

# 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

### Vault

Handspring forwards somersault piked with  $\frac{1}{2}$  turn  
Tsukahara 1/1 turn tucked or stretched  
Yurchenko with 1/1 twists tucked or stretched  
Round off  $\frac{1}{2}$  turn on, handspring, forwards somersault tucked

### Bars

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  $\frac{1}{2}$  turn

### Beam (acrobatic)

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

### Floor

Backwards somersault with triple twist  
Double layout backwards somersault  
Back in full out  
 $\frac{1}{2}$  in,  $\frac{1}{2}$  out  
Whip into backwards somersault 3/2 turns  
Double arabian somersault tucked or piked  
Stretched front salto with 2/1 twist