

Team Sport – Trampolining

Skills: controlled straight bounces, seat drop, pike, tuck, straddle, half a twist, full twist, swivel hips, back drop, front drop

Controlled straight bounces: The ability to bounce straight on the cross of the trampoline bed without losing balance or control in height, using arms to make circular motions and to keep balanced. These are usually performed as a warm up and in between movements.



Seat Drop: These are performed on the cross of the trampoline bed in a 'sitting' position. Palms down by your side and toes pointed. If your palms do not land on the trampoline bed there is a chance you may fall backwards.



Pike: A pike is performed as a jump in the air. The performer must try to touch their pointed toes.



Tuck: A tuck is performed as a jump in the air. The performer must tuck their legs up to their chest and touch their shins.



Straddle: A straddle is performed as a jump in the air. The performer must perform a triangular/split shape with their legs, toes pointed and attempt to touch their toes.



Half twist: This is performed as a jump in the air, half twist (with arms over the head) to face the opposite direction-180 degrees, and land back on the cross of the trampoline bed.



Full twist: This is performed as a jump in the air, full twist (with arms over the head) to turn 360 degrees, and land back on the cross of the trampoline bed.



Swivel hips: this is the ability to perform two seated landings back to back without a jump in between. Arms must be used to get the full range of rotation when turning.



Back drop: This is the ability to land on the cross of the trampoline bed with a flat back. Legs bent at a 45 degree angle.



Front drop: This is the ability to land on the cross of the trampoline bed with a flat stomach, arms protecting your face. Legs bent at a 45 degree angle

