

TRAMPOLINE LEVEL 1 COURSE SYLLABUS

The Level 1 Coach must demonstrate competence at developing the listed skills and techniques through the recommended procedures, including: pre-requisite skills; physical preparation; safe and effective progressions and supporting techniques and the use of training aids where appropriate. The common core subject matter should be reflected within the practical modules.

GENERIC COMMON CORE

Ethical Coaching Responsibilities

Safety in Coaching

Group Organisation

Communication Skills

General Guidelines for the use of Trampolines

BIOMECHANICAL PRINCIPLES

The Level 1 Coach must demonstrate a basic practical understanding of the centre of mass with respect to:-

- a) Position of the centre of mass in various body shapes
- b) Stability and balance
- c) Rotation of the body about a pivot point or axis

This section should be taught in a practical environment.

ERECTION AND DISMANTLING OF APPARATUS

The Level 1 Coach must demonstrate:-

- a) A practical awareness of the techniques used in the handling, erection, inspection, dismantling and storing of equipment within the syllabus
- b) Creating and maintaining a safe environment at all times

PRINCIPLES OF SUPPORTING

The Level 1 Coach must demonstrate the ability to:-

- a) Ensure that supporting is not a replacement for good physical preparation and sound skill development
- b) Introduce safe supporting drills
- c) Be aware of points of danger

PHYSICAL PREPARATION

Trampoline Warm Ups

Flexibility Training

Strength and Endurance Training

Coaching Skills

Trampoline Skills

INDIVIDUAL TRAMPOLINE SKILLS

Straight Jumping and Stopping
Shaped Jumps
Half Twist and Full Twist Jumps
Seat Landing
Hands and Knees Landing
Front Landing
Back Landing
Rotation from Seat, Front and Back To Seat, Front or Back
Seat Landing to Front Landing
Front Landing to Back Landing
Back Landing to Front Landing

TWISTING SKILLS

Seat Landing, ½ Twist To Feet
½ Twist To Seat Landing
Front Landing, ½ Twist To Feet
½ Twist To Front Landing
Back Landing, ½ Twist To Feet 54½ Twist to Back Landing
Complex Twisting Skills: Swivel Hips
Roller
Full Twist to Feet from Seat, Back And Front
Full Twist to Seat, Front And Back
Cradle
Developing Front Somersaults
¾ Forward Turnover To Back

SHAPING

**BACK LANDINGS, TUCKED, PIKED AND STRAIGHT
LINKING SKILLS**

BASIC FLOOR SKILLS

ROUTINE CONSTRUCTION