



Attention Coaches & Instructors!

Materials for Trampoline & Tumbling

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Trampoline & Tumbling – Understanding Difficulty

Item Number: 2440 • Price: \$25.00

Understanding Difficulty is the perfect tool to help coaches, judges and athletes with upper level skill recognition, difficulty value and the approved FIG terminology for the competition cards. It also provides the judging community with the means to practice and improve their skills as both an execution and difficulty judge.

Trampoline & Tumbling – Understanding Scoring DVD

Item Number: 2439 • Price: \$25.00

This DVD is a training tool for coaches and judges. It shows the 2013-2017 J.O. routines in each discipline and provides the viewer with an average score and an explanation of what that routine would have received. **New, October 2012.**

Trampoline & Tumbling – 2013-2017 Judges Bundle

Item Number: 2438 • Price: \$65.00

The bundle includes the 2013-2017 J.O. Code of Points, Understanding Scoring, and Understanding Difficulty.

Trampoline & Tumbling – 2013-2017 J.O. Code of Points/Guide to the JO Program CD Levels 1-10

Item Number: 2436 • Price: \$40.00

Included on the CD are the 2013-2017 Junior Olympic (J.O.) Code of Points with rules for Levels 1–10 in all disciplines, and the Guide to the J.O. Program, with tips and diagrams for coaches and judges. **New, October 2012.**

Trampoline & Tumbling – 2013-2017 J.O. Bundle

Item Number: 2437 • Price: \$65.00

The bundle includes the 2013–2017 J.O. Code of Points, the Guide to the J.O. Program CD (item #2436) and the 2013-2017 J.O. Routines DVD (item # 2435). **New, October 2012.**

Trampoline & Tumbling Technique DVD by Joy Umehofer

Item Number: 2426 • Price: \$25.00

Teaching Somersaults DVD

Item Number: 2406 • Price: \$20.00

Basic Trampoline – The Beginning Steps DVD

Item Number: 2407 • Price: \$20.00

The X Factor-Twisting for Trampoline DVD

Item Number: 2408 • Price: \$20.00

Front & Back Rotation – The Beginning Steps of Flipping DVD

Item Number: 2409 • Price: \$20.00

Drills for Trampoline & Tumbling by Joy Umehofer

~ 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, speed, 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 Umehofer ~ 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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