# **Skills Matrix**

# **Acrobatic Gymnastics Senior Club Coach**

Learners to select **one skill from each of the categories** below and create a plan which develops **all selected skills** (15-20 minutes per skill). The plan must give details of the prerequisites of the skill, carefully selected progressions, and the specific physical training and preparation which would be needed by the gymnasts to perform the skill. The appropriate use of support and apparatus during the learning phases should also be indicated.

On the assessment day the learner must bring a minimum of 1 x pair and 1 x group to the assessment, and their planning for all pre-selected skills. The learner and assessor will have a Professional Discussion prior to the assessment to establish which three skills from the plans will be delivered in the assessment. Assessors will pick skills from the learner  $\hat{a} \in \mathbb{T}^M$ s plan based on the partnerships brought to assessment. The learner must ensure the gymnasts/partnerships are physically prepared to demonstrate the skills selected and planned for, and a copy of the session plans must be handed to the assessor at the start of the assessment.

In the assessment the learner must:

Carry out a specific warm up with all gymnasts (10 minutes maximum)

Coach the three skills agreed through the Professional Discussion, in accordance to the pre-prepared session plans (45-50 minutes maximum)

Carry out an appropriate cool down for all the gymnasts (5 minutes maximum)

Dismiss the gymnasts in an appropriate manner

The assessment debrief and outcome will be conducted after the practical assessment.

### **Individuals**

360° twisting straight somersault to knee

Backward walkover ½ turn forward walkover

One hand flick

Side somersault

Free cartwheel to a variety of finish positions or another skill

360° twisting straight somersault to split

Flick to a variety of finish positions (incl. chest roll)

Headspring to straddle sit

#### Pairs -Balance

Two on one handstand on long one arm support of base

One arm handstand on long one arm, or head support of base

One foot supports in long arm

One arm Flag handstand on one long arm or head support

# Pairs - Dynamic

 $360^{\circ}$  twisting straight somersault dismount from stand in hands

Foot pitch 2/4 somersault with 180° turn to catch in handstand

5/4 straight somersault to wrap from stand in hands

Double pike somersault from pitch or stand in hands

### Women's Group -Balance

Bridge on bridge?
Long arm support

Dead ant: Base lying supporting middle, top balancing on feet of middle

## Women's Group -Dynamic

4/4 somersault to catch in splits on shoulders of bases

Double somersault dismount

## Men's Group - Balance

Support with bases in splits, middle on shoulders of bases and top in short arm handstand

Bases standing, middle on shoulders of bases and top in any position on either long arm handstand, or one arm short arm, or 1 arm on head

## Men's Group - Dynamic

Three-man pitched dismount from platform to 8/4 tuck somersault and to re-catch on platform

Two-man platform with 3rd base standing and top in hands of 3rd base, pitch to dismount and to recatch