

# Skills Matrix

## Trampoline Gymnastics High Performance Coach Practical

Learners to select **two skills from each of the groups** below and create a plan which develops **all selected skills** (15-20 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. Additionally, learners are expected to show a first routine with 4\* skills (FIG A; these may be skills from any TRA Level 1-5 syllabus), and a second routine (voluntary) with a minimum of 3 skills from the syllabus.

On the assessment day, the learner must bring **a minimum of 1 x gymnast** who can demonstrate all pre-selected skills, and routines, and the respective planning for the skills and routines. The learner and assessor will have a Professional Discussion prior to the assessment to establish which **two skills** from the plans will be delivered in the assessment, and demonstrate how they would link these skills (working into and out of). 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 3<sup>rd</sup> 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 two skills agreed through the Professional Discussion, in accordance to the pre-prepared session plans (30-35 minutes maximum)

Coach the gymnast through repetitions and working into and out of prepared skills

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.

### Group 1

Full in full out (8 2 2 /)

1½ in ½ out (8 3 1 o & <)

½ in Rudy out (8 1 3 o & <)

Miller (8 3 3 /)

Full in double full out (8 2 4 /)

Randy out (8 - 5 o & <)

½ in Randy out (8 1 5 o & <)

Full in Rudy out (8 2 3 /)

### Group 2

2¾ front ss (11 - - - o & <)

Triple back ss (12 - - - o & <)

Half out Triffis (12 - - 1 o & <)

½ in ½ out Triff (12 1 - 1 o & <)

Full in ½ out Triffis (12 2 - 1 o & <)

Rudy out Triffis (12 - - 3 o & <)

½ in Rudy out Triffis (12 1 - 3 o & <)