small trampoline

Guide	
Installation	Mats: at least 2 big mats (2 x 3 m x 20 ou 30 cm) behind the trampoline Lateral distance: at least 2 metres from the wall Put the higher side of the trampoline close to the mats Check the fixation of the screws and the elastic/the springs
Warming-up	Global: dynamic game or classical cardiovascular warming-up Specific: specific attention on all the articulations Perform a number of basic jumps (stretched, tucked, …) on the trampoline
Clothes	Take off jewellery, earrings, belt, hairpins, … Gym trousers (not too long!) Barefoot or gym shoes Fix long hair (elastic, …)
Technique	Always jump with both feet on the trampoline Land on the feet, brake with toes then with the knees When falling, dont use hands to brake When standing in a line: start running only when the person befor you left the mat Knowing the basic vocabulary: tucked, picked, stretched
Clearing up	Clear up the props

Student	Date	Trainer