

Skills Matrix

Men's Artistic Senior Club Coach

Learners to select **one skill from each apparatus (six in total)** from the boxes below 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/training aids during the learning phases should also be indicated.

On the assessment day the learner must bring **a minimum of 1 x gymnast** who can demonstrate all pre-selected skills, and the respective planning for the 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. The learner must ensure the gymnast(s) 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. The learner should be prepared to deliver a fourth skill if requested by the assessor.

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)

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.

<p>Floor</p> <p>Circle or Wende Flair or Czechkehre Whip Back into Salto Back Salto Punch Front Double Back Salto Back Salto 3/2 Turn Back Salto 2/1 Turn Front Salto Straight 3/2 Twist Front Salto Straight 2/1 Twist 1¼ Front Salto</p>	<p>Rings</p> <p>Handstand on Swinging Rings Stemme Forwards to Support Stemme Backwards to Straddle Lever Stemme to Handstand Yamawaki Deltchev Dynamic Felge to Support Double Back Tucked Stretched Back Salto 1/1 or 2/1 Double Back Tuck 1/1 Twist Dismount Cross</p>	<p>Parallel Bars</p> <p>Back Stemme to Handstand Backup Cut to Catch Forward Stutz Diamidov Healy turn Cast to Support Moy to Catch Back Giant ½ Undersomersault to Handstand (A & B)</p>
<p>Pommel</p> <p>Shear Forward with Hop Travel Forward Travel in Cross Support Backward Travel in Cross Support Circle on One Handle Circle Between Handles Wendeswing Stockli Backwards Direct Stockli 'B' Circle and Stockli on One Handle Full Spindle Circle or Straddle to Handstand Flair to Handstand</p>	<p>Vault</p> <p>Handspring Front Salto Tucked Tsukahara Stretched Yurchenko Stretched Kasamatsu</p>	<p>Horizontal Bar</p> <p>Healy Turn Healy Turn to L-grip Endo Circle ½ Turn Stalder Circle ½ Turn Stoop in Dislocation Back Salto ½ Turn Front Salto 1/1 Turn Double Back Dismount Kovacs Kolman Squat to Handstand Straddle Tkatchev</p>