

In 1995 at Saskatoon's Taiso Gym Club we used this plan, **testing those drills designated with a bullet — “•”**. In order to advance, the gymnast must pass each drill based on the **readiness checklist** at the bottom of each page. You must use a “throw mat” when learning many of these progressions. This program assumes you have a foam pit on one end of your trampoline.

Those **drills highlighted** are those we chose as **highest priority** during our 1996 season.

Not every drill is included, even on this long list. The inventive coach can design variations, specify certain arm actions, and, often, can vary the body position:

- tuck, puck, open puck
- pike
- hollow, arched, & straight layout

There is no better way for a gymnast to learn **rhythm, technique of take-off & landing, timing, body position, and consistency** than in a **well-planned, well-supervised, safe** trampoline program.

This article still needs diagrams to explain some of the standard trampoline terminology.

STOP BOUNCE

Stop bounce on crash mat
... on throw mat

... on trampoline

- **Stop bounce from HIGHEST jump possible**

HIGH BOUNCING

Bounce HIGH

... **semi-circular arm swing**

- ... arms by side (tight body)
- ... **arms overhead (hold foam)**

Tuck jump

- ... semi-circular arm swing

Star jump

- ... semi-circular arm swing
- ... arms to the side
- ... arms overhead (hold foam)

Pike-straddle jump

... semi-circular arm swing

- ... **hands touch toes**
- ... **hands between legs**

Pike jump

Imagination jumps (anything!)

- Excellent form (holding a sponge between knees and/or feet)
- Excellent body position
- Consistent (up to 10 in series)
- Confident / Safe

HAND-KNEE (“Bear”) DROP

- ... trunk flexion, good technique (sometimes called “mad cat”)
- ... on safety mat
- ... on throw mat

- ... on tramp from low bounce

SEAT DROP

- ... on safety mat
- ... on tramp from low bounce

JUMP TURN (be cautious on landing)

- 1/2 turns (both directions)
- ... semi-circular arm swing
- ... arms by side (tight body)
- ... arms overhead (hold foam)

- 1/1 turns (both directions)
- ... semi-circular arm swing
- ... arms by side (tight body)
- ... arms overhead (hold foam)

SPRING FROM THE HANDS

- Front support bouncing**
- Rear support bouncing**

Note: By this point you must **decide the preferred direction of twisting** for each gymnast. Use the “Direction of Twisting Dominance” chart in the Level 1 Canadian Trampoline manual if you need some guidance. At the same time, you will establish the preferred direction of round-off; for example, a dominant right twister normally will put the right hand down first on the round-off.

SEAT DROP

- Seat drop-1/2 to stand series
- Swivel hips

SPRING FROM THE HANDS

- Spot handstand bounce (corner of tramp)
- Feet-hands-feet (once)

JUMP TURN

- 3/2 turns (one directions)
- ... semi-circular arm swing
- ... arms by side (tight body)
- ... arms overhead (hold foam)
- 2/1 turns (one directions)
- ... semi-circular arm swing
- ... arms by side (tight body)
- ... arms overhead (hold foam)

BACK DROP (Caution!)

- ... landing mat (on the floor)
- ... throw mat on tramp
- ... from 1 foot
- ... back drop to feet (once)

SEAT DROP

- Swivel hips series (through vertical)

FRONT DROP (Caution!)

- Hand-knee drop series!
- Bear-front drop-Bear throw mat
- Bear-front drop-Bear (low once)

JUMPS / LEAPS

- **Split leap (left)**
- **Split leap (right)**
- ... vary leg/arm position

SPRING FROM THE HANDS

- Front support bouncing with extended body**
- ... simultaneous feet and hands
- ... quickly alternating feet and hands

- Excellent form (holding a sponge between knees and/or feet)
- Excellent body position
- Consistent (up to 10 in series)
- Confident / Safe

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Note: You should be certified Level 2 Trampoline before teaching inverted skills landing on trampoline.

FWD. SOMERSAULTS (Saltos)

- Dive to handstand on mat "table"
- Dive roll off-bed
- **Fwd. tucked salto to table**

BACK & FRONT DROP (EXTENDED)

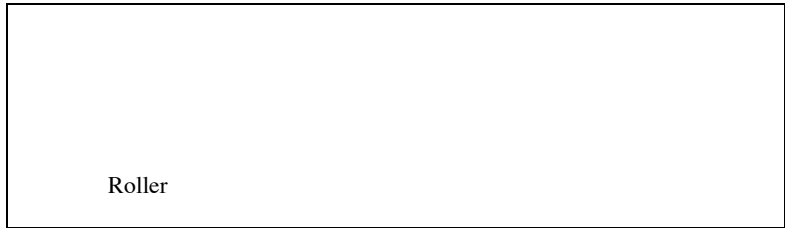
- **Back drop (series)**
... trunk extension, arms by ears
- **Front drop (series)**
... trunk flexion, arms by ears

SPRING FROM THE HANDS

- **Feet-hands-feet (series)**
- **Feet-handstand-feet ("donkey kick" series)**
Handstand bounce series
- **Flyspring off-bed**
- **Flyspring on-bed**
- **Bwd. handspring (ff = flic-flac)**
- **ff to back drop**

SEAT DROP

- ... (seat-1/1-feet)
- Roller (seat-1/1-seat)

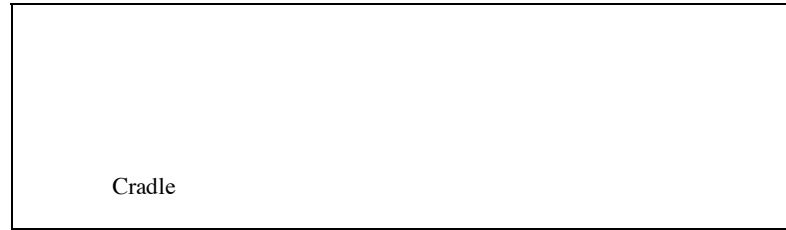


FRONT DROP (Caution!)

- **Bear-front drop-Bear (series)**
- **Front drop-1/2-back drop**

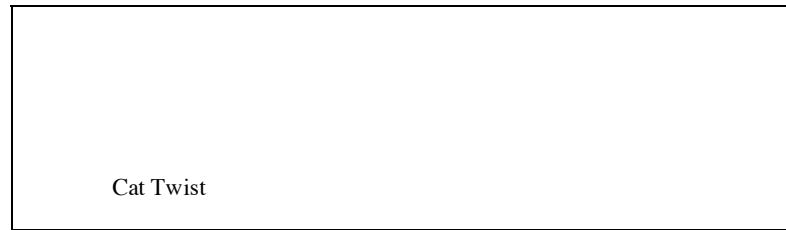
BACK DROP

- Back drop to feet (series)
Back drop-1/2-feet
1/2-back drop
Back drop-1/1-feet
- **Cradle (back drop-1/2-back drop)**



SPRING FROM THE HANDS

- fly round-off (off-bed)
- **ff-jump**
"ff "set" back drop
- **Good bridge**
- **Handstand fall to bridge (mat)**
- **Handstand fall to bridge (tramp)**
- **Handstand fall-bridge-handstand**
... try flyspring-ff

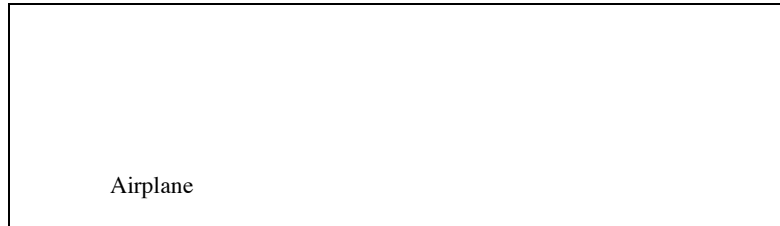
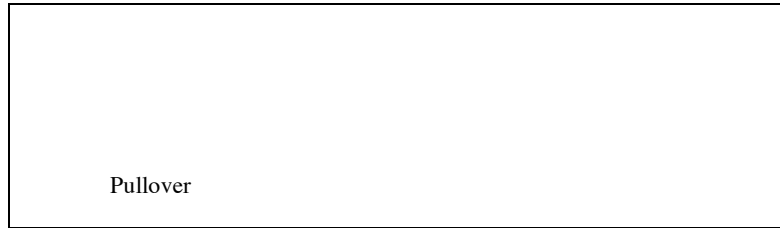


- Excellent form (holding a sponge between knees and/or feet)
- Excellent body position
- Consistent (up to 10 in series)
- Confident / Safe

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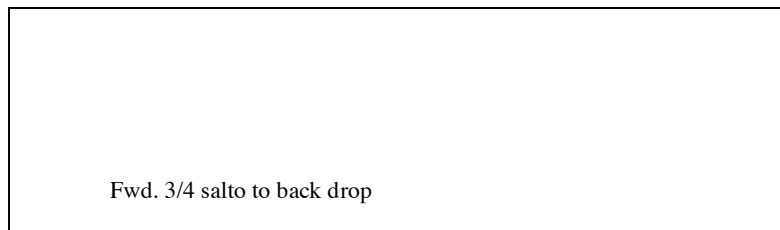
BACK DROP

- **“Cat twist” (back drop-1/1-back drop)**
- **Pull-over with spot**
- **Pull-over on throw mat**
- **Pull-over to feet**



FRONT DROP (Caution!)

- **“Airplane” (= feet-1/2-Bear)**
- **Airplane (= feet-1/2-front drop)**
- **Front drop-1/1-front drop**
Front drop-feet-back drop



- Excellent form (holding a sponge between knees and/or feet)
- Excellent body position
- Consistent (up to 10 in series)
- Confident / Safe

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FWD. Saltos

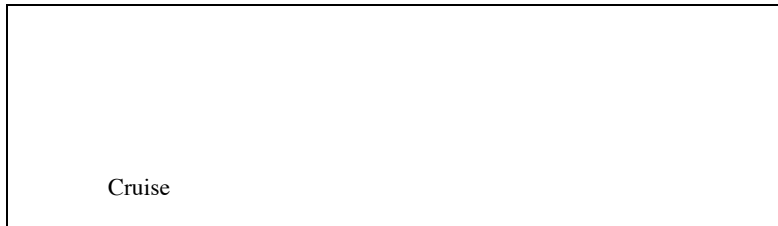
- Fwd. 3/4 salto to back drop ("flip")
- Fwd. piked salto to table
- Fwd. tucked salto on bed**
- ... arms overhead (hold foam)**

SPRING FROM THE HANDS

- Handstand spring series**
- ff-flyspring (once)**
- flyspring-ff (once)**

FRONT DROP (Caution!)

- Front drop-1/1-front drop (series)**
- Front drop-3/2-back drop**
- try front drop-2/1 twist-front drop (caution)**
- Cruise (front drop-1/2-front drop)**



BWD. Saltos

- spot "set" drill mini-tramp"
- spot bwd. tuck on tramp
- spot bwd. pike on tramp

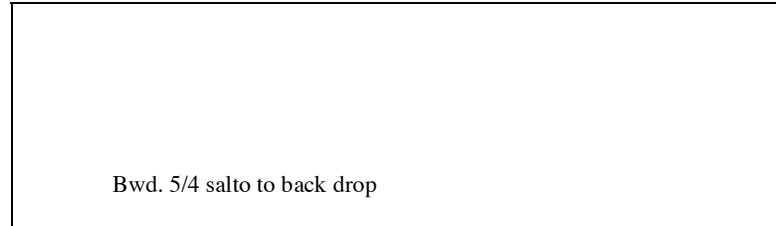
FWD. Saltos

- Alternate flyspring & "whip fronts"**
- Fwd. salto series tucked**
- Fwd. salto series piked**

BWD. Saltos

- Bwd. tuck on tramp

- Bwd. pike on tramp
- Bwd. 5/4 salto to back drop
- Bwd. 5/4 tuck to pull-over
- Bwd. 5/4 pike to pull-over
- Bwd. 5/4 layout to pull-over**



BWD. SALTO ("Cody" timers)

- Bwd. 3/4 salto to front drop (mat)**
- Bwd. 3/4 salto, 1/2 bwd. salto to back drop**
- "Turntable"



SPRING FROM THE HANDS

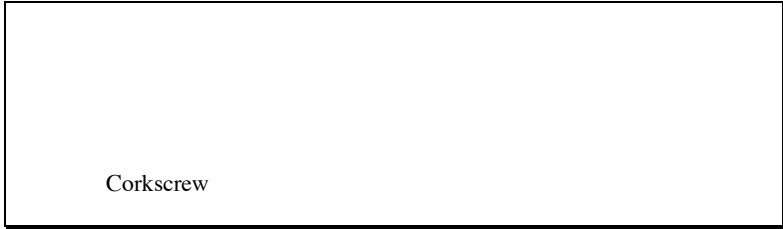
- Handstand spring (set record)**
- ff-flyspring series**
- ... try handstand spring hop 1/2**

BACK DROP

- ... to feet with 1/2
- Back drop to handstand
- Back drop to handstand, front drop
- Corkscrew (back drop-3/2-back drop)**

- Excellent form (holding a sponge between knees and/or feet)
- Excellent body position
- Consistent (up to 10 in series)
- Confident / Safe

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Corkscrew

BWD. Saltos

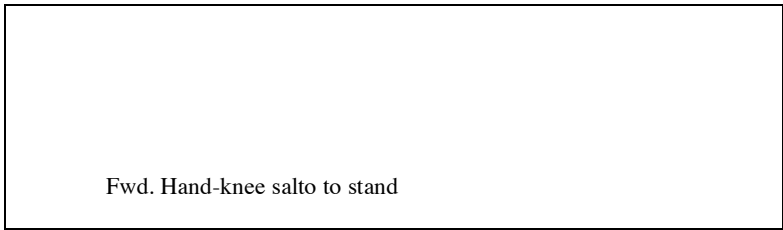
- **Bwd. salto series tucked**
- Bwd. salto series piked

FWD. 2/1 Saltos

- Standing fwd. salto tucked
- standing fwd. salto piked
- Salto & fwd. safety roll (off-bed)
- **Salto with arms by ears (off-bed)**
- **... layout**
- **7/4 salto to land on back in pit**

FWD. Saltos from hand-knee

- 1/2 salto to back drop
- 3/4 salto to seat drop
- 3/4 salto to stand



Fwd. Hand-knee salto to stand

BWD. GAINER SALTOS

- Excellent form (holding a sponge between knees and/or feet)
- Excellent body position
- Consistent (up to 10 in series)
- Confident / Safe

Gainer back drop to mats

Note: You should be certified Level 3 Trampoline before teaching **advanced** skills landing on trampoline.

FWD. SALTO TWISTING

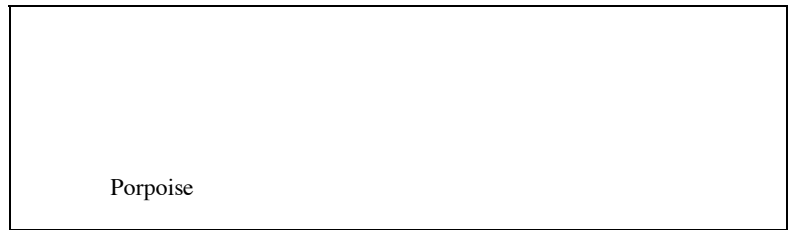
- **Pike-open**
- **Pike-open LATE 1/2**
- **Pike-open 1/2, jump 1/2 more**
- Layout LATE 1/2

FRONT “KABOOM” (similar to front drop)

- ... to handstand
- ... to handstand, pirouette
- ... to handstand, reverse pirouette
- ... to handstand, Heally
- ... to front toss (PB)
- Fwd. salto to feet
- ... 1/2 salto to back drop
- ... 1/2 salto to back drop with 1/1
- Fwd. 5/4 salto pike-straddled to handstand
- ... other bar release move progressions

BACK DROP

- “Porpoise” (Caution)
- ... tucked
- ... piked
- ... layout



Porpoise

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FWD. SALTO TWISTING

- **Pike-open LATE 1/1**
- **Layout LATE 1/1**
- **Layout LATE 1/1, jump 1/2**
- **Layout 3/2**

BWD. 2/1 Salto (Caution on the landing!)

- **5/4 Salto with arms by ears (off-bed)**
- **... layout**

BACK “KABOOM” (similar to back drop)

- ... to handstand (like back toss)
- ... to handstand, front drop
- **... 1/2 twist to handstand (like Stutz)**
- ... Diamodov

BWD. 2/1 SALTO

- 2/1 salto tucked (spot into pit)
- 2/1 salto tucked

FWD. SALTO 2/1 LAYOUT

- **7/4 salto piked to land on back in pit**
- **Flyspring "timer"**
- **7/4 salto layout-in, pike-out to pit**

FWD. SALTO GAINER

- **Fwd. salto to back drop on to mats off-bed**

BACK DROP TO FEET

- ... to feet with 1/1 (like vault)
- ... to feet with 3/2

BACK DROP TO FWD. SALTO

“Ballout” (Caution)

- ... tucked
- ... piked
- ... with 1/2 out (Barani ballout)

Ballout

FRONT DROP “Cody”

- **Bwd. 3/4 salto-front drop-back salto**
- **MANY, MANY Cody variations**
- **... follow the same program as bwd. salto**

BWD. SALTO GAINER

- **Gainer salto tucked into pit (spot)**
- **Gainer salto tucked into pit**

FWD. SALTO WITH TWIST

3/1 salto tucked into pit (“cowboy” tuck)

- 2/1 salto tucked LATE 1/2 out
- 2/1 salto piked LATE 1/2 out

FWD. SALTO 2/1 LAYOUT

Flyspring "timer"

- **7/4 salto layout-in, layout to pit**
- **same ... with arch, arch position**

BWD. SALTO 2/1

- 2/1 salto tucked
- 2/1 salto piked
- **2/1 salto "open" puck**

FWD. SALTO WITH TWIST

Standing fwd. tuck 1/2

Standing fwd. tuck 1/1

- **2/1 salto piked LATE 1/2 out**

- ☑ Excellent form (holding a sponge between knees and/or feet)
- ☑ Excellent body position
- ☑ Consistent (up to 10 in series)
- ☑ Confident / Safe

BACK KABOOM

- Salto bwd. tucked to feet
- ... piked
- ... layout
- Salto bwd. 5/4
- ... straddled to rear support (like PB)
- ... try back Kaboom from fwd. 3/4
- 1/2 salto bwd. to front drop

BWD. SALTO TWISTING

- **Layout LATE 1/1, jump 1/2**
- **Layout LATE 3/2, jump 1/2**
- **Layout LATE 2/1, jump 1/2**

FWD. SALTO GAINER

- Gainer salto fwd. tucked into pit (spot)**
- Gainer salto fwd. tucked into pit**

BWD. SALTO GAINER TWIST

- Gainer salto layout into pit**
- Gainer salto layout into pit 1/2**

BWD. SALTO 2/1

- 2/1 salto piked
- **2/1 salto lay-in, pike-out**
- **Bwd. handspring “timer”**
- **2/1 layout salto with spot**

FWD. SALTO WITH TWIST

- **Layout LATE 3/2**
- **Layout LATE 3/2, jump 1/2**
- **Layout LATE 2/1**
- **Layout LATE 2/1, jump 1/2**
- **Layout 5/2**
- **Layout 3/2 with several different arm actions**

BWD. SALTO TWISTING

- **Layout 5/2, jump 1/2**

- **Layout 3/1 into pit**
- **Layout 1/1 with several different arm actions**

BWD. SALTO 2/1 with TWIST

- 2/1 salto tucked LATE 1/2 out
- 2/1 salto "open" puck with 1/2 out

BACK & SEAT DROP KABOOM

- Salto bwd. layout 1/1 to feet
- Try Kaboom skills from seat drop

FWD. SALTO GAINER TWIST

- Gainer salto layout into pit
- Gainer salto layout into pit 1/2

FWD. SALTO WITH TWIST

- **2/1 salto piked LATE 1/1 out**
- **2/1 salto piked LATE 3/2 out**

FRONT DROP “Cody”

- **Bwd. 3/4 salto-front drop-2/1 back salto**

BWD. SALTO

- **2/1 salto layout (alternate with ff timers)**
- **2/1 salto layout 1/2 out**

FWD. SALTO 2/1 LAYOUT WITH TWIST

- **2/1 salto layout (over-rotate)**
- **2/1 salto layout 1/1-out**
- **2/1 salto layout 1/2-out**
- **2/1 salto layout 3/2-out**

BWD. SALTO

- **3/1 salto tucked**
- 3/1 salto piked

BWD. SALTO TWISTING

- Layout 3/1 on to mats
- Layout 7/2 into pit, etc.

- Excellent form (holding a sponge between knees and/or feet)
- Excellent body position
- Consistent (up to 10 in series)
- Confident / Safe

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FWD. SALTO

- **2/1 salto layout 5/2-out**
3/1 tuck, 1/2-out

BWD. SALTO

- **2/1 salto layout 1/1 out**
- **2/1 salto layout 3/2 out**
- **2/1 salto layout 2/1 out**
- **2/1 salto layout 5/2 out**

BWD. SALTO

- 2/1 tuck series on-bed with intermediate bounce
- 2/1 tuck series on-bed
- ... advanced on-bed work

BWD. 1/2-IN, 1/2 OUT PROGRESSIONS

BWD. 1/1-IN PROGRESSIONS

SWING-TIME SEQUENCES

- Excellent form (holding a sponge between knees and/or feet)
- Excellent body position
- Consistent (up to 10 in series)
- Confident / Safe

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*I've based this curriculum largely on a video distributed by the U.S. Elite Coaches Association / Women. (# 64) On that tape, coaches from St. Petersburg (formerly Leningrad) in the former U.S.S.R. have demonstrators show all of the important **progressions for beginners right up to the National Team** level. It is excellent.*

I've expanded on that framework adding drills from many sources, most of which are referenced at the end of this document. The friendly illustrations are from the Canadian Level 1 & 2 Trampoline coaching manuals.

*For simplicity, I've limited this career plan to **trampoline only** and **each drill is dedicated to just one skill**. In the gym, however, I also include drills using sequences of different skills.*

Again, you can later add drills using various apparatus including:

- bunjie belt*
- low vault horse*
- low single bar*
- etc.*

Tony Smith, a coach from Calgary, has circulated a video of his gymnasts doing high level trampoline work, including combinations taking off from the trampoline and tumbling out an acro-tumbling floor. Very interesting.

Regardless of the level of athletes you coach, I feel confident that you can find (or be reminded) of some good drills for your gymnasts. Let me apologize, in advance, for those drills which are unclear in this text. Contact me with any specific questions or suggestions.

Good luck.

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