

Trampoline Drills: Building Air Sense for Dismounts & Landings

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Trampoline is absolutely essential for developing flipping and twisting. The use of trampoline allows for high skill numbers to be accomplished quickly and without a tremendous amount of body pounding. The focus of this article is strictly the development of air sense, dismounts, and landings. For this reason, it is important to note that there are many fundamentals that I have not taken the time to cover in this brief list of drills. Gymnasts will need to have an understanding of the basic fundamental and preparatory skills before attempting the more advanced drills and sequences. This information is designed for gymnasts that are ready to begin working toward multiple flipping and twisting dismounts.

The following drills will not only enhance your gymnast's ability to perform multiple flipping and twisting dismounts, but will also help your gymnasts stick them.

Forward and Backward Salto Airsense Drills

Although the dismount is only one part of the overall routine, it is an important part of the routine's impression. It is usually a skill of high difficulty value. It is the last skill of the routine, and because of these two reasons it is usually the most physically demanding skill to be performed. Confidence and awareness throughout the dismount is an important ability to develop, particularly when attempting to stick the landing. Knowing how and where to anticipate the landing is essential in attempting to stick it.

Simple skills such as back and front saltos can be used to develop this ability. The process of anticipating the landing and placing the feet beneath the center of mass allows the gymnast to stick his landing. Doing a series of back saltos requires the gymnast to anticipate and place his feet beneath his center of mass. He needs to do this in order to successfully continue the sequence. The ability to complete the sequence in the center and with control indicates that the gymnast has the ability to stick the landing. Any feet sequences will enhance this visual cue ability. Here are a few that can be used.

SIMPLE SEQUENCES	VARIATIONS
3 front tucks	1. Change tuck to pike and layout
3 back tucks	2. Change from 3 saltos to 5
back, front, back	3. Change combinations (create and challenge) back, back, front, front

After the gymnast has demonstrated his ability with the above drills, he may be introduced to more challenging sequences and games. These drills need to be supplemented with

standing backs and punch fronts on floor for sticking as well.

ADD-ON—Using only back and front saltos, this drill is practicing the anticipation of the landing and placing the feet directly under the body. This increases the ability to stick as well as gives the gymnast some confidence in dismounting.

FRONT AND BACK PYRAMID—Starting with either a back or front salto, the gymnast alternates forward with backward flipping by adding one additional front or back each time they switch from forward or backward flipping. The sequence would be as follows: **1 back, 2 fronts, 3 backs, 4 fronts, and 5 backs** or the reverse. This can be done up to 5 and back down to 1.

IN THE BOX—Draw a box (2 feet x 2 feet) in the center of the trampoline bed using chalk or tape. Gymnasts play for points. One point is given for each back or front out of a sequence of five that lands in the box. This drill teaches the gymnast to adjust his position back to the center in order to gain points. More advanced gymnasts can simply use the cross marks and land in the center for points.

Forward and Backward Twisting Air Sense Drills

The following sequences are more advanced and require the ability to perform a Brani and backward 1/1 twist. Make sure the forward and backward twisting directions are the same. A no-handed round-off is often not the correct twisting direction for the Brani. Remember, the Brani will lead to the Rudy and later the Randy.

INTERMEDIATE SEQUENCES

Brani

Back, Brani, back

Brani, back, Brani

3 Branis

Full

Back, full, back

Full, back, full

3 fulls

Back, Brani, full

Back, full, Brani

VARIATIONS

1. Change combinations (create and challenge)
2. Change from 3 skills to 5

ADD-ON—Using backs, fulls, and Branis. This drill helps the anticipation of the landing using very basic twisting skills. This will increase the ability to stick, as well as give the gymnast some confidence in performing twisting dismounts.

To accommodate different ability levels, placing a straight bounce or single salto between twisting skills is sometimes easier until the performer is ready.

Dismount Building Blocks

Using the following skills as building blocks, the gymnast can create multiple flipping and twisting dismounts. The listed skills can be used in the first or second flip of a double salto. By performing these skills in combination, the gymnast will learn to orient himself while performing the same skills within a double or even a triple salto.

BACKWARD ROTATION	FORWARD ROTATION
Backward salto	Forward salto
Back salto with ½ twist	Forward salto with ½ twist (Brani)
Back salto with 1/1 twist	Front salto with 1/1 twist
Back salto with 1½ twist	Front salto with 1½ twist (Rudolph)
Back salto with 2/1 twist (double full)	Front salto with 2/1 twist
Back salto with 2 ½ twist	Front salto with 2 ½ twist (Randolph)
Back salto with 3/1 twist (triple full)	Front salto with 3/1 twist

Although some of these skills are very advanced, it's important to develop these skills on the trampoline to be used in later development. In the case of floor exercise, it is conceivable for a gymnast to do such skills as whip to back with 2½ twist, punch Rudy or Randy. I would recommend that a large percentage of these twisting skills be learned by age 12-13.

Multiple Flipping and Twisting Dismounts

The terms **IN** and **OUT** are commonly used to describe where twisting occurs with regard to double flipping and twisting skills. The **IN** refers to the first salto and the **OUT** refers to the second salto. A full-in, has a 1/1 twist that happens in the first flip and finishes with a back flip. A Barani-out has a forward flip followed by a ½ twist in the second flip. All double saltos with twisting are termed as a **Floffus**, all triples saltos with twisting are termed a **Triffus**.

The term **WITHIN** can describe twisting that occurs within the middle flip of a triple salto. In the case of a **Brani Within Triffus**, the performer does three flips. In his first flip he does a forward flip, in the second flip he does a ½ twist (or Brani), or, and in the third flip he does a back. A good way to learn the visual cues for this skill in the air is to perform the component parts in sequence. For example: front, Brani, back.

Developing The Double Twisting, Double Back

In the sequence **back, full, back, full, back, full**, the gymnast is developing air sense in such a way that he learns to anticipate the landings as well as his positioning in the air. This drill teaches visual points of reference for the **full-in** and the **full-out**. These visual points of reference help to teach the performers position in the air, aiding him to perform a safe and stickable landing. The sequence **full, full, full** helps to do the same for the full-in, full-out or double, double.

Before this can be done the **double back** must first be developed. These are a few drills that will help develop the double back. When developing the double back **an open tuck position** should be used with the drills listed. This position, along with the pike and layout, are important developmental stages. Equally important is the development of the double

front, for awareness and learning forward Fliffus work.

DOUBLE BACK	DOUBLE FRONT
Stomach drop, back drop, stomach drop, back drop	Stomach drop, back drop, stomach drop, back drop
Back pull over	Ball out
Stomach drop, back drop, back pull over	Stomach drop, back drop, ball out
Back salto	Front salto
Back pull over to back drop, back pull over	Front $\frac{3}{4}$ to back drop and ball out
Back to back drop	Front $1\frac{1}{4}$ to stomach drop
Back to back drop, back pull over	Front $1\frac{3}{4}$ to back drop
Double back	Double front
Open tuck double back	Open tuck/pike double front
Transition Phase (between backward saltos)	Transition Phase (between forward saltos)
Stomach drop, back drop	Back drop, stomach drop
Stomach drop, reverse cradle to stomach drop	Back drop, ball out to feet
Back $\frac{3}{4}$ to stomach, reverse cradle to duck under	Front $\frac{3}{4}$ to back drop, ball out $\frac{1}{2}$ twist to feet
Full In Timer	Backward $1\frac{1}{4}$ with $1/1$ twist to Backward $1\frac{1}{4}$ with $1/1$ twist to back drop back drop, pull over
Full Out Timer	Backward $1\frac{1}{4}$ with, $\frac{1}{2}$ twist to Backward $1\frac{3}{4}$ with, $\frac{1}{2}$ stomach drop twist to back drop (duck under)
Full-In,	Backward $1\frac{1}{4}$ with, $1\frac{1}{2}$ twist Backward $1\frac{3}{4}$ with, $1\frac{1}{2}$ Full-Out Timer to stomach drop twist to back drop (duck under)

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