Trampoline skill 3: Front and back drops / landings

Description
Body bounces and jumps on the tramp are a key for orientation, aerial awareness, twisting and rotational development. Understanding the basic bounces such as seat, front and back drops or landings, the development of these, and executing combinations of all of them is a critical component of developing aerial awareness. As an Intermediate Coach, you should be able to develop a large range of body bounces and teach combinations of these to your gymnasts.

Skill progressions
The pictures below demonstrate some examples of progressions to teach the front and back drops / landings on trampoline.

<table>
<thead>
<tr>
<th>Seat drop / landing</th>
<th>Back drop onto crashmats</th>
<th>Back drop bounces with coach</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hands and knees bounces</td>
<td>Hands and knees to front and return</td>
<td>Combinations of seat, back and front drop</td>
</tr>
</tbody>
</table>

Physical preparation
The pictures below demonstrate some examples of physical preparation activities for developing the front and back drops / landings on trampoline.

<table>
<thead>
<tr>
<th>Dish holds and rocks</th>
<th>Body tension games with turn</th>
<th>Other tension activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Body tension drills and activities</td>
<td>Front support activities</td>
<td>Hip flexion activities</td>
</tr>
</tbody>
</table>
Appropriate coaching points

Key coaching points are:

Front drop / landing
- Extend out of trampoline bed
- Flex slightly at the hips to initiate a slight forward rotation
- Keep eyes focused on end of trampoline
- Land with all body parts contacting bed simultaneously – the correct landing position is flat on the bed from fingertips to knees.
- Arms contact the bed flat with the elbows slightly bent outwards
- Extend arms up and return to feet
- Head should be held erect, with the eyes focused forwards on the end of the trampoline

Back drop / landing
- Chin on chest
- Lying on back with legs straight at a 45 to 90° angle
- Arms straight with head neutral
- Begin with straight lift
- Flex at hips and lift toes up
- Land on back – from hips to shoulders should be in contact with bed
- Arms are straight with head neutral
- Chin is on chest with eyes focused towards end of trampoline
- Extend through toes and hips to return to straight position

Common errors
- Lack of control
- Starting from too much height in early learning stage
- Lack of height once skill is mastered
- Lack of ability to move from one shape to another

Evaluate when ready to move on

Your gymnast may be ready to move onwards if:
- They can perform each of the body drops / landing skills on trampoline with control.
- They demonstrate control and rhythm and move from one position to another.
- Body remains in control on the trampoline and remains in the centre of the trampoline.
- They can jump with confidence and control.