

# Routines

	<b>FIRST ROUTINE</b>		<b>SECOND ROUTINE</b>		<b>THIRD ROUTINE</b>
1	Piked straddle jump	1	Front landing / Back Landing	1	Full twist jump
2	Seat landing	2	To feet	2	Piked straddle jump
3	To feet	3	Piked straddle jump	3	Seat landing
4	Tuck jump	4	Half twist jump	4	Half twist to seat landing
5	Half twist jump	5	Seat landing	5	Half twist to feet
		6	Half twist to seat landing	6	Pike jump
		7	Half twist to feet	7	Back landing
		8	Tuck jump	8	Half twist to feet
		9	Pike jump	9	Tuck jump
		10	Full twist jump	10	Half twist jump

## HOW TO IMPROVE - FIRST ROUTINE

Numbers	Skill	Coaching Points
1	<b>Piked straddle jump</b>	Lead into the routine with several straight jumps and an arm set. Focus eyes on the end-frame/mat. Once in the air the piked straddle shape must be performed quickly after first showing the straight shape. The legs are horizontal and 90° apart during the shape and the hands reach to touch the feet. The arms return to the side of the body and remain there until first contact of the trampoline.
2	<b>Seat landing</b>	On take off the arms stretch to vertical. Focus eyes on the end-frame/mat. After the apex of the jump the arms descend to be by the hips on making the seat landing.
3	<b>To feet</b>	The arms are pushed into the bed when seated to create the forward rotation to feet, and are then raised again to be above the head and back to the side for the landing.

4	<b>Tuck jump</b>	On take off the arms stretch to vertical. Focus eyes on the end-frame/mat. Once in the air the tuck shape is performed quickly after first showing the straight shape. Perform a tight tuck shape with touch below the knees at highest point of jump. As the knees flex to tuck position the ankles remain straight and the toes are pointed. The arms return to the side of the body and remain there until first contact of the trampoline.
5	<b>Half twist jump</b>	On take off the arms stretch to vertical. The twist is initiated by turning the shoulders in the direction of the twist during take-off. Keep the body very upright and straight during twist. Keep the arms vertical and straight during flight. Focus eyes on end-frame/mat during take-off and end-frame/mat behind during flight. . Keep the arms vertical and straight during flight. The arms return to the side of the body and remain there until first contact of the trampoline. Finish with control, following one straight out jump.

## HOW TO IMPROVE - SECOND ROUTINE

Numbers	Skill	Coaching Points
1	<b>Front or back landing</b>	Lead into the routine with several straight jumps and an arm set. Focus eyes on the end-frame/mat during take off. Displace the hips backwards and keep hands above shoulders at take off. Allow the front landing position to occur. The contact area is from the chest to the knees. The feet are clear of the bed by bending of the knees no more than 45°. The arms make a diamond shape in front of the face. All the arms make contact with the bed, with the hands flat and the head held level.
2	<b>To feet</b>	Beat down with feet whilst pushing with the arms to help the chest rise on take off. Stop the leg beat before the feet hit the bed. The arms return to the side of the body and remain there until first contact of the trampoline.
3	<b>Piked straddle jump</b>	On take off the arms stretch to vertical. Focus eyes on the end-frame/mat. Once in the air the piked straddle shape must be performed quickly after first showing the straight shape. The legs are horizontal and 90° apart during the shape and the hands reach to touch the feet. The arms return to the side of the body and remain there until first contact of the trampoline.
4	<b>Half twist jump</b>	On take off the arms stretch to vertical. The twist is initiated by turning the shoulders in the direction of the twist during take-off. Keep the body very upright and straight during twist. Keep the arms vertical and straight during flight. Focus eyes on end-frame/mat during take-off and end-frame/mat behind during flight. Keep the arms vertical and straight during flight. The arms return to the side of the body and remain there until first contact of the trampoline.
5	<b>Seat landing</b>	On take off the arms stretch to vertical. On take off the arms stretch to vertical. Focus eyes on the end-frame/mat. After the apex of the jump the arms descend to be by the hips on making the seat landing.
6	<b>Half twist to seat landing</b>	Keep vision focused on the end-frame/mat, press hips forward and upward during take-off from the seat landing to create rotation. Lift the arms and twist the shoulders whilst maintaining focus on the end-frame/mat, Once contact with the bed is broken, move the focus of the eyes from one end-frame/mat to the other. Arms remain above head during the twisting phase. Attempt to regain straight bodyline

		before the second seat landing by straightening hips, but do not touch bed with feet. The arms drop down again for the second seat landing.
7	<b>Half twist to feet</b>	Keep vision focused on the end-frame/mat, press hips forward and upward during take-off from the seat landing to create rotation. Lift the arms and twist the shoulders. Once contact with the bed is broken, move the focus of the eyes from one end-frame/mat to the other. Arms remain above head during the twisting phase. The arms return to the side of the body and remain there until first contact of the trampoline.
8	<b>Tuck jump</b>	On take off the arms stretch to vertical. Focus eyes on the end-frame/mat. Once in the air the tuck shape is performed quickly after first showing the straight shape. Perform a tight tuck shape with touch below the knees at highest point of jump. As the knees flex to tuck position the ankles remain straight and the toes are pointed. The arms return to the side of the body and remain there until first contact of the trampoline.
9	<b>Pike jump</b>	On take off the arms stretch to vertical. Focus eyes on the end-frame/mat. Once in the air the pike shape must be performed quickly after first showing the straight shape. The legs are horizontal and together during the shape and the hands reach to touch the feet. The arms return to the side of the body and remain there until first contact of the trampoline.
10	<b>Full twist jump.</b>	On take off the arms stretch to vertical. Focus eyes on end-frame/mat during take-off and regain focus of end-frame/mat as quickly as possible during flight. The twist is initiated by turning the shoulders in the direction of the twist during take-off. Keep the body very upright and straight during twist. Keep the arms vertical and straight during flight. The arms return to the side of the body and remain there until first contact of the trampoline. Finish with control, following one straight out jump.

## HOW TO IMPROVE - THIRD ROUTINE

Numbers	Skill	Coaching Points
1	<b>Full twist jump</b>	Lead into the routine with several straight bounces and an arm set. Focus eyes on end-frame/mat during take-off and regain focus of end-frame/mat as quickly as possible during flight. The twist is initiated by turning the shoulders in the direction of the twist during take-off. Keep the body very upright and straight during twist. Keep the arms vertical and straight during flight. The arms return to the side of the body and remain there until first contact of the trampoline.
2	<b>Piked straddle jump</b>	On take off the arms stretch to vertical. Focus eyes on the end-frame/mat. Once in the air the piked straddle shape must be performed quickly after first showing the straight shape. The legs are horizontal and 90° apart during the shape and the hands reach to touch the feet. The arms return to the side of the body and remain there until first contact of the trampoline.
3	<b>Seat landing</b>	On take off the arms stretch to vertical. On take off the arms stretch to vertical. Focus eyes on the end-frame/mat. After the apex of the jump the arms descend to be by the hips on making the seat landing.

4	<b>Half twist to seat landing</b>	Keep vision focused on the end-frame/mat, press hips forward and upward during take-off from the seat landing to create rotation. Lift the arms and twist the shoulders whilst maintaining focus on the end-frame/mat, Once contact with the bed is broken, move the focus of the eyes from one end-frame/mat to the other. Arms remain above head during the twisting phase. Attempt to regain straight bodyline before the second seat landing by straightening hips, but do not touch bed with feet. The arms drop down again for the second seat landing.
5	<b>Half twist to feet</b>	Keep vision focused on the end-frame/mat, press hips forward and upward during take-off from the seat landing to create rotation. Lift the arms and twist the shoulders. Once contact with the bed is broken, move the focus of the eyes from one end-frame/mat to the other. Arms remain above head during the twisting phase. The arms return to the side of the body and remain there until first contact of the trampoline.
6	<b>Pike jump</b>	On take off the arms stretch to vertical. Focus eyes on the end-frame/mat. Once in the air the pike shape must be performed quickly after first showing the straight shape. The legs are horizontal and together during the shape and the hands reach to touch the feet. The arms return to the side of the body and remain there until first contact of the trampoline.
7	<b>Back landing</b>	On take off the arms stretch to vertical. Focus eyes on the end-frame/mat during take-off and landing and on the ceiling during back landing. Press hips forwards and upwards during take-off. During back landing the line from hips to head are flat on the bed with the arms and legs vertical at maximum depression.
8	<b>Half twist to feet</b>	To return to feet, kick feet forwards and upwards first, then turn the body whilst maintaining visual focus on the ceiling. Then look for the end-frame/mat behind once contact with the bed has been broken. The arms return to the side of the body and remain there until first contact of the trampoline.
9	<b>Tuck jump</b>	On take off the arms stretch to vertical. Focus eyes on the end-frame/mat. Once in the air the tuck shape is performed quickly after first showing the straight shape. Perform a tight tuck shape with touch below the knees at highest point of jump. As the knees flex to tuck position the ankles remain straight and the toes are pointed. The arms return to the side of the body and remain there until first contact of the trampoline.
10	<b>Half twist jump</b>	On take off the arms stretch to vertical. The twist is initiated by turning the shoulders in the direction of the twist during take-off. Keep the body very upright and straight during twist. Keep the arms vertical and straight during flight. Focus eyes on end-frame/mat during take-off and end-frame/mat behind during flight. . Keep the arms vertical and straight during flight. The arms return to the side of the body and remain there until first contact of the trampoline. Finish with control, following one straight out jump.

# KS4 Routines

	<b>FIRST ROUTINE</b>		<b>SECOND ROUTINE</b>
1	Full twist jump	1	Full twist jump
2	Piked straddle jump	2	Piked straddle jump
3	Seat landing	3	Seat landing
4	Half twist to seat landing	4	Half twist to seat landing
5	Half twist to feet	5	Half twist to feet
6	Pike jump	6	Pike jump
7	Front landing*	7	Back landing
8	Half twist to feet	8	Half twist to feet
9	Tuck jump	9	Tuck jump
10	Half twist jump	10	Front Somersault (tucked)

**\*PLEASE NOTE THIS MOVE HAS CHANGED FROM A BACK DROP**

## HOW TO IMPROVE - FIRST ROUTINE

Numbers	Skill	Coaching Points
1	<b>Full twist jump</b>	Lead into the routine with several straight bounces and an arm set. Focus eyes on end-frame/mat during take-off and regain focus of end-frame/mat as quickly as possible during flight. The twist is initiated by turning the shoulders in the direction of the twist during take-off. Keep the body very upright and straight during twist. Keep the arms vertical and straight during flight. The arms return to the side of the body and remain there until first contact of the trampoline.
2	<b>Piked straddle</b>	On take off the arms stretch to vertical. Focus eyes on the end-frame/mat. Once in the air the piked straddle shape must be

	<b>jump</b>	performed quickly after first showing the straight shape. The legs are horizontal and 90° apart during the shape and the hands reach to touch the feet. The arms return to the side of the body and remain there until first contact of the trampoline.
3	<b>Seat landing</b>	On take off the arms stretch to vertical. Focus eyes on the end-frame/mat. After the apex of the jump the arms descend to be by the hips on making the seat landing.
4	<b>Half twist to seat landing</b>	Keep vision focused on the end-frame/mat, press hips forward and upward during take-off from the seat landing to create rotation. Lift the arms and twist the shoulders whilst maintaining focus on the end-frame/mat, Once contact with the bed is broken, move the focus of the eyes from one end-frame/mat to the other. Arms remain above head during the twisting phase. Attempt to regain straight bodyline before the second seat landing by straightening hips, but do not touch bed with feet. The arms drop down again for the second seat landing.
5	<b>Half twist to feet</b>	Keep vision focused on the end-frame/mat, press hips forward and upward during take-off from the seat landing to create rotation. Lift the arms and twist the shoulders. Once contact with the bed is broken, move the focus of the eyes from one end-frame/mat to the other. Arms remain above head during the twisting phase. The arms return to the side of the body and remain there until first contact of the trampoline.
6	<b>Pike jump</b>	On take off the arms stretch to vertical. Focus eyes on the end-frame/mat. Once in the air the pike shape must be performed quickly after first showing the straight shape. The legs are horizontal and together during the shape and the hands reach to touch the feet. The arms return to the side of the body and remain there until first contact of the trampoline.
7	<b>Front landing</b>	On take off focus eyes on the end-frame/mat during take off. Displace the hips backwards and keep hands above shoulders at take off. Allow the front landing position to occur. The contact area is from the chest to the knees. The feet are clear of the bed by bending of the knees no more than 45°. The arms make a diamond shape in front of the face. All the arms make contact with the bed, with the hands flat and the head held level.
8	<b>Half twist to feet</b>	To return to feet, kick feet forwards and upwards first, then turn the body whilst maintaining visual focus on the ceiling. Then look for the end-frame/mat behind once contact with the bed has been broken. The arms return to the side of the body and remain there until first contact of the trampoline.
9	<b>Tuck jump</b>	On take off the arms stretch to vertical. Focus eyes on the end-frame/mat. Once in the air the tuck shape is performed quickly after first showing the straight shape. Perform a tight tuck shape with touch below the knees at highest point of jump. As the knees flex to tuck position the ankles remain straight and the toes are pointed. The arms return to the side of the body and remain there until first contact of the trampoline.
10	<b>Half twist jump</b>	On take off the arms stretch to vertical. The twist is initiated by turning the shoulders in the direction of the twist during take-off. Keep the body very upright and straight during twist. Keep the arms vertical and straight during flight. Focus eyes on end-frame/mat during take-off and end-frame/mat behind during flight. . Keep the arms vertical and straight during flight. The arms return to the side of the body and remain there until first contact of the trampoline. Finish with control, following one straight out jump.

## HOW TO IMPROVE – SECOND ROUTINE

Numbers	Skill	Coaching Points
1	<b>Full twist jump</b>	Lead into the routine with several straight bounces and an arm set. Focus eyes on end-frame/mat during take-off and regain focus of end-frame/mat as quickly as possible during flight. The twist is initiated by turning the shoulders in the direction of the twist during take-off. Keep the body very upright and straight during twist. Keep the arms vertical and straight during flight. The arms return to the side of the body and remain there until first contact of the trampoline.
2	<b>Piked straddle jump</b>	On take off the arms stretch to vertical. Focus eyes on the end-frame/mat. Once in the air the piked straddle shape must be performed quickly after first showing the straight shape. The legs are horizontal and 90° apart during the shape and the hands reach to touch the feet. The arms return to the side of the body and remain there until first contact of the trampoline.
3	<b>Seat landing</b>	On take off the arms stretch to vertical. On take off the arms stretch to vertical. Focus eyes on the end-frame/mat. After the apex of the jump the arms descend to be by the hips on making the seat landing.
4	<b>Half twist to seat landing</b>	Keep vision focused on the end-frame/mat, press hips forward and upward during take-off from the seat landing to create rotation. Lift the arms and twist the shoulders whilst maintaining focus on the end-frame/mat, Once contact with the bed is broken, move the focus of the eyes from one end-frame/mat to the other. Arms remain above head during the twisting phase. Attempt to regain straight bodyline before the second seat landing by straightening hips, but do not touch bed with feet. The arms drop down again for the second seat landing.
5	<b>Half twist to feet</b>	Keep vision focused on the end-frame/mat, press hips forward and upward during take-off from the seat landing to create rotation. Lift the arms and twist the shoulders. Once contact with the bed is broken, move the focus of the eyes from one end-frame/mat to the other. Arms remain above head during the twisting phase. The arms return to the side of the body and remain there until first contact of the trampoline.
6	<b>Pike jump</b>	On take off the arms stretch to vertical. Focus eyes on the end-frame/mat. Once in the air the pike shape must be performed quickly after first showing the straight shape. The legs are horizontal and together during the shape and the hands reach to touch the feet. The arms return to the side of the body and remain there until first contact of the trampoline.
7	<b>Back landing</b>	On take off the arms stretch to vertical. Focus eyes on the end-frame/mat during take-off and landing and on the ceiling during back landing. Press hips forwards and upwards during take-off. During back landing the line from hips to head are flat on the bed with the arms and legs vertical at maximum depression.
8	<b>Half twist to feet</b>	To return to feet, kick feet forwards and upwards first, then turn the body whilst maintaining visual focus on the ceiling. Then look for the end-frame/mat behind once contact with the bed has been broken. The arms return to the side of the body and remain there until first contact of the trampoline.
9	<b>Tuck jump</b>	On take off the arms stretch to vertical. Focus eyes on the end-frame/mat. Once in the air the tuck shape is performed quickly after

		first showing the straight shape. Perform a tight tuck shape with touch below the knees at highest point of jump. As the knees flex to tuck position the ankles remain straight and the toes are pointed. The arms return to the side of the body and remain there until first contact of the trampoline.
10	<b>Front Somersault</b>	On take off arms stretch to vertical and focus eyes on end-frame/mat. Hips are drawn up and back as knees tuck and arms are drawn forward to help momentum. This element starts in the middle of the bed and little travel should be made across it. The somersault is performed at the highest point of the jump. As the knees flex to the tuck position the ankles remain straight and the toes pointed. Keep knees together and avoid throwing the head forwards. Tucking increases acceleration so to avoid over rotation, stretch out as the wall is seen. When landing, focus eyes on end-frame/mat. Land with soft knees to avoid injury.