

Skills Matrix

Women's Artistic Senior Club Coach

Coach required to choose four skills, one from each heading

Coach to prepare plans to develop and deliver these four skills during the practical assessment

The assessor will pick three of the four skills to be delivered during the assessment

The assessor may require the fourth skill to be delivered if required

Each skill must last for 20 minutes

Floor

Round off flic 2/1 twisting stretched backwards somersault
Round off whip somersault combination
Round off flic double backwards somersault tucked
Forwards somersault stretched with 1/1 twist
Handspring, forwards somersault with 1/1 twist

Vault

Handspring forwards somersault
Tsukahara tucked or stretched
Yurchenko tucked or stretched

Bars

Giant circle into blind change
Stalder circle on high bar with ½ turn
Back away stretched with 1/1 twist
Front away with stretched body
Undershoot ½ turn to catch low bar
Mo (stalder or toe on to catch high bar)

Beam

Flic, layout somersault
Flip, korbut flic
Free walkover
Sideways somersault
Round off 1/1 twisting backwards somersault stretched dismount
Round off flic mount
Forwards somersault stretched dismount with 1/1 turn