

Skills Matrix

Women's Artistic Senior Club Coach

Coach required to choose four skills, one from each heading

Coach to prepare plans to develop and deliver these four skills during the practical assessment

The assessor will pick three of the four skills to be delivered during the assessment

The assessor may require the fourth skill to be delivered if required

Each skill must last for 20 minutes

Floor Round off flic 2/1 twisting stretched backwards somersault Round off whip somersault combination Round off flic double backwards somersault tucked Forwards somersault stretched with 1/1 twist Handspring, forwards somersault with 1/1 twist	Vault Handspring forwards somersault Tsukahara tucked or stretched Yurchenko tucked or stretched
Bars Giant circle into blind change Stalder circle on high bar with ½ turn Back away stretched with 1/1 twist Front away with stretched body Undershoot ½ turn to catch low bar Mo (stalder or toe on to catch high bar)	Beam Flic, layout somersault Flip, korbut flic Free walkover Sideways somersault Round off 1/1 twisting backwards somersault stretched dismount Round off flic mount Forwards somersault stretched dismount with 1/1 turn