

Skills Matrix

TeamGym High Performance Coach

The below skills are what are to be prepared for the high performance coach teamgym practical assessment. Here are some points to help explain the practical assessment:

Each learner is required to choose and prepare three skills, one from each heading

At the beginning of the assessment, the learner will be required to present a copy of their session plan and coaching notes for each of the three chosen tasks

The session plan should be detailed enough to allow another coach to follow the plan

The assessor may require a fourth task to be taught to help make an appropriate decision

The learner must provide three gymnasts they are currently coaching, who must be working at this skill level

The assessment plan should allow 20 minutes per task

Tumble

1/1 forwards somersault step out, handspring, 540° straight forwards somersault
Round off, flic, double backwards somersault straight
Round off, flic, 1/1 in backwards somersault out tuck or puck
Round off, flic or whip, double backwards somersault straight

Trampoline Vault

Handspring, forwards somersault piked, with ½ turn
Tsukahara, 1/1 turn in puck or straight
Kazamatsu pucked

Trampoline

Double rudi pucked
Double straight somersault ½ out
1/1 in rudi out puck or straight
Double straight rudi out