### **Skills Matrix**

### TeamGym Senior Club Coach

Learners should prepare all the skills within their allocated box. The assessor will select the three pieces of apparatus to be demonstrated during the assessment. The learner may select either the handspring front somersault tucked or the Tsukahara tucked vault option.

#### Box 1

#### Box 2

## 3 of the 4 skills listed will be chosen for assessment:

 Vault: Tsukahara tucked or handspring front somersault tucked
Trampette: Double front somersault straight with 180° twist out
Tumble: Double back somersault tucked
Floor: Change leg split leap with 180° split

### Box 3

### 3 of the 4 skills listed will be chosen for assessment:

 Vault: Tsukahara tucked or handspring front somersault tucked
Trampette: Double front somersault tucked with 180° twist out
Tumble: Series to include a whip and a back somersault with 360° twist

4. Floor: Planche with straight arms

# 3 of the 4 skills listed will be chosen for assessment:

- 1. Vault: Tsukahara tucked or handspring front somersault tucked
- 2. Trampette: Double front somersault tucked with 180° twist either half in or half out
- 3. Tumble: Double back somersault tucked
- 4. Floor: Shushunova straddle or pike

#### Box 4

## 3 of the 4 skills listed will be chosen for assessment:

- 1. Vault: Tsukahara tucked or handspring front somersault tucked
- 2. Trampette: Double front somersault
- straight with 180° twist out
- 3. Tumble: Series to include a front
- somersault 360  $^\circ$  and back somersault 360  $^\circ$  4. Floor: Double spin forwards with leg above horizontal

### Box 5

## 3 of the 4 skills listed will be chosen for assessment:

1. Vault: Tsukahara tucked or handspring front somersault tucked

- Trampette: Double forwards somersault tucked with 180° either half in or half out
  Tumble: Series to include a backwards somersault straight with 720° twist
  Floor: Handstand lower to half lever
- support or from half lever, lift to handstand