

Skills Matrix

Double Mini Trampoline High Performance Coach (Cycle 6)

Learners must plan for the development of **1 x skill from Group A, 2 x skills from Group B and 1 x skill from Group C (4 x skills in total)** and create a plan which develops **all selected skills** (15 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. If Group C cannot be shown to the full skill learners must be prepared to show full planning and must undergo an in - depth Professional Discussion regarding the skill. Additionally, learners are expected to show 2 x Competition passes. Each pass must contain 2 x double saltos and a minimum of 1 x skill from the syllabus.

On the assessment day the learner must bring **at least 1 gymnast who can do the full skill, (additional gymnasts can be brought to demonstrate progressions, supporting and competition passes)** 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’s plan based on the gymnasts brought to assessment. The learner must ensure the gymnasts 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 minutes maximum)
- Show 2 competition passes with 2 x double saltos and a minimum of 1 x skills from the syllabus in each pass
- 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.

Group A Rudy out Randy out Half in Rudy out Randy out	Group B Back in full out Full in half out Full in full out Miller
Group C Triple back Triff	Competition passes 2 x Competition passes (each pass must contain 2 x double saltos and a minimum of 1 skill from the syllabus)