Trampoline Drills for All Disciplines

Trampoline Drills for Women's Artistic Gymnastics by Joy Umenhofer ~ Vault and Floor I & II
DVD 1 ~ Item Number: 2445 • Price: $25.00
Trampoline Drills for Vault and Floor I & II provides trampoline drills to support the correct development of skills containing rotation and twist. These drills will also correct common mistakes that often prevent continued skill development such as: twisting too soon, burying head at take-off, lack of block off floor, etc. Beginning these drills at the earliest stage of development will lead to solid skill acquisition and confidence in the athlete later on.

Trampoline Drills for Women's Artistic Gymnastics by Joy Umenhofer ~ Release Skills and Dismounts
DVD 2 ~ Item Number: 2446 • Price: $25.00
Trampoline Drills for Release Skills On Bars provides instruction that assists in building athletes' awareness while airborne as well as give alternative trampoline drills to correct timing on take offs, rotation and twisting for release moves like Tkatchev, Jaeger, and Gienger.

Trampoline Drills For Dismounts will help skill acquisition for dismounts on all events. Build amplitude and efficiency while correcting dismounting errors. The video also includes drills for single and multiple saltos and twists.

Trampoline Drills for Men's Artistic Gymnastics by Joy Umenhofer ~ Vault and Floor
DVD 3 ~ Item Number: 2447 • Price: $25.00
Trampoline Drills for Vault and Floor provides trampoline drills to support the correct development of skills containing rotation and twist. These drills will also correct common mistakes that often prevent continued skill development such as: twisting too soon, burying head at take-off, lack of block off floor, etc. Beginning these drills at the earliest stage of development will lead to solid skill acquisition and confidence in the athlete later on.

Trampoline Drills for Men's Artistic Gymnastics by Joy Umenhofer ~ Release Skills and Dismounts
DVD 4 ~ Item Number: 2448 • Price: $25.00
Trampoline Drills for Release Skills provides trampoline drills and skills that assist in building athletes' awareness while airborne as well as give alternative trampoline drills to correct timing on take offs, twists, and releases moves like Gienger, Kolman, Kovacs, and Cassina.

Trampoline Drills for Dismounts that will help skill acquisition and build height, power, and efficiency while correcting dismounting errors on all events. Drills for single and multiple saltos and twists.

Drills for Trampoline & Tumbling by Joy Umenhofer ~ Tumbling and Double-Mini
DVD 5 ~ Item Number: 2449 • Price: $25.00
Tumbling Drills uses the rod floor, trampoline, and loose foam pit to support the correct development of skills containing rotation and twist. These drills will also correct common mistakes that often prevent continued skill development such as: twisting too soon, burying head at take-off, lack of block off floor, etc. Beginning these drills at the earliest stage of development will lead to solid skill acquisition and confidence in the athlete later on.

Double-Mini Drills to enhance double-mini trampoline mounts, dismounts, speeds, and power as well as increase performance from the takeoff and run to the mount, spotter, and dismount development. The DVD gives alternatives for tumbling and double-mini to accommodate seasonal components of annual training plans.

Trampoline Drills for ALL Gymnastics Disciplines by Joy Umenhofer ~ Critical Drills for Skill Development and Challenging Skills to Coach
DVD 6 ~ Item Number: 2451 • Price: $35.00
Critical Drills for Skill Development demonstrates the correlation and importance of trampoline basics, such as foot placement to enhance power, height, and control in bouncing, as well as position jumps, stomach drops and back drops to aid development of more difficult skills. The video also includes instruction on most efficient, quick, and mechanically sound ways to teach front and back twisting up through multiple somersaults with and without twist. These skills, drills, and progressions contain critical concepts on flipping and twisting to teach at the beginning level and are imperative for future training growth. Building a strong foundation of air awareness and understanding of each quarter of rotation and twist, assists both the athlete and the coach to safely progress toward double and triple somersaults with confidence. Beginning these drills at the earliest stage of development will lead to solid skill acquisition and confidence in the athlete later on. Good for both trampoline and tumbling and artistic gymnastics.

Challenging Skills to Coach provides progressions and spotting techniques for the Cody and 1 & 3/4 front to assist the coach's success of instructing athletes. Both of these skills are critical in developing higher level athletes in both artistic gymnastics and trampoline and tumbling; however, sometimes they are overlooked due to the challenge of teaching. Basic Skill Progressions is an extra feature with a few very basic drills for forward, backward, and twisting skills.

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