

# Skills Matrix

## Women's Artistic High Performance Coach

Each learner is required to choose and prepare four skills, one from each heading

At the beginning of the assessment, the learner will be required to present a session plan and coaching notes for each of the four 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 of the assessment

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

<b>Vault</b>  Handspring forwards somersault piked with ½ turn Tsukahara 1/1 turn tucked or stretched Yurchenko with 1/1 twists tucked or stretched Round off ½ turn on, handspring, forwards somersault tucked	<b>Bars</b>  Pak somersault Invert giant Tkatchev straddled Straddle Stalder 1/1 turn Toe on and off with 1/1 turn Geinger somersault Markelov Jaeger somersault Shaposhnikova Double backwards somersault stretched dismount Double forwards somersault with ½ turn
<b>Beam (acrobatic)</b>  Round off flic backwards somersault mount (into 2 flight elements e.g. flic – somersault) Direct combination of somersaults (layout somersault – layout somersault, forwards somersault – backwards somersault) Flic 1/1 twist Forwards somersault 3/2 or 2/1 twist Round off double backwards somersault dismount Round off 2/1 twist dismount	<b>Floor</b>  Backwards somersault with triple twist Double layout backwards somersault Back in full out ½ in, ½ out Whip into backwards somersault 3/2 turns Double arabian somersault tucked or piked Stretched front salto with 2/1 twist