

Skills Matrix

TeamGym High Performance Coach

Candidates chose one skill to show from each of the three pieces of apparatus.

Candidates must prepare session plans that show the required conditioning and progressions for the skills they select.

They must also provide their own gymnasts for the assessment.

The practical assessment will take approximately 90 minutes (15 minutes to set up & warm up; 20 minutes for each piece of apparatus and 15 minutes for debrief).

Candidates should arrive 20 minutes before the advertised start time to ensure the assessment runs to schedule.

Note:

All tumblers to include three elements (e.g. Round off, flick double back 360 in).

Shapes for tumble are optional.

1.0 Trampette

1.1 360 in, 180 out (straight)

1.2 360 in, 540 out (pucked or straight)

1.3 Double pike 540 out (note that the shape will open to straight for the 540 out)

2.0 Trampette Vault

2.1 Handspring straight front salto 540

2.2 Tsukahara straight 360

2.3 Kazamatsu

3.0 Tumble

3.1 Double back (180, 180)

3.2 Double back (360 in)

3.3 Double back (360 out)

3.4 Double back (360, 360)

3.5 Double front 180 (in or out)

3.6 Double back transition