

Skills Matrix

Double Mini Trampoline Senior Club Coach (Cycle 6)

Learners to select **one skill from group A and one skill from group B, in addition to the compulsory skill (3 skills in total)** 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 during the learning phases should also be indicated.

On the assessment day the learner must bring **at least 1 gymnast who can do the full skill, (additional gymnasts can be brought to demonstrate progressions, supporting and competition passes)** to the assessment, and their planning for all pre-selected skills. The learner must ensure the gymnasts 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.

In the assessment the learner must:

- Carry out a specific warm up with all gymnasts (10 minutes maximum)
- Coach the three skills in accordance to the pre-prepared session plans (45 minutes maximum)
- Demonstrate 2 competition passes, both passes to include a double somersault.
- 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

Compulsory skill	Competition passes
Double Front ½ twist out	2 x Competition Passes (each pass must contain 1 double Salto)
Group A	Group B
Front somersault with 1 and a half twists straight (Rudy) Front somersault with 2 and a half twists straight (Randy) Back somersault with full twist straight Back somersault with double twist straight Back somersault with triple twist straight	Double back somersault tucked Double back somersault piked Double back somersault straight Double back half out straight Arabian double front tucked Arabian double front piked