




Trampoline Beginner Goals



	1 st Phase	Skill	Form
1)	3x arm circle jumps		
2)	1x straight jump (arms to ears)		
3)	Tuck jump		
4)	1x straight jump (arms to ears)		
5)	Pike jump		
6)	1x straight jump (arms to ears)		
7)	Straddle jump		
8)	Seat drop, return to feet		
9)	Half twist		
10)	1x straight jump (arms to ears)		
11)	Finish		

	2 nd Phase	Skill	Form
1)	3x arm circle jumps		
2)	1x straight jump (arms to ears)		
3)	Tuck jump		
4)	Pike jump		
5)	Straddle jump		
6)	Seat drop, return to feet		
7)	Half twist		
8)	1x straight jump (arms to ears)		
9)	Finish		



	Additional Criteria	Skill	Form
1)	All skills must be down in the center of the trampoline without bouncing outside of the center target		
2)	Stomach pulled in while jumping		
3)	Feet together		
4)	Toes pointed		