

Intermediate / Advanced Trampoline Lessons Week 4 - Term 4 2022

Warm-Up - 20 second intervals timed on stopwatch - **1 round** - neck push, neck circles, arm swings, plank toe taps, lunges, tuck jumps, plank side rotations

	Theme Based Session	Levels Coaching
Skills Being Coached	toe drive technique and application to tricks	the tricks relevant to the students selected set of levels - can also be for a personal goal when stuck on a specific trick
Objectives	understand how to set and drive rotation with the lower body begin applying toe drive to back flips to put technique into practise begin applying toe drive to levels tricks to encourage the use of good techniques and begin driving rotations with the whole body connected	provide skill specific coaching for students on their selected levels push for drills and sets before attempting tricks to provide a safe and consistent approach to learning new tricks encourage students to try the trick when they are ready
How To	set up a raised platform and perform back drops onto it, driving legs and hips up in front of the body - start with little to no bounce begin applying to the start of a front flip before adding the tuck to unlock maximum flip power before beginning to apply to levels tricks for each group of students ALL - back flips, tuck, layout, and stall FLIPPERS - layout backflip, corks, flatspins - BOARDERS - underflips & fs corks SKATERS - back flip twisting, back rotating bed tricks ALL - double sets of any of the above	have a look at the register to see the level of the student and refer to the levels sheets to see what trick is next for them - group students best by having anyone working on the same style of trick - e.g. flippers working on Cody tricks together, skiers working on any variation of switch cork together, or boarders working on FS or BS rodeos together set students up for success by ensuring that they have had the techniques required for their trick explained, demonstrated and their understanding checked before leaving them to continue practising when you spot a student who is capable of attempting the trick, encourage them to practise with a pad, into an airbag or foam pit - once they are comfortable performing the trick remove safety equipment and encourage them to try it on the trampoline unassisted
Tips & Challenges	have everyone start as a group to work on the fundamental toe drive technique - back drop with no bounce on a pad, flicking toes forwards to set to back - engage core to stay straight set pads up to create a raised platform next to the trampoline, challenge students to bounce up to the mat into a back drop position holding the body straight, driving with toes and engaging core - flip up to the mat with small bounces if competent break into smaller groups based on selected levels so everyone can train with those working on similar skills - this will reduce the work load on coaches and make the job easier	when analysing movement and providing feedback, avoid sitting down and zoning in for too long, remember to only give feedback you are certain about encourage students to help each other through throwing pads, giving insight to how they understand the trick if they can already do it, or by just giving them some encouragement from the sideline! student / support coaches - remember to work with your lead coach and ask them when you need help with breaking specific tricks down - monitor trampoline time and behaviour - ensure students are practising safely and not endangering each other