

Skills Matrix

Tumbling High Performance Coach Module 1 Practical

Learners are to select **one skill from each of the groups** below and create a plan which develops **all selected skills** (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 during the learning phases should also be indicated. You will be required to practically demonstrate the development of two of your selected skills.

On the assessment day the learner must bring **a minimum of one gymnast** to the assessment and their planning for **all three** pre-selected skills. The assessor and learner will discuss prior to the practical assessment which skills will be demonstrated in the session. To establish competency learners must be able to demonstrate the following:

Practical development of ONE skill (from one ‘group’) to competition landing with appropriate matting for gymnasts’ wellbeing.
AND

Practical development of ONE skill (from a different ‘group’ than that used above) from rebound to pit (minimum) and discussion of performing final skill to competition landing.

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 with the pre-prepared session plans (45 minutes maximum)
- 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 pucked Full in full out stretched Full in 1½ twist out pucked Full in 1½ twist out stretched	
Group 2 Full in Double-full out pucked Full in Double-full out stretched (stretched Miller)	Group 3 Double?full in Double?full out (stretched Killer)