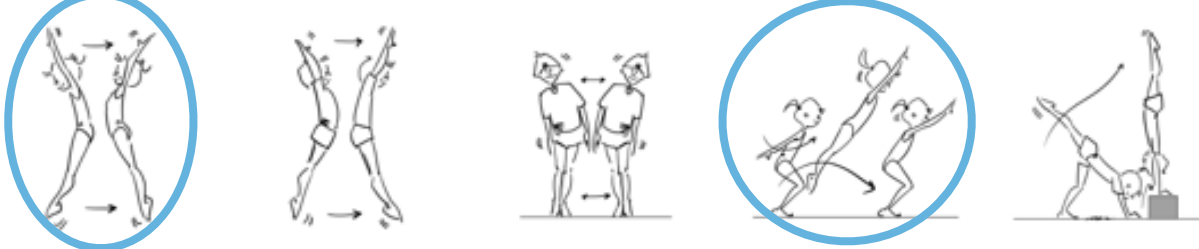


2)

Refining:





1)

2)

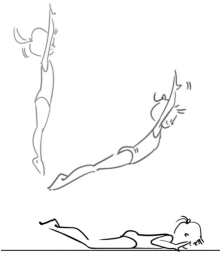
SKILL ANALYSIS #2 - FRONT LANDING

<p>Key Coaching Points:</p> <ul style="list-style-type: none"> - Vertical start with a tight, straight body position - Minimal travel, hips land on centre cross - Even landing position - Hands flat on trampoline, resting below chin - Knees slightly bent on landing, toes pointed - Head neutral - Vertical finish with arms straight and raised by ears 	<p>Ideal Model:</p> 
<p>Pre-Requisite Skills:</p> <ul style="list-style-type: none"> - Straight Jump - Angry Cat - Front Support - Superhero Hold 	
<p>Prevailing Body Actions:</p>	
<p>Skill appropriate PBAs have been circled below.</p>	
<p>Body Postures:</p>	
	
<p>Whole Body Actions:</p>	
	
<p>Joint Actions:</p>	
	
	

SKILL ANALYSIS #2 - FRONT LANDING cont.

Physical Preparation:	
<p>1) Superhero Rocks</p> <p><u>Activity Description:</u> Athlete rocks forward and back whilst maintaining a tight, straight position.</p> <p><u>Role in Skill Development:</u> Develops core strength for straight body position.</p>	 <p>Equipment: none</p>
<p>2) Heel Drives</p> <p><u>Activity Description:</u> Athlete holds onto the horse and kicks their heels backward into straight shape.</p> <p><u>Role in Skill Development:</u> Develops heel kick and open body position.</p>	 <p>Equipment: 1x Horse</p>
<p>3) Front Support Shuffle</p> <p><u>Activity Description:</u> Athlete walks their hands forward and back whilst holding a front support.</p> <p><u>Role in Skill Development:</u> Develops core strength for body tension.</p>	 <p>Equipment: 1x Landing Mat</p>
<p>Additional Activities:</p> <ul style="list-style-type: none"> - Log Rolls - Seal Rolls - Handstand Hold against Wall 	
Beginning Progressions:	
<p>1) Hands and Knees Bounces on TRP</p> <p><u>Key Coaching Points:</u></p> <ul style="list-style-type: none"> - Weight evenly distributed - Hands flat on the bed and directly below shoulders - Shins flat on bed, knees directly below hips - Head natural 	 <p>Equipment: 1x Trampoline</p>
<p>2)</p> <p><u>Key Coaching Points:</u></p> <ul style="list-style-type: none"> - - - - 	<p>Equipment:</p>

SKILL ANALYSIS #2 - FRONT LANDING cont.

Developing Progressions:	
<p>1)</p> <p><u>Key Coaching Points:</u></p> <ul style="list-style-type: none"> - - - - 	<p>Equipment:</p>
<p>2) Front Landing on TRP</p> <p><u>Key Coaching Points:</u></p> <ul style="list-style-type: none"> - Minimal travel, hips land on centre cross - Even landing position - Hands flat on the trampoline, resting below chin - Knees slightly bent on landing, toes pointed 	<div style="text-align: center;">  </div> <p>Equipment: 1x Trampoline</p>
Refining Progressions:	
<p>1)</p> <p><u>Key Coaching Points:</u></p> <ul style="list-style-type: none"> - - - - 	<p>Equipment:</p>
<p>2)</p> <p><u>Key Coaching Points:</u></p> <ul style="list-style-type: none"> - - - - 	<p>Equipment:</p>
Common Errors:	Safety Considerations:

SKILL ANALYSIS #2 - FRONT LANDING cont.

Additional Notes:

Extension Skill: 1/2 Twist to Front Landing, to Feet

Key Coaching Points:

- Vertical start with a tight, straight body position
- Twist initiated at apex by arm swing
- Straight body position in twist
- Minimal travel, hips land on centre cross
- Hands flat on trampoline, resting below chin
- Knees slightly bent on landing, toes pointed

Pre-Requisite Skills:

- Front Landing
- Half Twist
- Full Twist

Progressions:

Beginning:

1)

2)

Developing:

1)


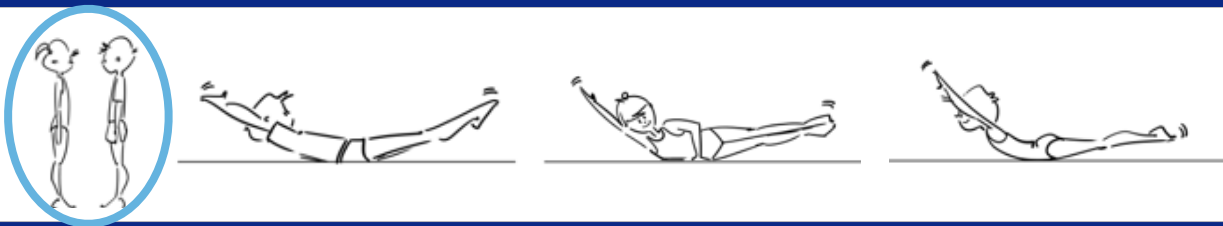
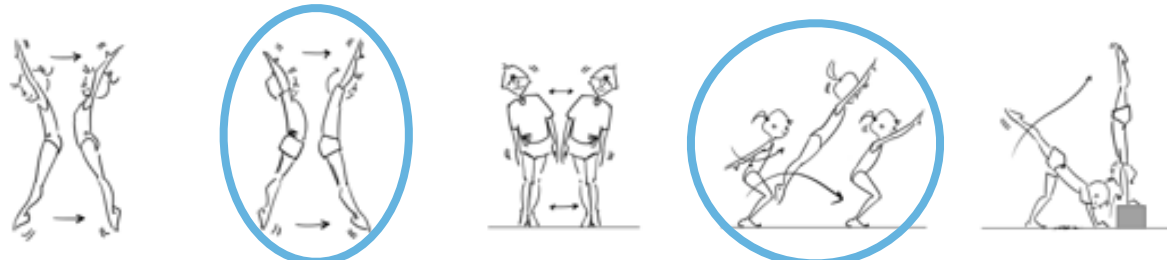


2)

Refining:





1)

2)

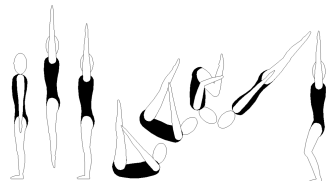
SKILL ANALYSIS #3 - BACK LANDING

Key Coaching Points:	Ideal Model:
<ul style="list-style-type: none"> - Vertical start with a tight, straight body position - Hips flexed, legs straight and squeezed together - Toes pointed to ceiling - Arms straight, squeezed to ears - Chest open - Head neutral - Vertical finish with arms straight and raised by ears 	
Pre-Requisite Skills:	
<ul style="list-style-type: none"> - Straight Jump - V-Sit - Dish Hold 	
Prevailing Body Actions:	
Skill appropriate PBAs have been circled below.	
Body Postures:	
	
Whole Body Actions:	
	
Joint Actions:	
	
	

SKILL ANALYSIS #3 - BACK LANDING cont.

Physical Preparation:	
<p>3) Leg Raises (With or Without Partner)</p> <p><u>Activity Description:</u> Athlete lies on back with legs straight, lift legs to vertical then lowers back down.</p> <p><u>Role in Skill Development:</u> Develops core strength and strong pike shape.</p>	<p>Equipment: none</p> 
<p>2) Falling Tree</p> <p><u>Activity Description:</u> Athlete stands with their arms straight and raised and falls backward onto mat.</p> <p><u>Role in Skill Development:</u> Develops confidence and ability to hold straight body position.</p>	<p>Equipment: 1x Landing Mat</p> 
<p>3) Rock and Rolls</p> <p><u>Activity Description:</u> Athlete rocks back and forth whilst holding a tight tuck position.</p> <p><u>Role in Skill Development:</u> Develops core strength and spatial awareness for backward rotation.</p>	<p>Equipment: none</p> 
<p>Additional Activities:</p> <ul style="list-style-type: none"> - V-Sit on Bosu Ball - V-Snaps - Jump to Seat Landing uphill 	
Beginning Progressions:	
<p>1)</p> <p><u>Key Coaching Points:</u></p> <ul style="list-style-type: none"> - - - - 	<p>Equipment:</p>
<p>2) Pike Rolls</p> <p><u>Key Coaching Points:</u></p> <ul style="list-style-type: none"> - Tight pike position, legs straight and squeezed together - Back straight, hips tucked under - Arms held straight and squeezed to ears - Head neutral 	<p>Equipment: none</p> 

SKILL ANALYSIS #3 - BACK LANDING cont.

Developing Progressions:	
<p>1)</p> <p><u>Key Coaching Points:</u></p> <ul style="list-style-type: none"> - - - - 	<p>Equipment:</p>
<p>2)</p> <p><u>Key Coaching Points:</u></p> <ul style="list-style-type: none"> - - - - 	<p>Equipment:</p>
Refining Progressions:	
<p>1)</p> <p><u>Key Coaching Points:</u></p> <ul style="list-style-type: none"> - - - - 	<p>Equipment:</p>
<p>2) Back Over to Feet on TRP</p> <p><u>Key Coaching Points:</u></p> <ul style="list-style-type: none"> - Legs straight and squeezed together, toes pointed - Hips square, arms straight and extended towards knees - Head neutral, spot end of flyaway on landing - Minimal travel, back and feet landing on centre cross 	<div style="text-align: center;">  </div> <p>Equipment: 1x Trampoline</p>
Common Errors:	Safety Considerations:

SKILL ANALYSIS #3 - BACK LANDING cont.

Additional Notes:

Extension Skill: Back Landing, 1/2 Twist to Feet

Key Coaching Points:

- Vertical start with a tight, straight body position
- Legs straight and squeezed together, toes pointed to ceiling
- Arms straight, squeezed to ears
- Toes drive upwards on rebound as shoulders rise
- Twist initiated at apex by arm swing
- Straight body position in twist

Pre-Requisite Skills:

- Back Landing
- Half Twist
- Full Twist

Progressions:

Beginning:

1)

2)

Developing:

1)

2)

Refining:

1)

2)

COACH EDUCATION SESSION
DOUBLE MINI SECTION

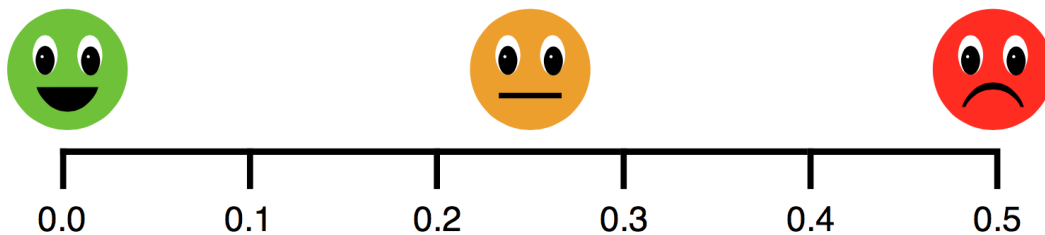
INTRODUCTION

In this section, you will identify the ideal models of basic positions and jumps, and how to coach them. You will also discuss how to maximise an athlete's performance on Double Mini through the use of drills and exercises to improve run up, mount and landing technique.

DEDUCTIONS AND THE IDEAL MODEL

In competitions, every skill in a routine or pass is given a mark from **0.0 to 0.5**. This mark is the sum of the deductions taken by the judges for the skill. A skill with a score of 0.0 is very good as it has no deductions while a skill with a score of 0.5 is not very good as it has a lot of deductions. A skill with no deductions, or a score of 0.0, is an ideal model.

SKILL DEDUCTIONS



Here are some examples of common deductions for Tuck, Pike and Straddle Jumps:

Arm Position (Max. 0.1 per skill)

- 0.1 Hands not on shins in Tuck, Pike or Straddle Jump
- 0.1 Incorrect arm position in extension

Leg Position (Max. 0.2 per skill)

- 0.1 Toes not pointed
- 0.1 Knees bent in Pike or Straddle Jump
- 0.1 - 0.2 Legs below horizontal in Pike or Straddle Jump
- 0.1 - 0.2 Hips open in Tuck Jump

Body Position (Max. 0.2 per skill)

- 0.1 No extension to Straight Position in Tuck, Pike or Straddle Jump
- 0.1 Shoulders forward in Pike or Straddle Jump





Deductions are also taken at the end of a pass or routine for the quality of the landing, up to a maximum of 0.3 (0.2 on Trampoline). Here are some examples of common landing deductions:

Landing (Max. 0.3 OR 0.2 on Trampoline)

- 0.1 Uncontrolled arm movement
- 0.1 Turning to the judges before being totally stabilised
- 0.1 - 0.3 Steps or bounces

Landings also incur additional penalties which are larger one-off deductions taken from the total score. Landing penalties include errors such as falling over (1.0 penalty), touching the track or landing zone with one or both hands (0.5 penalty) and assistance from a coach or spotter after landing (1.0 penalty).

Ideal Models - Basic Positions and Jumps

Straight Position:	
KCP: - - - -	What feedback would you give this athlete? <div style="text-align: right;">  </div>
Tuck Position:	
KCP: - - - -	What feedback would you give this athlete? <div style="text-align: right;">  </div>
Straddle Position:	
KCP: - - - -	What feedback would you give this athlete? <div style="text-align: right;">  </div>
Pike Position:	
KCP: - - - -	What feedback would you give this athlete? <div style="text-align: right;">  </div>

Extension to Straight Shape:	
KCP: - - - - -	<div style="text-align: right;">  </div>

Drills - Sprinting Technique

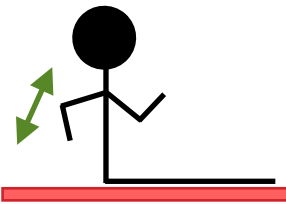
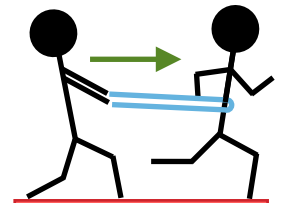
Correct sprinting technique maximises speed, minimises the risk of injury and has a multitude of benefits outside of Trampoline Gymnastics.

Athletes should always be encouraged to use correct sprinting technique when practicing their run up. An effective run up allows athletes to drive harder into their mount and gain valuable height as they initiate their pass.

Key Coaching Points:

- Torso straight and vertical, chest open and head neutral
- Elbows bent at a 90° Angle
- Shoulders relaxed
- Hands travelling from 'Hip to Lip'
- Front knee drives forward, thigh lifts to horizontal
- Back leg straightens through stride
- Front foot strikes ground directly below knee



Drills:	
1) Seated Arm Swings	 <p>Equipment: none</p>
2) Resistance Run with Partner	 <p>Equipment: 1x Theraband</p>
3)	<p>Equipment:</p>
4)	<p>Equipment:</p>

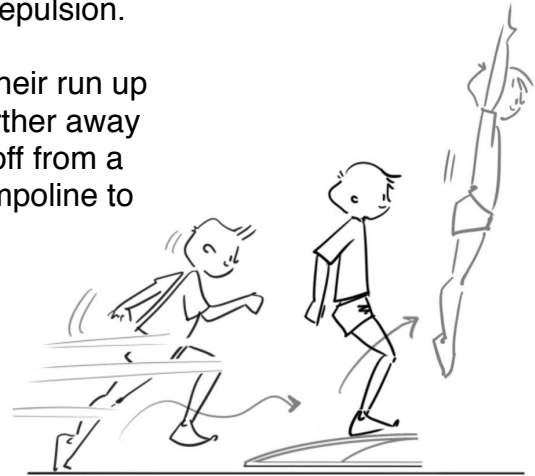
Drills - Mount Technique

Correct mount technique maximises power and enables an athlete to perform at their best. The mount is broken up into several distinct phases: take-off, flight, contact and repulsion.

As an athlete's confidence grows and the speed of their run up increases, they should aim to take-off further and further away from the mount bed. Ideally, an athlete should take-off from a distance greater than their height away from the trampoline to maximise their generated height.

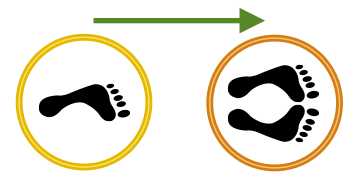
Key Coaching Points:

- Strong repulsion from single foot
- Hips pike, knees drive forward
- Feet shoulder width apart on contact, knees bent
- Arms straight, held against sides
- Chest open, head neutral
- Sharp leg extension, arms swing upwards



Drills:

1) Hoop Placement Drill



Equipment: 2x Hoops

2)

Equipment:

3)

Equipment:

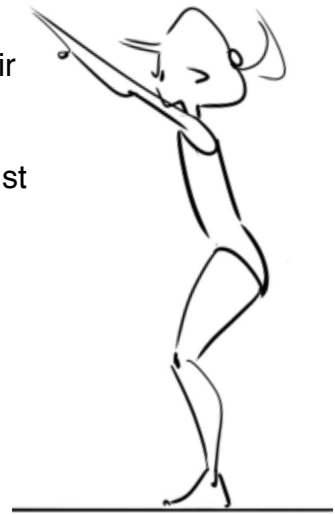
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Equipment:

Drills - Landing Technique

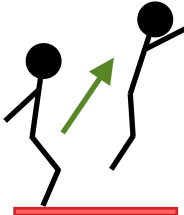

Correct landing technique is important to prevent injury, develop good body posture and maximise performance scores. The 'Check' landing is the most technically correct landing.

In a 'Check' landing, an athlete lands with their knees bent and their arms straight and raised at a 45° Angle. Once they have gained control of their landing, they must rise into a straight body position with their legs straight and arms raised to vertical. This position must then be held for three (3) seconds.



Key Coaching Points:

- Feet flat on the ground and shoulder width apart
- Knees slightly bent to absorb impact
- Back straight with chest open, head neutral
- Arms extended to the front, raised at a 45° Angle
- Controlled extension to straight position
- Final position held for three seconds

Drills:	
1) Squat Jumps	 <p>Equipment: none</p>
2) Beam Squat Jumps	 <p>Equipment: 1x beam</p>
3)	<p>Equipment:</p>
4)	<p>Equipment:</p>

COACH EDUCATION SESSION
TUMBLING SECTION

INTRODUCTION

The forward and backward roll, handstand and cartwheel are basic tumbling skills that have significant importance across all Trampoline Gymnastic disciplines. The presence of these fundamental skills can be seen over and over again throughout any Trampoline or Tumbling routine, even though the complexity of the movement may change. Because of their importance to an athlete's development in the sport, it is vital that these skills are taught properly.

In this section, you will work through a skill development plan for each of the above mentioned skills with a specific focus on progressions, spotting and shaping. Please note that the drills listed in this section are only some of the drills that can be used to teach these skills and you are strongly encouraged to seek out additional drills to supplement these exercises.

PRE-REQUISITES AND PROGRESSIONS

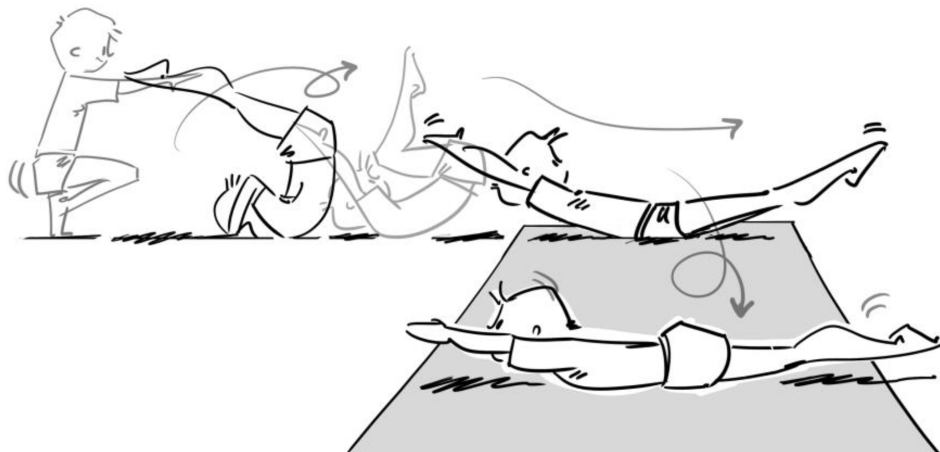
The skills in this section are fundamental pre-requisites, meaning that the dominant movement or prevailing body action they teach is necessary for a wide range of skills across all Trampoline Gymnastic disciplines. Here is a quick breakdown of how these basic skills relate to more advanced skills.

The **Forward Roll** teaches forward rotation necessary for Front Somersaults, Baranis, Rebounds and Ballouts. Future progressions such as Dive Roll and Handstand Forward Roll teach spatial awareness necessary for a $\frac{3}{4}$ Front Sault.

The **Backward Roll** teaches backward rotation necessary for Back Somersaults, Back Overs and Codys. Future progressions such as Backward Roll Extension teach the spatial awareness and timing necessary for Back Somersault extensions (or kick-outs).

The **Handstand** teaches straight body tension necessary for Front and Back Layouts, Front and Back Twisting, Cartwheels, Round Offs and Back Handsprings. Future progressions such as Bunny Hop Handstand teach the spatial awareness and timing necessary for Front Somersault extensions (or kick-outs).

The **Cartwheel** teaches rotational spatial awareness necessary for Front and Back Somersaults and is important in determining natural twisting direction.

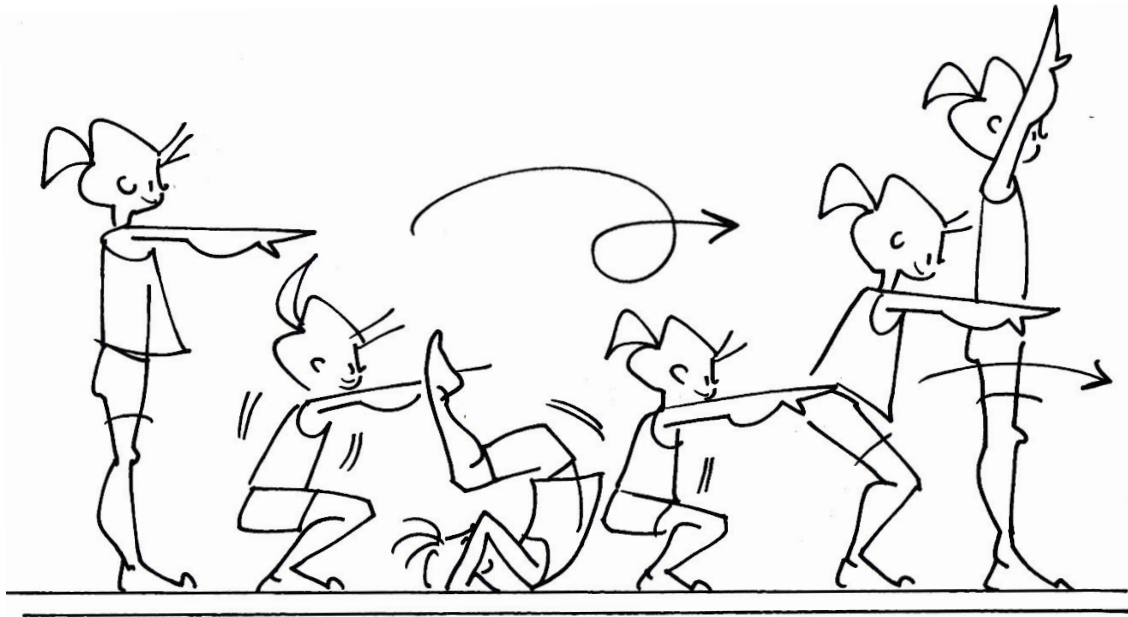


An example of a Forward Roll being used to teach a more advanced skill, in this case, Barani (T)

SKILL #1 - FORWARD ROLL

INTRODUCTION

The forward roll is an essential skill for all athletes as it introduces the concept of forward rotation and develops an athlete's spatial awareness and co-ordination. As a fundamental pre-requisite, it is important that athletes master this skill before progressing to more complex forward rotational skills. The forward roll is also an important safety measure for forward over-rotation, allowing athletes to preserve their momentum and fall safely.



THE IDEAL MODEL

- Head in neutral
- Hands flat on mat with fingers spread
- Tight tuck with legs squeezed together
- Rounded back with hips square
- Toes pointed
- Straight trajectory
- Arms straight and outstretched to stand

PRE-REQUISITE SKILLS

- Bunny Hops
- Tuck Hold
- Rock and Rolls
- Candlestick Hold

SAFETY CONSIDERATIONS

Adequate physical preparation is vital to ensure that athletes are strong enough to perform the skill with minimal risk of injury. Athletes need the arm strength to hold their arms straight, preventing their head from hitting the floor as they initiate the roll. They also need the leg strength to adequately initiate the rotation.

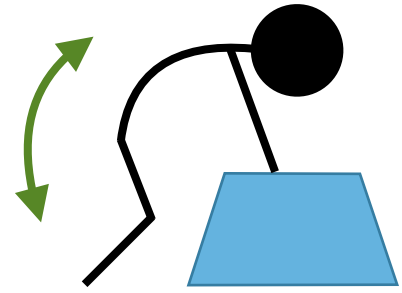
When teaching hand placement, make sure your athletes place their hands flat and facing forward or slightly inwards to minimise elbow strain. This is especially important for athletes progressing to dive rolls or using forward rolls in the context of a safety position.

BEGINNING PROGRESSIONS

1) Bunny Hops with a box

Have the athlete perform consecutive bunny hops with their hands on a small box. The athlete's hands should be flat with fingers pointing forward and they should aim to lift their hips over the top of their shoulders.

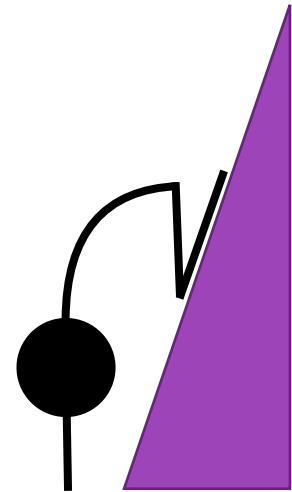
Equipment: 1 small box



2) Tuck Handstand Hold on wedge against wall

Have the athlete stand with their back against the wedge. The athlete should bend down, placing their hands flat on the floor, and walk their feet part-way up the wedge. The athlete should then bend their knees and walk their hands in towards the wall into a tuck handstand position.

Equipment: 1 wedge

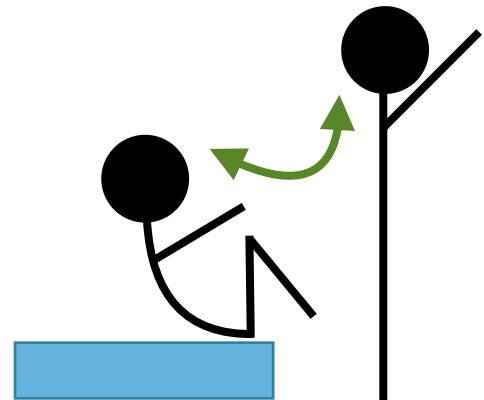


3) Rock and Roll to stand off panel mat

Have the athlete perform a rock and roll on the edge of the panel mat with their arms straight and hands reaching forward past their knees. As the athlete rocks forward, they should place their feet flat on the floor and extend their arms forward to stand, finishing in a strong, straight body shape with their arms raised.

As your athletes become more competent with the drill, gradually reduce the height of the panel mat.

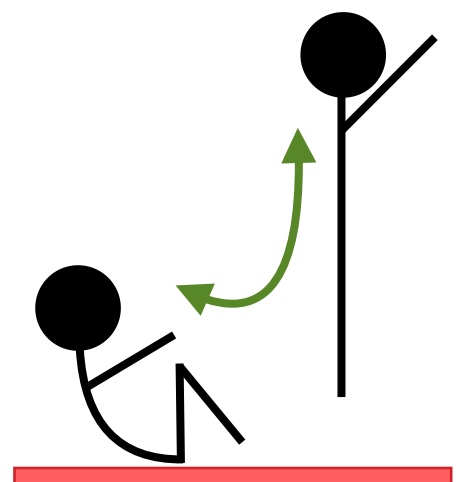
Equipment: 1 stacked panel mat



4) Rock and Roll Burpees

Have the athlete perform a rock and roll from standing whilst maintaining a tight tuck shape. As the athlete rolls forward, they should place their feet flat on the floor underneath their bottom, extend their arms forward and use a strong leg push to perform a high straight jump before landing and finishing in a strong, straight body shape with their arms raised.

Equipment: none



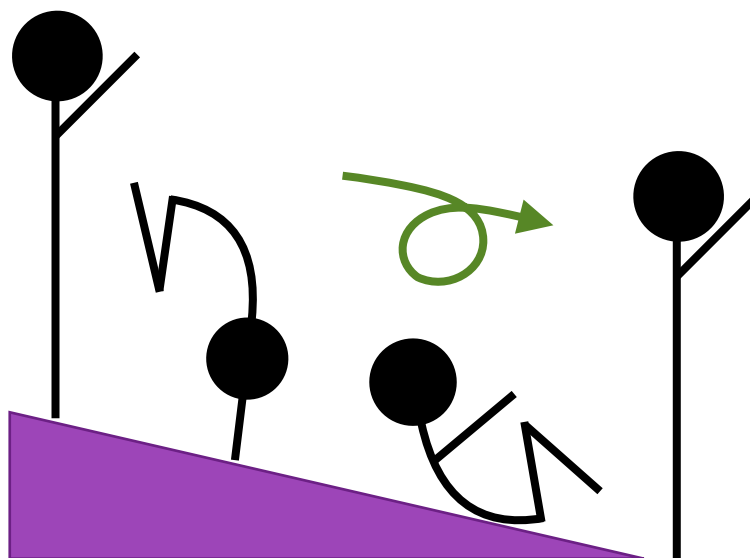
DEVELOPING PROGRESSIONS

5) Forward Roll down wedge

Have the athlete start standing at the top of the wedge with their arms straight and raised. The athlete should then tuck down and place their hands flat on the wedge in front of them. Using a 'bunny hop' take off, the athlete should initiate their roll, pushing from their toes and lifting their hips over the top of their shoulders. As the athlete rolls forward onto their bottom, they should place their feet flat on the floor underneath their bottom and extend their arms forward to stand.

As your athletes become more competent with the drill, have them start standing on the floor in front of the wedge to increase the level of difficulty.

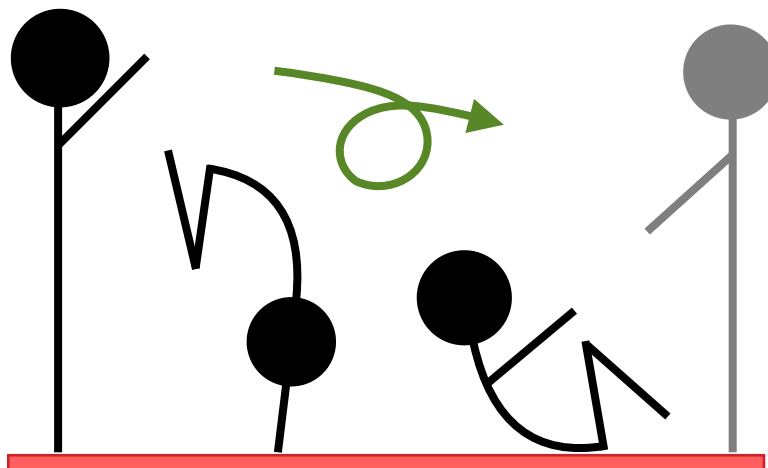
Equipment: 1 wedge



6) Forward Roll with partner pick up

Have the athlete's partner stand on the floor reaching forward whilst the athlete performs a forward roll along the floor toward them. As the athlete rolls forward onto their bottom, they should place their feet flat on the floor underneath their bottom and extend their arms forward towards their partner, grabbing their hands. The partner should then pull the athlete toward them, assisting them into a standing position.

Equipment: none



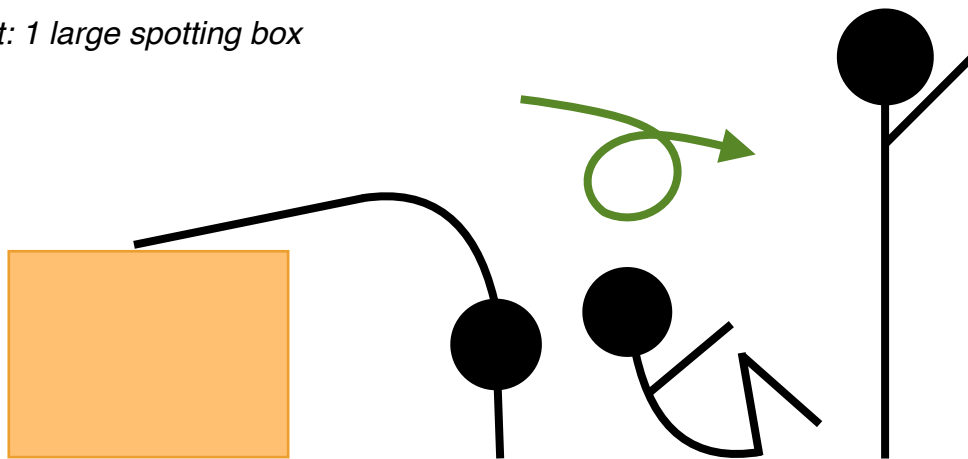
DEVELOPING PROGRESSIONS cont.

7) Forward Roll from Front Support with raised feet

Have the athlete start in a front support position with the top of their feet resting on a large spotting box. The athlete should then slowly pull their hips forward, sliding their feet towards the edge of the box and pulling their hips over the top of their shoulders, initiating a forward roll. As the athlete rolls onto their bottom, they should plant their feet, extend their arms forward and use a strong leg push to stand, finishing in a strong, straight body shape with their arms raised.

Encourage your athletes to keep their hips square and legs squeezed together throughout the roll.

Equipment: 1 large spotting box



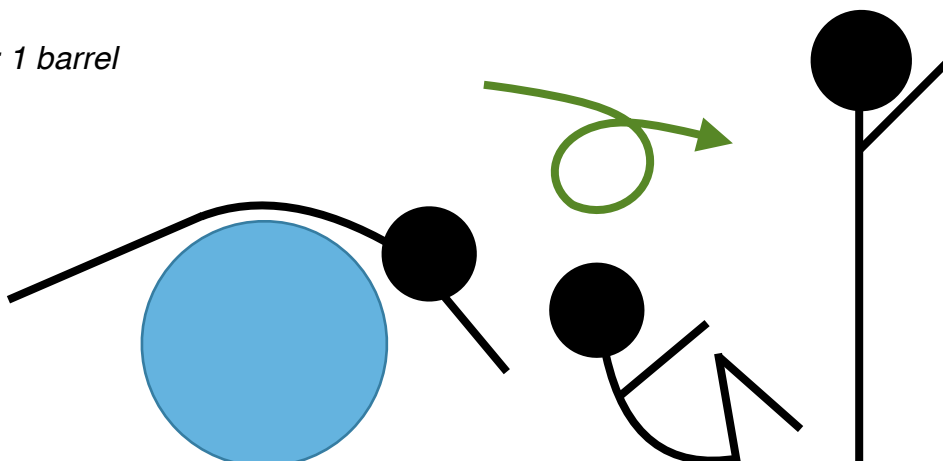
8) Glide Roll over barrel

Line up the barrel along a line on the floor as shown in the diagram.

Have the athlete stand facing the barrel with their hands resting lightly on the top. The athlete should then lean down and press forward with their hands, rolling the barrel forward whilst 'gliding' over the top in a straight position. As the athlete tilts forward, they should place their hands down flat on the floor in front of them and pull their hips over the top of their shoulders, initiating a forward roll.

As your athletes become more competent with the drill, encourage them to step or run into the glide.

Equipment: 1 barrel



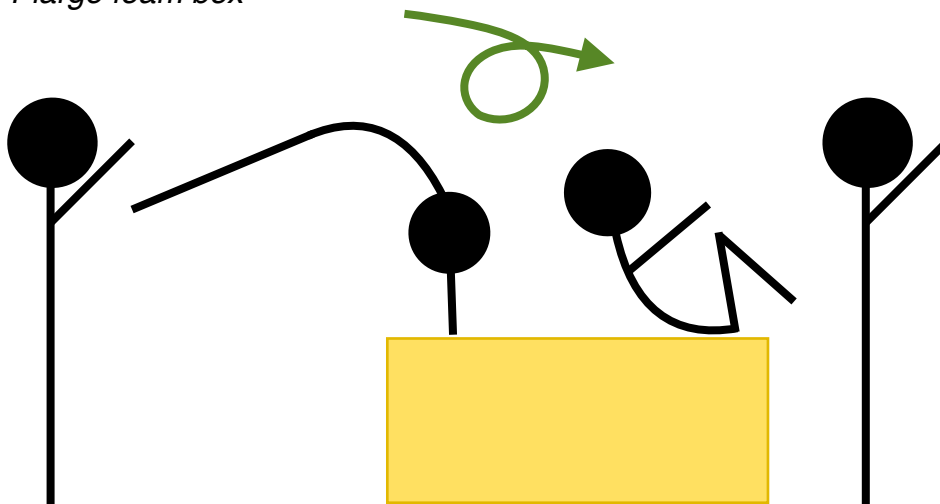
REFINING PROGRESSIONS

9) Forward Roll over large foam box

Have the athlete stand facing a large foam box with their arms straight and raised. The athlete should then perform a forward roll over the top of the box, starting with a strong 'piked' takeoff and finishing in standing with their feet on the floor.

Encourage your athletes to get their hips as high over their shoulders as possible, initiating the roll with a strong leg push and keeping their legs straight during the first phase of rotation.

Equipment: 1 large foam box



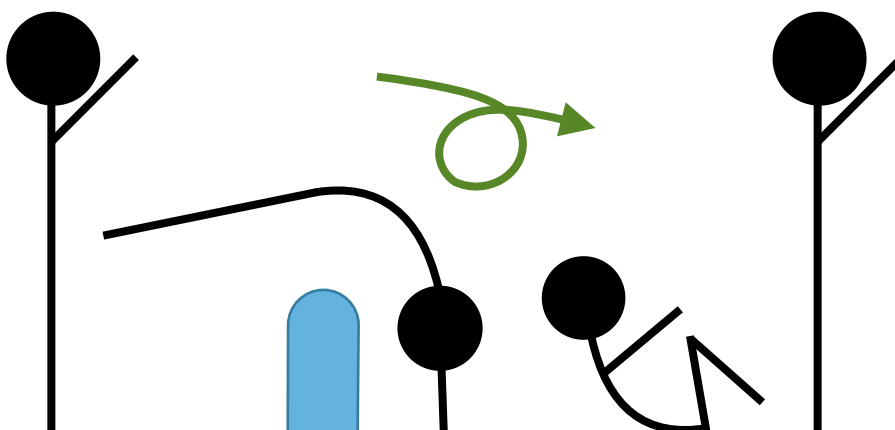
10) Forward Roll over small obstacle

Place a small obstacle along a line on the floor as shown in the diagram.

Have the athlete stand facing the obstacle with their arms straight and raised. The athlete should then perform a forward roll from a small jump, placing their hands on the far side of the object.

As your athletes become more competent with the drill, use progressively larger obstacles to further develop their leg push.

Equipment: 1 small obstacle



SPOTTING

Use this space to make notes on appropriate hand spotting and shaping practices.

Hand Spotting:
Shaping:

Common Errors and Key Coaching Points

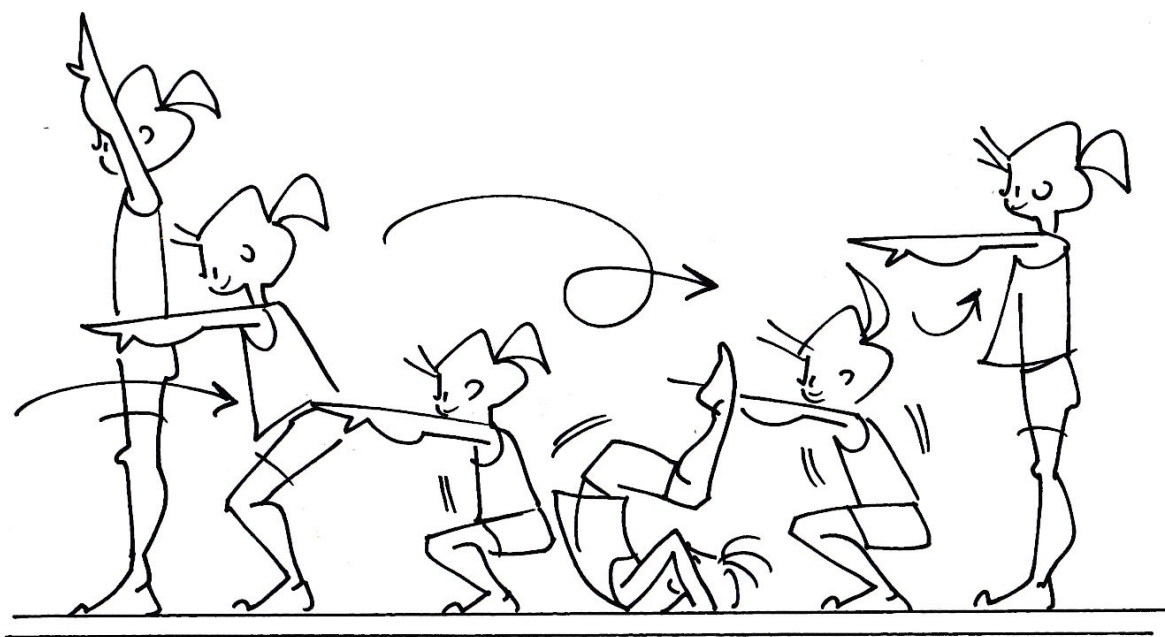
Read through the following scenarios, identify the common error and describe what steps you would take to correct it.

Scenario 1:	
Jeremy has just learnt how to perform a forward roll and you notice he has a bad habit of keeping his legs straight, piking down and balancing on his head as he initiates his roll.	What should the athlete be doing differently? How would you help this athlete to improve?
Scenario 2:	
Alannah is practicing the Level 1 Tumbling routine and you notice that she consistently uses her hands to push herself up into a standing position before initiating the jump 1/2 twist.	What should the athlete be doing differently? How would you help this athlete to improve?

SKILL #2 - BACKWARD ROLL

INTRODUCTION

The backward roll is an essential skill for all athletes as it introduces the concept of backward rotation and develops an athlete's spatial awareness and co-ordination. Much like the forward roll, a backward roll is a fundamental pre-requisite and it is crucial that athletes master this skill before progressing to more complex backward rotational skills. The backward roll also teaches the dominant movement of a safety roll which is an important safety measure for backward over-rotation, allowing athletes to preserve their momentum and fall safely.



THE IDEAL MODEL

- Head in neutral
- Tight tuck with legs squeezed together
- Rounded back with hips square
- Hands flat on mat with fingers spread
- Toes pointed
- Straight trajectory
- Arms straight and outstretched to stand

PRE-REQUISITE SKILLS

- Tuck Hold
- Rock and Rolls
- Candlestick Hold
- Bunny Hops
- Forward Roll

SAFETY CONSIDERATIONS

It is important that athletes use correct technique when performing backward rolls to prevent neck strain. If an athlete cannot yet support their full weight on their hands (i.e. bunny hop or tuck handstand hold against a wall), they are not ready to perform a backward roll.

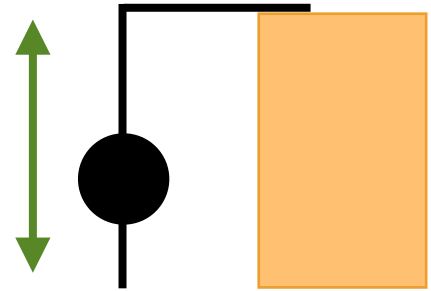
Be prepared to spot the athlete on their first attempts at the full movement. The use of training aids such as wedges and other soft play equipment is also strongly advised.

BEGINNING PROGRESSIONS

1) Pike Push-Ups

Have the athlete perform consecutive pike push-ups with their feet resting on top of a large spotting box. The athlete's hands should be flat on the floor and their legs straight and squeezed together.

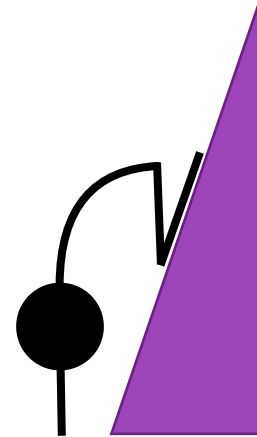
Equipment: 1 large spotting box



2) Tuck Handstand Hold on wedge against wall

Have the athlete stand with their back against the wedge. The athlete should bend down, placing their hands flat on the floor, and walk their feet part-way up the wedge. The athlete should then bend their knees and walk their hands in towards the wall into a tuck handstand position.

Equipment: 1 wedge

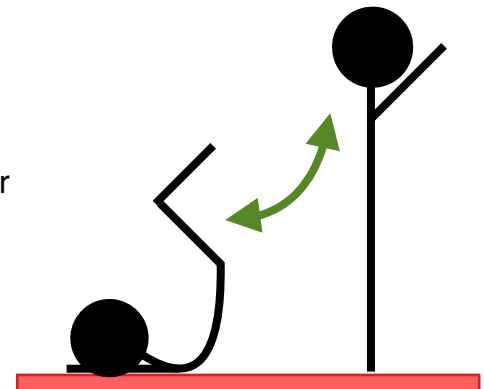


3) Roll to Tucked Candlestick

Have the athlete stand in an upright position with their arms straight and raised. The athlete should then tuck down and roll backwards onto their shoulders whilst squeezing their arms firmly to their ears and pointing their toes to the roof in an open tuck shape.

Encourage your athletes to hold the position, keeping their arms straight and core engaged.

Equipment: none

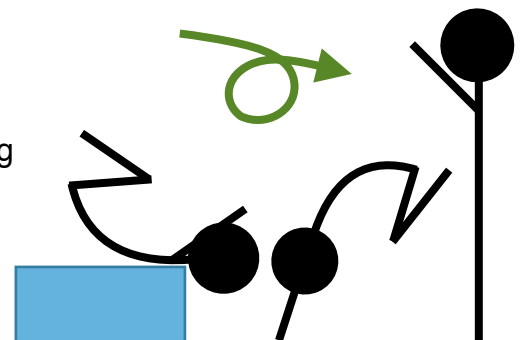


4) Roll Over off panel mat

Have the athlete lay in a 'sit-up' position on top of a panel mat with their knees bent, shoulders hanging off the end and arms reaching back towards the floor.

The athlete should drive up with their knees, pulling their hips over the top of their shoulders whilst pressing down through their hands. The athlete should then straighten their legs and place their feet flat on the floor behind them, pushing off from their hands and finishing in a strong, straight body shape with their arms raised.

Equipment: 1 stacked panel mat



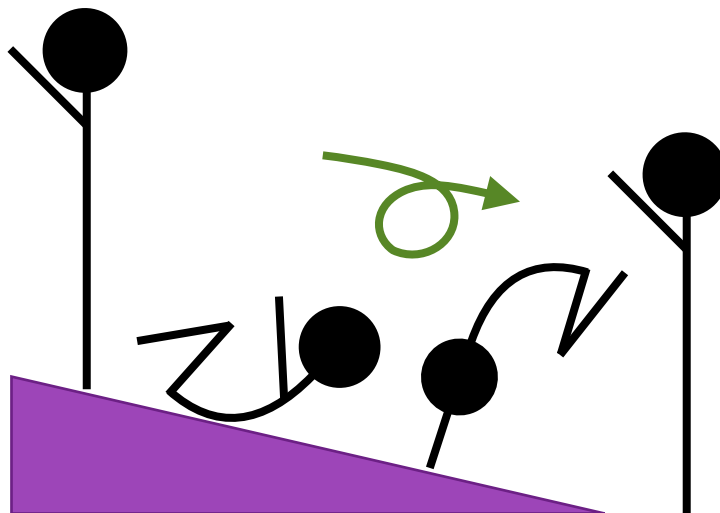
DEVELOPING PROGRESSIONS

5) Backward Roll down wedge

Have the athlete start standing at the top of the wedge with their arms straight and raised. The athlete should then tuck down and roll back onto their shoulders, bending their arms and placing their hands flat on the wedge next to their ears. Using a strong knee drive and arm push, the athlete should pull their hips over the top of their shoulders and land with their feet flat on the wedge before lifting their chest and rising into a standing position.

As your athletes become more competent with the drill, have them start standing on the floor in front of the wedge to increase the level of difficulty.

Equipment: 1 wedge

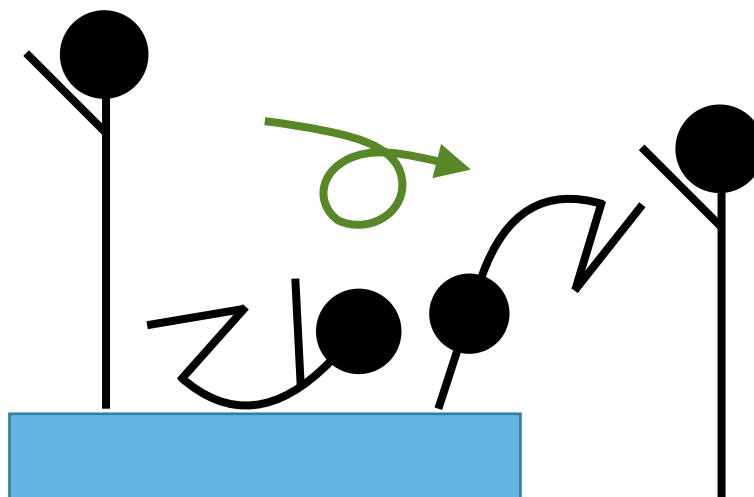


6) Backward Roll off panel mat

Have the athlete stand on top of the panel mat with their arms straight and raised. The athlete should then tuck down and perform a backward roll, placing their hands flat on the end of the mat and landing with their feet flat on the floor.

As your athletes become more competent with the drill, gradually reduce the height of the panel mat.

Equipment: 1 stacked panel mat



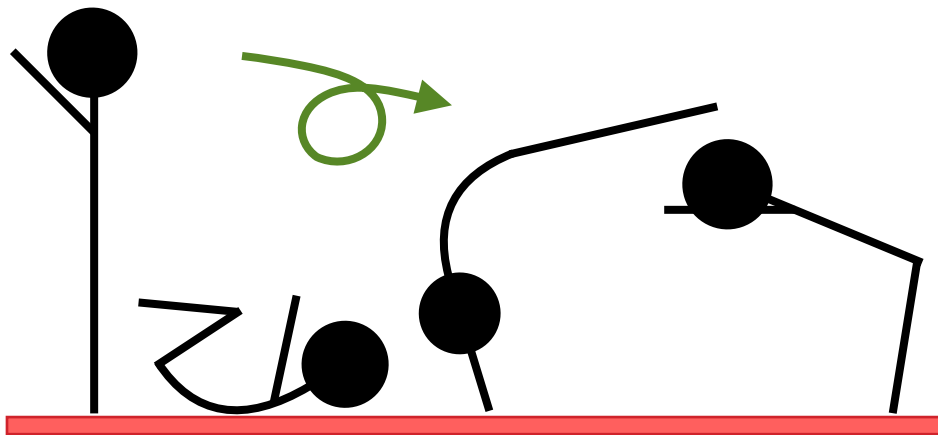
DEVELOPING PROGRESSIONS cont.

7) Backward Roll to Standing Straddle

Have the athlete start standing in an upright position with their arms bent and hands turned inward. The athlete should then tuck down and perform a backward roll. As the athlete rolls up onto their hands, they should straighten and separate their legs, placing their feet either side of their hands on the floor. The athlete should then push up with their hands, finishing their roll in a standing straddle shape with their arms extended in front of them.

Encourage your athletes to point their toes and keep their hips square throughout the rotation of the roll.

Equipment: none

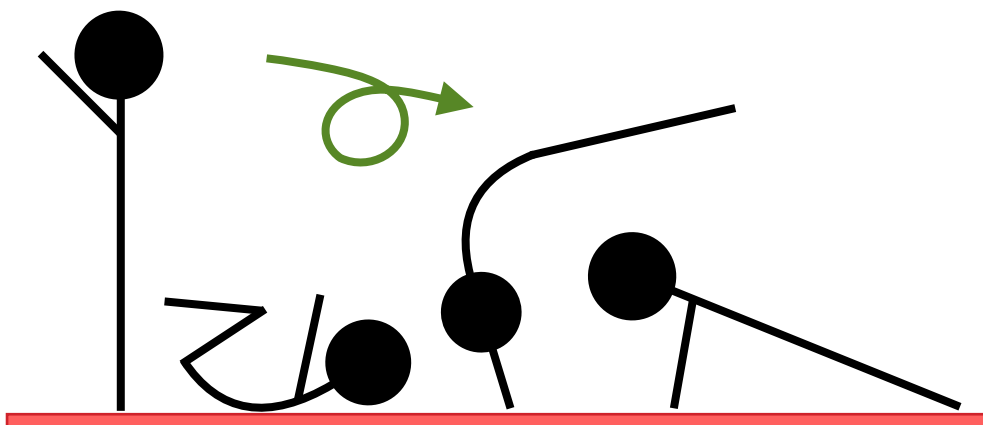


8) Backward Roll to Front Support

Have the athlete start standing in an upright position with their arms bent and hands turned inward. The athlete should then tuck down and perform a backward roll. As the athlete rolls up onto their hands, they should straighten their legs and drive their toes up and backward. The athlete should then push up with their hands, finishing their roll in front support.

Encourage your athletes to point their toes and keep their hips square throughout the rotation of the roll.

Equipment: none



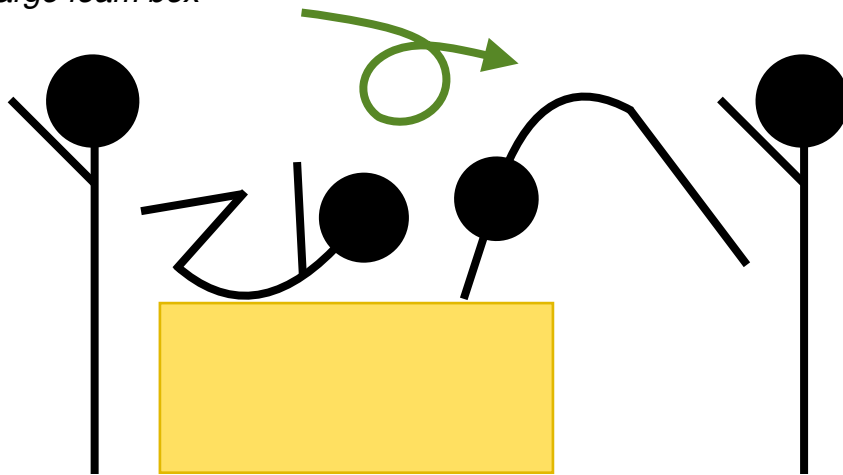
REFINING PROGRESSIONS

9) Backward Roll over large foam box

Have the athlete stand with their back to a large foam box with their arms straight and raised. The athlete should then perform a backward roll over the top of the box, starting with a tuck down onto the box and finishing in standing, facing the box with their feet on the floor.

As your athletes become more competent with the drill, increase the height of the box either by placing it on top of a landing mat or adding a wedge on top. Have your athletes then repeat the drill, this time using a jump to tuck sit to initiate their roll.

Equipment: 1 large foam box



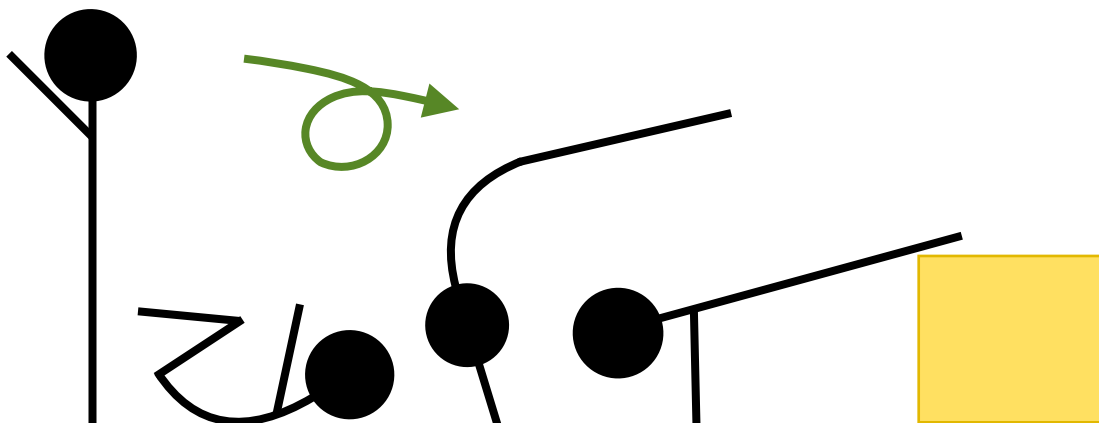
10) Backward Roll to Front Support with raised feet

Place a large foam box on the floor as shown in the diagram.

Have the athlete start standing facing away from the box with their arms bent and hands turned in. The athlete should perform a backward roll, using a sharp toe drive to push their feet back and up onto the top of the foam box behind them, finishing in front support position with their feet raised.

As your athletes become more competent with the drill, increase the height of the box either by placing it on top of a landing mat or adding additional boxes on top

Equipment: 1 large foam box



SPOTTING

Use this space to make notes on appropriate hand spotting and shaping practices.

Hand Spotting:
Shaping:

Common Errors and Key Coaching Points

Read through the following scenarios, identify the common error and describe what steps you would take to correct it.

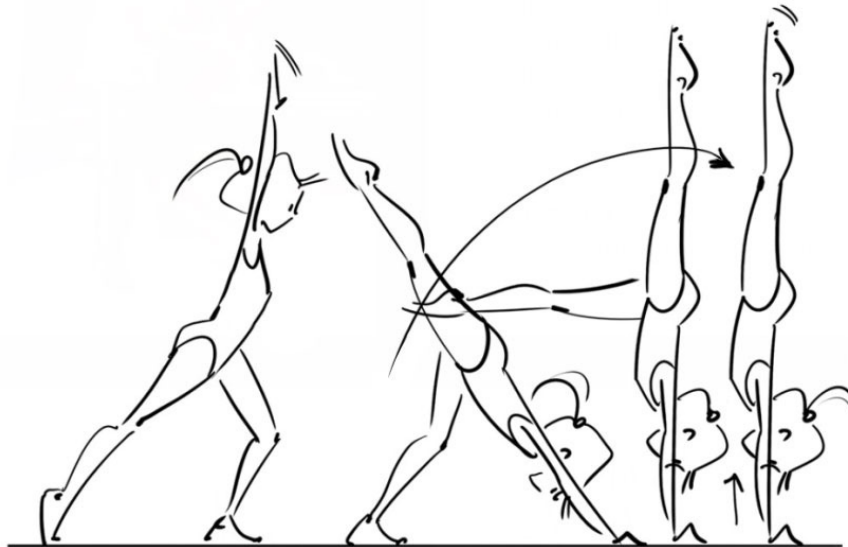
Scenario 1:	
Elyse is having issues learning backward rolls down a wedge. You notice that as soon as she places her hands, she falls backward and lands back on top of the wedge in a 'crab' shape.	What should the athlete be doing differently? How would you help this athlete to improve?
Scenario 2:	
Daniel is working on his backward rolls and can't seem to keep himself straight. You notice that when he rolls, he tilts his head to the side and clips a knee on the floor before standing.	What should the athlete be doing differently? How would you help this athlete to improve?

SKILL #3 - HANDSTAND

INTRODUCTION

The handstand is a fundamental Tumbling skill and an important building block in developing athlete's co-ordination and spacial awareness in early rotational and inverted aerial skills. It is imperative to develop the shaping and strength for this skill from the beginning as this will create a strong foundation for the high level skills to be built upon in the future.

Please note that some diagrams in the development section depict a right-handed drill and these drills will need to be reversed for left-handed athletes.



THE IDEAL MODEL

- Arms straight, elevated shoulder girdle
- Hands flat and slightly turned inward
- Stomach in, hips tucked under
- Core engaged
- Legs straight and squeezed together
- Toes pointed
- Head neutral, eyes on thumbs

PRE-REQUISITE SKILLS

- Dish Hold
- Superman Hold
- Front Support
- Bunny Hops

SAFETY CONSIDERATIONS

As a fundamental skill, athletes will typically learn a handstand at a young age. It is therefore important to monitor the number of repetitions performed by an athlete to prevent overuse injuries to the wrist or elbow. Proper hand placement also prevents wrist and elbow strain, have your athletes place their hands flat on the mat, facing forward or slightly turned inward with their fingers spread.

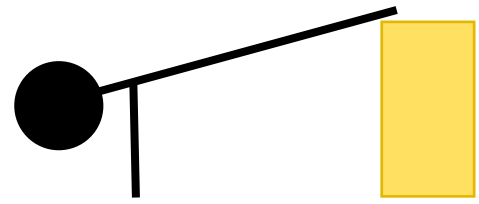
Be prepared to spot and shape the athlete as they learn this skill. It is important that your athletes can balance directly on top of their hands in a tight straight body position with an elevated shoulder girdle. Arching of the back or counterbalancing leads to back strain and considerable issues in related skills in the future. For this reason, do not have your athletes practice handstands with their back against a wall.

BEGINNING PROGRESSIONS

1) Front Support with Raised Feet

Have the athlete hold a front support position with the top of their feet resting on top of a large box. The athlete's hands should be flat on the floor with fingers spread, the hips in line and head in a neutral position.

Equipment: 1 large foam box

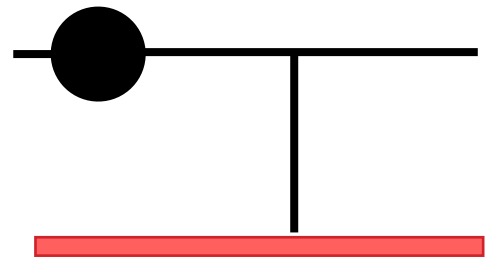


2) Arabesque Hold

Have the athlete hold an arabesque with their arms straight and extended in front of them. The athlete should keep their supporting leg straight and aim to hold their back leg in line with their torso, keeping their leg straight, toes pointed and hips square.

Make sure that your athletes get a chance to try this drill on both legs.

Equipment: none

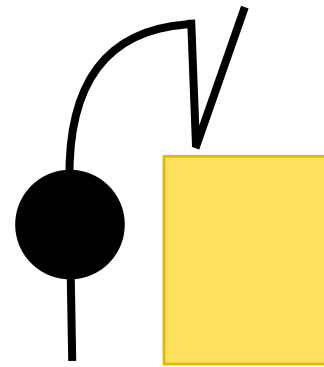


3) Tuck Handstand Hold on large foam box

Have the athlete hold a tuck handstand with their knees resting on the edge of a large box. The athlete's arms should be straight, head neutral and hands flat on the floor with fingers spread.

As your athletes become more competent with the drill, have them straighten their legs and perform a Pike Handstand hold with only the tops of their feet resting on the box.

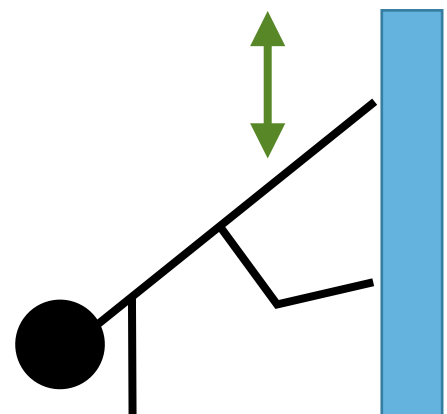
Equipment: 1 large foam box



4) Wall walks

Have the athlete stand against the wall facing away and take a large step forward. The athlete should then bend down, place their hands flat on the floor in front of them, and walk their feet as far up the wall as possible without moving their hands. The athlete should then walk their feet back down the wall and repeat the drill.

Equipment: none



DEVELOPING PROGRESSIONS

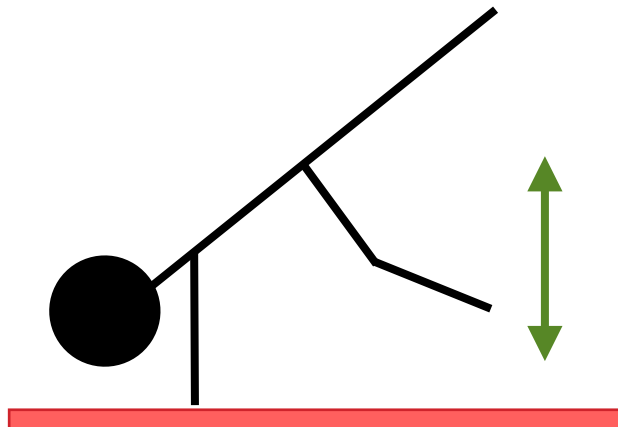
5) Rebound Kicks

Have the athlete start in a lunge shape with their back leg extended and arms straight and raised in line with their back leg. The athlete should then lean forward, pivoting from their hips and kicking up into an L-shape handstand.

The athlete should then drop back down onto their supporting foot before rebounding back into the L-shape handstand and repeating the drill.

Encourage your athletes to keep their arms straight and to get their hips as high over their shoulders as possible. Make sure that your athletes get a chance to try this drill on both legs.

Equipment: none

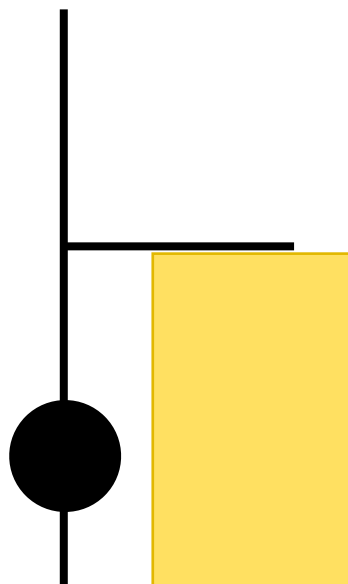


6) L-Shape Handstand with leg resting on large foam box

Have the athlete hold a pike handstand with the tops of their feet resting on the edge of a large box. The athlete's arms should be straight, head neutral and hands flat on the floor with fingers spread. The athlete should then lift one leg into a vertical position and hold the position.

Encourage your athletes to keep their arms and legs straight and to get their hips as high over their shoulders as possible. Make sure that your athletes get a chance to try this drill on both legs.

Equipment: 1 large foam box



DEVELOPING PROGRESSIONS cont.

7) L-Shape Lunge Handstand with hoops

Place 3 coloured hoops in a row on the floor as shown in the diagram.

Have the athlete stand in a lunge shape with their feet in the coloured hoops as shown. The athlete should have their chest open and their arms straight and raised in line with their back leg. The athlete should then lean forward and place their hands flat on the floor in the hoop in front of them, kicking into a L-shape handstand.

Encourage your athletes to get their hips and legs as high over their shoulders as possible. This drill should then be repeated using a full handstand for further development.

Equipment: 3 coloured hoops

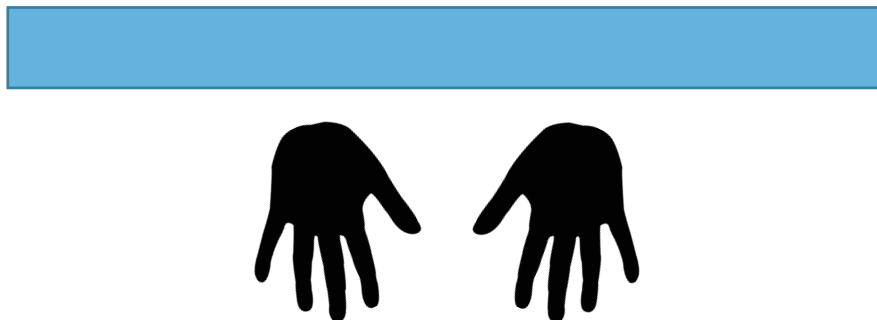


8) Handstand against wall

Have the athlete stand with their back against the wall. The athlete should then bend down, place their hands flat on the floor in front of them and walk their feet as far up the wall as possible. The athlete should then walk their hands in until their body is parallel to the surface of the wall. The athlete's nose and the back of their toes should be the only body parts in contact with the wall.

A tight body position and elevated shoulder girdle are essential to maintaining good technique. Encourage your athletes to also keep their head neutral, core engaged and toes pointed.

Equipment: none



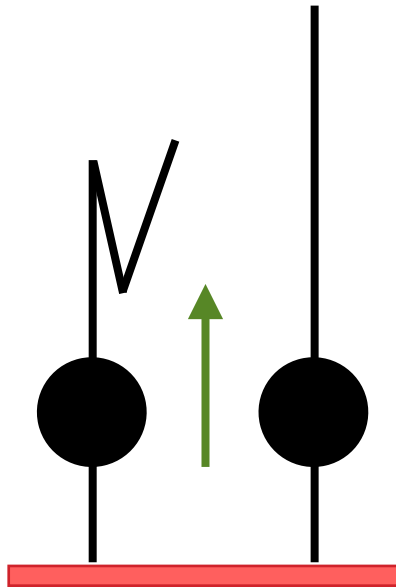
REFINING PROGRESSIONS

9) Bunny Hop Handstand

Have the athlete perform a bunny hop into tuck handstand position on the floor. The athlete's hips should be directly over their shoulders and their legs should be in a tight tuck with their feet in close to their bottom and their toes pointed. The athlete should then drive their toes upward, extending their legs into a handstand position.

Encourage your athletes to get their hips and legs as high over their shoulders as possible.

Equipment: none

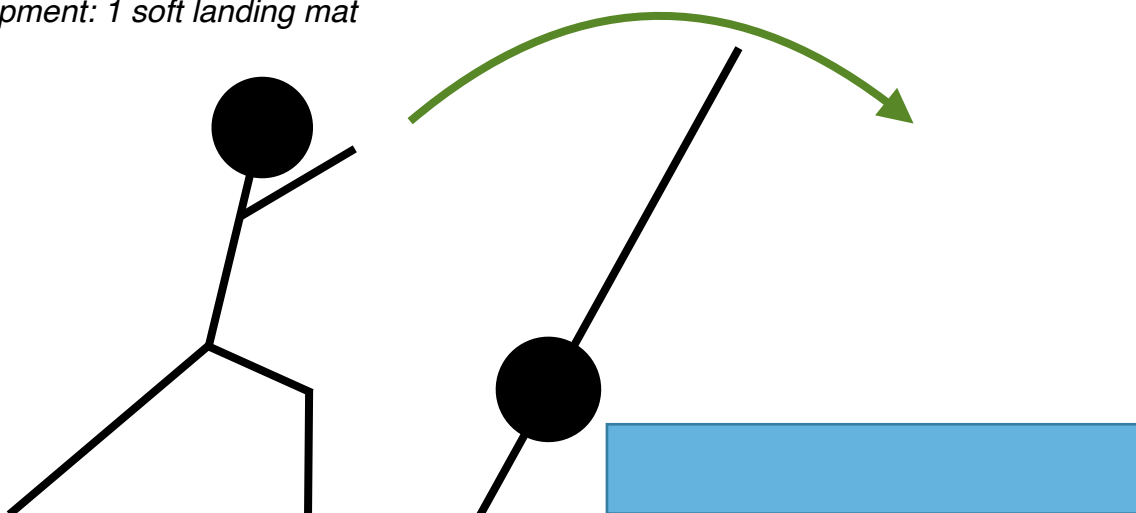


10) Handstand Flatback

Have the athlete stand in a lunge shape in front of a soft landing mat with their chest open and their arms straight and raised in line with their back leg. The athlete should then lean forward and kick into a handstand. Maintaining a tight body position, the athlete should shift their weight forward and fall into a fallback position on the soft landing mat in front of them.

Encourage your athletes to keep their head neutral, toes pointed and legs straight and squeezed together.

Equipment: 1 soft landing mat



SPOTTING

Use this space to make notes on appropriate hand spotting and shaping practices.

Hand Spotting:
Shaping:

Common Errors and Key Coaching Points

Read through the following scenarios, identify the common error and describe what steps you would take to correct it.

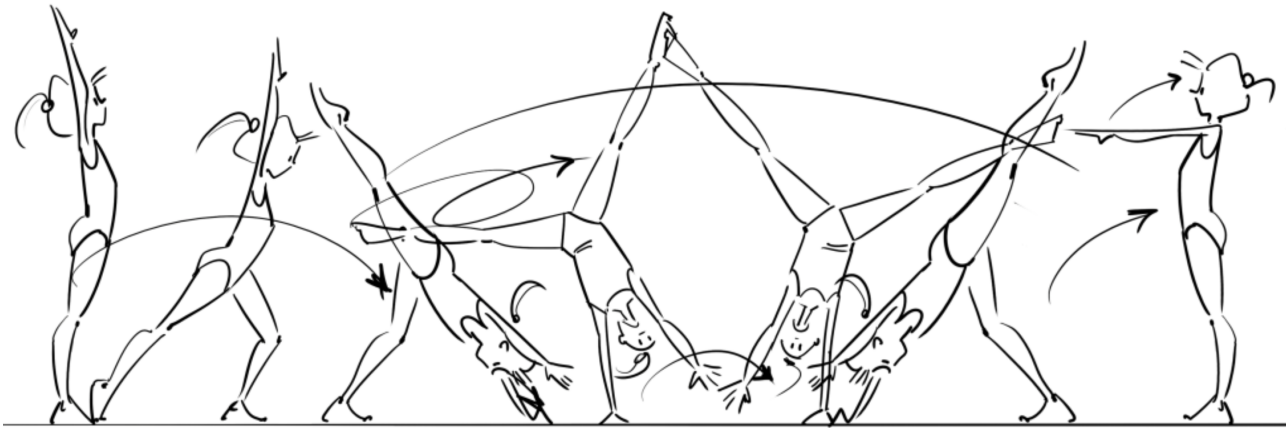
Scenario 1:	
Ryan is practicing his handstand along a line on the floor and you notice that as soon as he kicks up, his hips pike and he shuffles his hands along the floor before falling back to his feet.	What should the athlete be doing differently? How would you help this athlete to improve?
Scenario 2:	
Vicki is working on her handstand hold on the floor. You notice that when she kicks up, her toes travel past the line of her shoulders and her back arches.	What should the athlete be doing differently? How would you help this athlete to improve?

SKILL #4 - CARTWHEEL

INTRODUCTION

The cartwheel is a fundamental Tumbling skill and an important building block in developing an athlete's co-ordination and spacial awareness in early rotational and inverted aerial skills. A cartwheel requires a mixture of strength, flexibility and body tension which should be developed through pre-requisite development and physical preparation. Due to the skills relative complexity compared to other basic tumbling skills, it is important that athletes are given adequate time to fully develop their cartwheel before being pushed into future progressions such as round offs.

Please note that some of the diagrams in the development and refinement section depict a right-handed drill and these drills will need to be reversed for left-handed athletes.



THE IDEAL MODEL

- Hips square
- Legs straight with toes pointed
- Even weight transfer
- Hands flat on mat with fingers spread
- T-Shape hand placement
- Shoulders and hips open
- Straight trajectory

PRE-REQUISITE SKILLS

- Front Support
- Bear Walk
- Bunny Hops
- Half Handstand

SAFETY CONSIDERATIONS

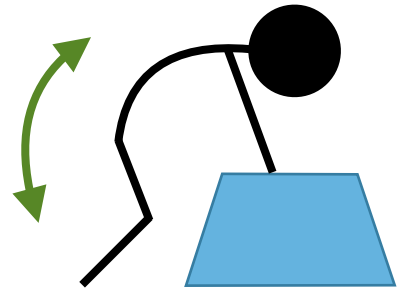
As a fundamental skill, athletes will typically learn a cartwheel at a young age. In this case, it is important to monitor the number of repetitions performed by an athlete to prevent overuse injuries to the wrist or elbow. Additionally, ensure that you introduce T-Shape hand placement as soon as is practical to reduce elbow strain.

BEGINNING PROGRESSIONS

1) Bunny Hops with a box

Have the athlete perform consecutive bunny hops with their hands on a small box. The athlete's hands should be flat with fingers pointing forward and they should aim to lift their hips over the top of their shoulders.

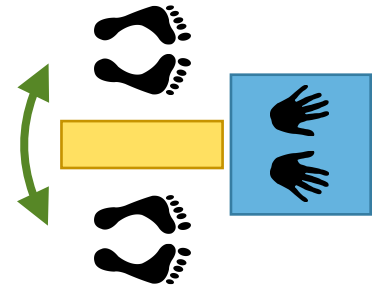
Equipment: 1 small box



2) Sideways Bunny Hops over small obstacle

With their hands on a small box, have the athlete perform consecutive sideways bunny hops back and forth over a small obstacle such as a foam roller.

Equipment: 1 small box, 1 small obstacle



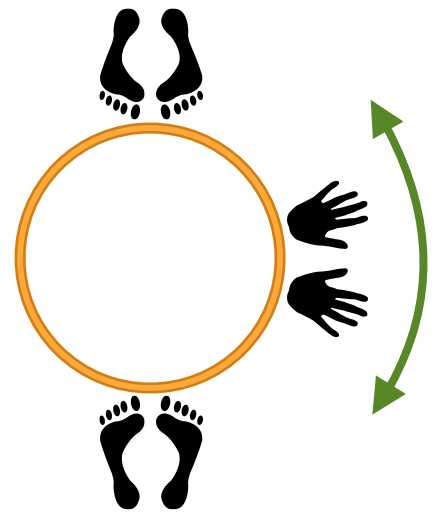
3) Sideways Bunny Hop with hoop

Place hand and feet markers or draw hands and feet with chalk on the floor around a hula hoop as shown in the diagram.

Have the athlete start with their feet together on the markers at one end of the hoop, then place their hands to one side and jump their feet to the feet markers on the other side of the hoop.

Make sure that your athletes get a chance to try this drill to both sides either by swapping the hand markings after a number of attempts or setting up two hoops, each with opposite hand markings.

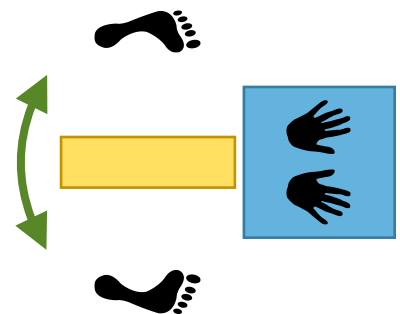
Equipment: 1 hula hoop



4) Bear Steps over small obstacle

With their hands raised on a small box, have the athlete perform consecutive bear steps back and forth over a small obstacle. The athlete should keep their legs straight, bouncing from side to side using their toes and aim to lift their hips over the top of their shoulders.

Equipment: 1 small box, 1 small obstacle



DEVELOPING PROGRESSIONS

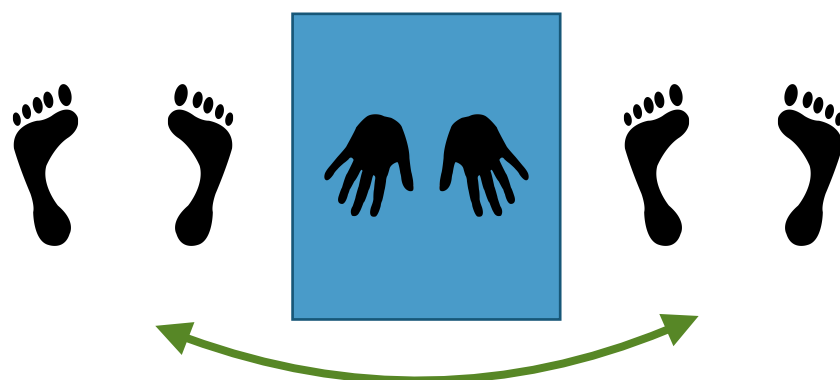
5) Star Cartwheel over panel mat

Place hand and feet markers or draw hands and feet with chalk on the floor and on a panel mat as shown in the diagram.

Have the athlete stand on top of one set of feet markers in a star shape with their arms outstretched. Turning their torso, the athlete should reach down and place their hands on the panel mat then kick their feet to the other side, starting with their far foot. Once the athlete has made it to the other side, have them stand and finish in a star shape with their arms outstretched.

Encourage your athletes to get their hips and legs as high over their shoulders as possible. This drill can be repeated using a lunge shape for further development.

Equipment: 1 panel mat



6) Lunge Cartwheel with hoops

Place 5 coloured hoops in a row on the floor as shown in the diagram.

Have the athlete stand in a lunge shape with their feet in the coloured hoops. The athlete should place their hands in the centre hoop and perform a cartwheel, finishing in a lunge shape facing the direction they started from with their feet in the coloured hoops as shown in the diagram.

Encourage your athletes to point their toes and keep their legs as straight as possible throughout the rotation of the cartwheel.

Equipment: 5 coloured hoops



DEVELOPING PROGRESSIONS cont.

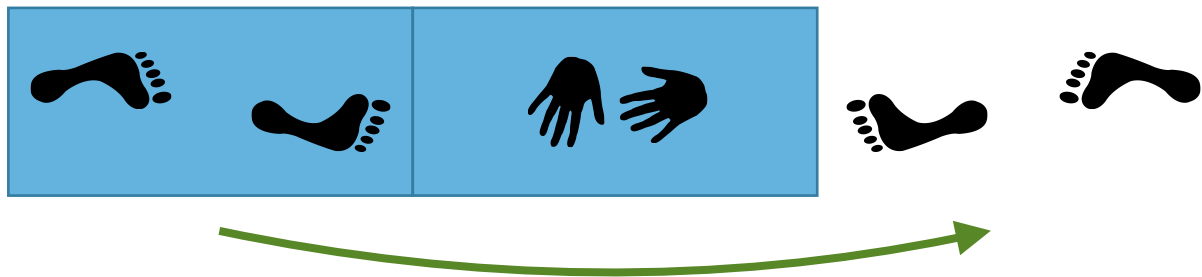
7) Lunge Cartwheel from boxes

Line up 2 small spotting boxes on the floor as shown in the diagram.

Have the athlete stand on top of the boxes in a lunge shape. The athlete should reach down and place their hands toward the end of the boxes then cartwheel down onto the floor, finishing in a lunge shape.

Encourage your athletes to get their hips and legs as high over their shoulders as possible.

Equipment: 2 small spotting boxes



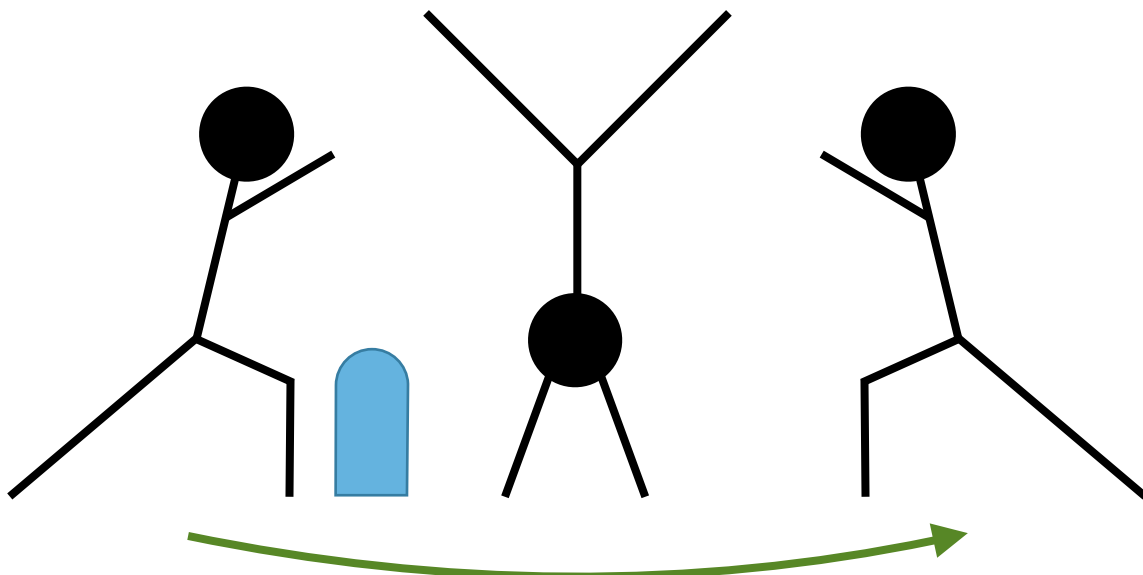
8) Lunge Cartwheel over small obstacle

Place a small obstacle, such as a small box, on a straight line along the floor as shown in the diagram.

Have the athlete stand in a lunge shape in front of a small obstacle and perform a lunge cartwheel by reaching forward and placing their hands past the obstacle. The athlete should finish in a lunge shape facing back toward the obstacle.

Encourage your athletes to point their toes and keep their legs as straight as possible throughout the rotation of the cartwheel.

Equipment: 1 small obstacle



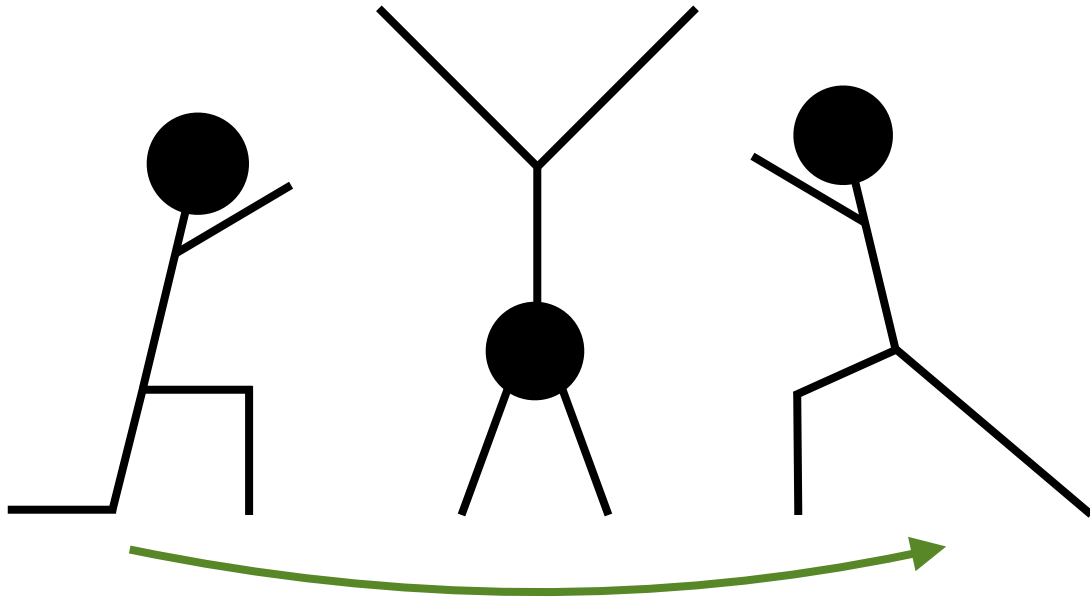
REFINING PROGRESSIONS

9) Cartwheel from kneeling along a straight line

Have the athlete start kneeling on one knee as shown in the diagram with their feet on a straight line along the floor. The athlete should stretch forward and perform a cartwheel to lunge with their hands and feet landing along the same line.

Encourage your athletes to point their toes and keep their legs as straight as possible throughout the rotation of the cartwheel.

Equipment: none

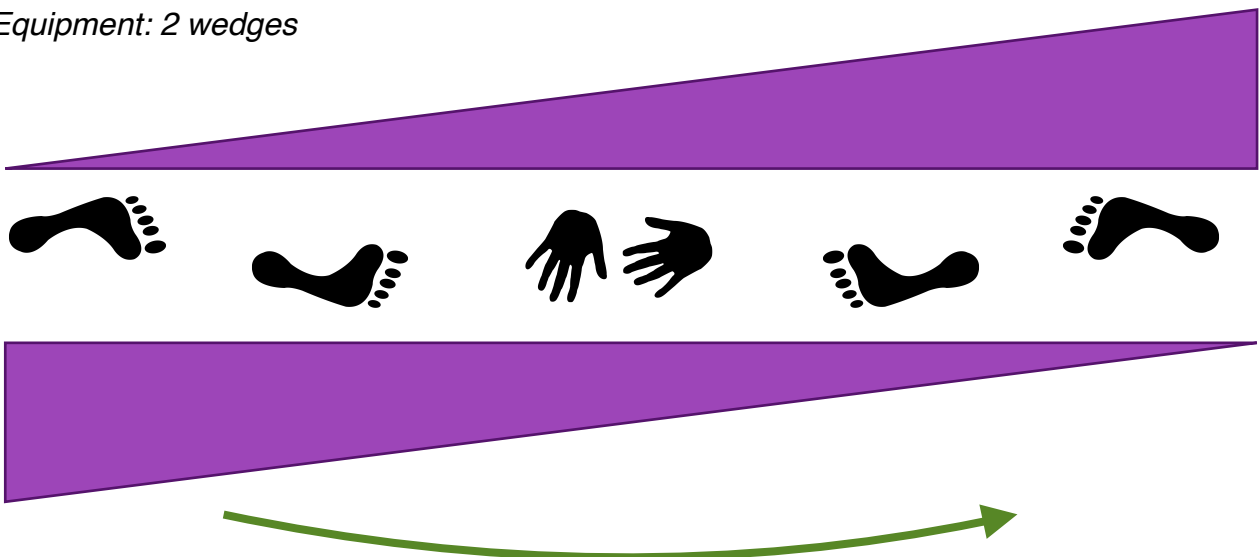


10) Cartwheel between wedges

Place 2 wedges on their side with a small gap in between as shown in the diagram.

Have the athlete perform a cartwheel in between the 2 wedges, starting and finishing in a strong lunge shape. As your athletes become more competent with the drill, gradually reduce the gap between the wedges.

Equipment: 2 wedges



SPOTTING

Use this space to make notes on appropriate hand spotting and shaping practices.

Hand Spotting:
Shaping:

Common Errors and Key Coaching Points

Read through the following scenarios, identify the common error and describe what steps you would take to correct it.

Scenario 1:	
Zoe has just learnt how to perform a cartwheel and you notice that she places her hands down very close to her front foot and struggles to get her hips over her shoulders	What should the athlete be doing differently? How would you help this athlete to improve?
Scenario 2:	
Adam is struggling to consistently land on his feet in his cartwheel. You notice that upon landing, he bends his knees and collapses onto his shin almost every time.	What should the athlete be doing differently? How would you help this athlete to improve?