

Beginner Trampoline Lessons Plan Week 4 - Term 4 2022

Warm-Up - 10 second intervals timed on stopwatch - **2 rounds** - high knees, high heels, plank, star jumps, tuck jumps, plank

	Trampoline Warm-Up	Bed Trick	Flip	Game
Skills Being Coached	bed trick combos	front drop / aeroplane to front / turntable / front drop to back drop	lincoln set / misty set	select game with students / free bounce time
Objectives	to begin developing greater control and understanding of basic bed tricks	to re-cap front drops / aeroplane to front and continue to develop safe and consistent landings	to re-cap lincoln set from the previous week	take a break from learning and have fun
	to challenge memory and develop confidence	to get everyone practising turntable 180's	push students to bounce from their backs and land on their feet instead of just rolling	continue building strength and endurance
	to have fun and warm-up	to start working on more power coming up from front drop and go from front to seat drop / back drop	begin adding spin rotation to the lincoln set to create a misty rotation	leave stoked with high energy after class
How To	explain to the group that we are working on combos - transitioning between tricks with no bounce in between	have everyone re-cap hands and knees bounce to front quickly before starting to go straight to front and 180 to front	have students rock side to side, keeping their chest level, before rolling to get a feel for side flip rotation when practising lincoln sets	select games relevant to the students skill level / age
	demonstrate a simple combo for everyone to warm-up with - seat drop, hands & knees, front drop, feet	bring the groups together on the blue padding around a super tramp for each half class and introduce turntable technique - push then let go and keep spinning	bring everyone together as a group to explain misty roll - put pads down on the floor to roll onto - encourage looking over leading shoulder to allow rotation to continue through the roll	ensure kids are keeping active throughout, provide challenges for those if waiting for a turn on a trampoline - create a circuit
	during demonstration explain how patience and control is key when doing combos - allow the trampoline to bounce before moving body into next position	learn turntable technique on a tramp pad so you can slide on stomach after pushing before trying on the trampoline	start standing in an upright position and raise trailing arm directly above the shoulder before reaching down and across the body in a "seatbelt" motion	engage with the students, be loud and energetic and give them an awesome experience - impress the parents!
Tips & Challenges	once completed go from front drop to seat drop and see if the combo can be repeated multiple times - challenge to see who can do the most	at the start, increase the height and control of front drops and aeroplanes to front as a challenge for those who say "TOO EASY"	remove mat from lincoln sets to help with the bounce up to feet - remember to hold shape through bounce to avoid coming back or forward	if students are losing interest in a game, be flexible and switch it up
	increase difficulty by adding a swivel hips as the first trick, or by changing the hands & knees to baby crash dive, or any other combo that could be suitable for the student	with turntables, once technique is developed on the ground, start with tiny bounce on mat to get timing and power on the trampoline	have students imagine are hugging a large ball and that they must reach around it when moving arm for the misty, this will help the off-axis rotation	ensure games rules are being followed to ensure nobody leaves with bad feelings
	ask students to create their own combos - who can do a 5 trick combo with no repetitions?	once turntable rotation is set, bring hands and knees together to increase rotation - once achieved, open up again to front drop landing to finish	encourage those who understand to try the full flips into the airbag or onto a mat if ready	students may continue practising tricks on free trampolines if they are more interested in that than playing games