

Skills Matrix

Men's Artistic High Performance Coach

Each learner is required to choose and prepare six skills, one from each apparatus

At the beginning of the assessment the learner will be required to present a session plan and coaching notes for each of the six chosen skills

The assessment plan should allow 20 minutes per task

The assessor will select three of the chosen skills to be taught on the day on the assessment

The assessor may require fourth skill to be taught to help make an appropriate decision

<p>Floor</p> <ul style="list-style-type: none"> Double backwards somersault stretched Double backwards somersault with 1/1 twist Whip into double backwards somersault tucked Whip into backwards somersault with 2/1 twist Stretched forwards somersault into stretched forwards somersault with 1/1 twist Double arabian tucked Combination tumble from backwards to forward 	<p>Rings</p> <ul style="list-style-type: none"> Inverted cross to backwards or forwards giant (stemme) Back circle to cross Guczoghy tucked Jonnasson Double layout dismount Double backwards tucked with full turn dismount Double forwards somersault dismount 	<p>Parallel Bars</p> <ul style="list-style-type: none"> Healey turn from handstand and from swing Flying backwards somersault to handstand Backwards giant with ½ turn Under somersault to handstand Double backwards somersault piked dismount 1¾ forwards tucked somersault to upper arms
<p>Pommels</p> <ul style="list-style-type: none"> Direct stockli B on one handle (x2) Full spindle in circle or flair Shivado travel on horse with handles in circle or flairs Multiple Russian wende swing Flair to handstand, pirouette, dismount Magyar travel on horse with handles in circle or flairs Reverse stockli to handstand 	<p>Vault</p> <ul style="list-style-type: none"> Tsukahara stretched with 1/1 turn Yurchenko stretched with 1/1 turn Kasamatsu stretched Cuervo tucked Round off ½ turn on handspring forwards somersault off 	<p>Horizontal Bars</p> <ul style="list-style-type: none"> Geinger somersault Jaeger somersault Tkatchev Markelov Double layout dismount Double backwards somersault tucked with 1/1 turn Double forwards somersault tucked with ½ turn Squat ½ turn to handstand Stoop endo or stalder ½ turn to handstand