

Trampoline Drills & Skill Development

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Basic Safety Tips for Trampoline

- Understand the capabilities of the equipment
- Understand the athlete, as well as your capabilities of new skills (mental and physical)
- Communicate the importance and benefits of trampoline to the athlete
- Always supervise for best results

Basic Bouncing Technique

- Feet: Pushing heel through toe using entire motion of the ankle
- Arms: Straight at all times, circling up in front of body touching at the top of the bounce behind the head, then pressing down directing out to the side
- Shoulders: relaxed- coaching cue "long neck". This allows the athlete to reach up behind the ears.
- Head: Stays straight "Natural"
- Legs: Stay tight and straight

The Prep Bounce

It is extremely important that the athlete is able to perform a consistent preparation bounce for best somersaulting and twisting results.

Important concepts

- * Always flip before twisting
- * Initiation of somersaulting and twisting rotation comes from the lower body
- * Forward skills go forward
- * Backward skills go backward

Do you know the difference?

- Coaching Cue
- Coaching Clue
- Coaching adjustment

Now let's look at DVD

Joy's Jym Trampoline Program

1. Bounces/Position Jumps
2. Prep and Stop Bounce
3. Drops
4. Twisting Drops
5. Forward Somersaulting
6. Backward Somersaulting
7. Somersaults to and from Stomach and Back
8. Twisting Somersaults
9. Double Somersaults
10. Twisting Double Somersaults

More questions?

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