

Skills Matrix

TeamGym Senior Club Coach

Learners should chose one skills matrix box and prepare all skills. The assessor will select the three pieces of apparatus to be demonstrated during the assessment. The learner may select either the handspring front somersault tucked or the Tsukahara tucked vault option.

Box 1 3 of the 4 skills listed will be chosen for assessment: 1. Floor: Straddle press to handstand 2. Tumble: Handspring, straight 360, straight 180 3. Trampette: Double straight 180 4. Trampette Vault: Handspring straight front 180 or straight Tsukahara	Box 2 3 of the 4 skills listed will be chosen for assessment: 1. Floor: Headstand to elbow planche 2. Tumble: Double back somersault (piked) 3. Trampette: Double straight 180 4. Trampette Vault: Handspring tuck front 180 or tucked Tsukahara	
Box 3 3 of the 4 skills listed will be chosen for assessment: 1. Floor: Handstand to elbow planche 2. Tumble: Double back somersault (tucked) 3. Trampette: (full in, half out pucked) 4. Trampette Vault: Handspring pike front 180 or piked Tsukahara	Box 4 3 of the 4 skills listed will be chosen for assessment: 1. Floor: Handstand to planche 2. Tumble: Whip, flic, double back somersault (tucked) 3. Trampette: 180 in, back out piked 4. Trampette Vault: Handspring straight front 180 or straight Tsukahara	Box 5 3 of the 4 skills listed will be chosen for assessment: 1. Floor: Butterfly 2. Tumble: Whip, flic, double back somersault (piked) 3. Trampette: 180 in, back out piked 4. Trampette Vault: Handspring pike front 180 or piked Tsukahara