

Skills Matrix

Acrobatic Gymnastics High Performance Coach Practical

For practical assessments learners are required to choose 4 skills from the Skills Matrix boxes below. Learners must deliver these skills with their gymnasts, in the presence of a BG recognised assessor.

Learners must choose:

- 2 Pair Skills (1 must be a Balance Skill, the other a Dynamic Skill).
- 2 Group Skills* (1 must be a Balance Skill, the other a Dynamic Skill).

*Group Skills can be from either the Men's Group **OR** the Women's Group depending on the participants you bring to assessment.

On the day you will demonstrate 3 skills to the assessor, however you must be prepared to demonstrate all 4 if asked.

Pair Skills

Balance Skills

- One arm mexican handstand on straight arm support
- One arm handstand on long arm or head of Base, Base standing
- Reverse through to one arm handstand on long arm support
- Flag handstand on long arm support 270° spiral
- Motions of the base to include spiral and roll up and down and slide to splits
- Straddle lever up to 2 on 1 on long arm and with motion of the base to splits or sit

Dynamic Skills

- Boosted overhead double somersault to wrap
- 360° re-catch from angel to angel position
- Round-off 360° with ¼ to catch in cradle
- Double arabian dismount
- Double pike dismount
- 2/4 somersault to catch in handstand with 180° turn

Men's Group Skills

Balance Skills

- Four-man column, top in lever
- Three-man column with support from fourth man at side
- Supports with base 1 bridge and the others in tower, top one arm lever to croc on head
- Bases side by side in splits middle on shoulders, top on head, middle transitions to lever on head of bases, whilst top in position of value
- Three high on bridge climb down to semi column top in a position of value
- Mounts with the top in a position of value

Dynamic Skills

- Triple base double straight to floor
- Double platform straight somersault to re-catch on platform

Women's Group Skills

Balance Skills

- Bases in bridge, top straddle to planche press to mexican
- Straddle up to handstand on box balance
- Middle in back angel on base, lift to horizontal, top straddle to planche on middle
- Three high slide to splits, top in planche
- Middle of feet of base top straddle to mexican on middles feet
- Tepee balance, top straddle up to hyper mexican

Dynamic Skills

- Handspring boosted double front to catch in wrap by one base

- Two pairs somersault to catch in three high - Full in back somersault change base - Somersaults from swing to catch by 3rd base - Double somersault with twist to re-catch on platform	- Round-off to swing to handstand with 6/4 somersault dismount - Pitch 8/4 somersault to catch in splits on bases shoulders - Pitch 360° to re-catch on platform, full in back pike dismount - Double straight boosted somersault - Pitch double straight dismount
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