

Skills Matrix

DMT Development Coach

Video Assessment

Submit a 15-minute video which shows you coaching in your own environment. It must:

- Show your gymnast(s) completing progressions for the double front half out (tucked or piked).
- Show your gymnast(s) completing repetitions of either the full skill to land (ideal), or a modified progression which would be deemed as close to the full skill as possible from an approved list.
- Show you utilising your coaching skills, interacting with the gymnasts, and creating a safe and positive environment.

Practical Assessment

Your assessment will consist of:

1. Pre-assessment briefing with your Assessor (5 minutes)
2. Coaching session (60 minutes) - This will consist of a warm-up, skill development activities, a debrief and a cool-down. You must choose one skill from each of the following skill families:
 - i. Double back somersault (tucked or piked)*
 - ii. Forward twisting somersault (minimum of a full twist)*
 - iii. Backward twisting somersault (minimum of a full twist)*
3. Professional Discussion (20 minutes)