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.

Floor

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

Rings

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

Parallel Bars

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)

Pommel

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

Vault

Handspring Front Salto Tucked Tsukahara Stretched Yurchenko Stretched Kasamatsu

Horizontal Bar

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