

## NCCP trampoline skills by level

The progressions for the following skills are taught in the appropriate NCCP course.

### Gymnastics Foundations

- Basic foot to foot skills
  - Stop bounce & landings on the feet
  - Straight jump
  - Shaped jumps
  - Twisting jumps
- Basic body landings
  - Seat drop
  - Hand-knee drop
  - Front drop
  - Back drop
- Adding twist to skills
  - Half twist to seat drop
  - Seat drop – half twist to feet
  - Seat drop – half twist to seat drop (swivel hips)
  - Back drop – half twist to feet
  - Front drop – half twist to feet
  - Half twist to front drop (airplane)
  - Half twist to back drop
- Combination skills
  - Seat drop – front drop
  - Front drop – seat drop
  - Front drop – back drop
  - Back drop – front drop
  - Half turntable
- Roller skills
  - Seat drop – full twist to seat drop (seat roller)
  - Back drop – full twist to back drop (back roller)
- Adding twist to combination skills
  - Seat drop – half twist to back drop (baby cradle)
  - Back drop – half twist to back drop (cradle)
  - Front drop – half twist to front drop (cruise)

### Level 2

- Hand-Knee Somersault
- Forward Somersault
- Backward pullover
- Backward somersault tucked and piked
- Backward somersault layout
- Forward  $\frac{3}{4}$  somersault
- Porpoise
- Ball-out
- Backward  $\frac{3}{4}$  somersault
- Backward  $1\frac{1}{4}$  somersault
- Barani
- Arabian  $\frac{3}{4}$
- Backward somersault, full twist

### Level 3

- Forward twisting somersaults
  - Rudolf
  - Randolph
- Backward twisting single somersaults
  - Back full
  - Double full
  - Triple full
- Somersaults from the back
  - Barani ballout
  - Rudi ballout
- Backward rotations greater than 1 somersault
  - Cody
  - Double back
- Forward rotations greater than 1 somersault
  - $1\frac{3}{4}$  front
  - Half-out