

## Appendix 1: What can I coach in the gym?

Accreditation	What you can coach
<b>Beginner Coach</b>	<ul style="list-style-type: none"> <li>• A Beginner Coach must coach under supervision at all times.</li> <li>• A Beginner Coach can coach the same skills as an Intermediate Coach but under supervision. See Appendix A for a list of skills for a Beginner Coach.</li> <li>• A Beginner Coach cannot coach salto (somersault) skills or inverted rotation involving height and flight.</li> </ul>
<b>Intermediate Coach (Gymsport specific)</b>	<ul style="list-style-type: none"> <li>• An Intermediate Coach can coach independently.</li> <li>• See Appendix A for a list of skills appropriate for an Intermediate Coach to coach.</li> <li>• An Intermediate Coach should exercise a duty of care to participants, seek support and undertake an appropriate risk analysis when learning and teaching skills as part of the process to becoming an Advanced Coach.</li> <li>• An Intermediate Coach cannot coach salto (somersault) skills or skills with inverted rotation involving height and flight unless they have successfully completed the Advanced Tumbling and Spring Module.</li> </ul>
<b>Advanced Coach (Gymsport specific)</b>	<ul style="list-style-type: none"> <li>• An Advanced Coach can coach independently.</li> <li>• See Appendix B for a list of skills appropriate for an Advanced Coach to coach.</li> <li>• An Advanced Coach should exercise a duty of care to participants, seek support and undertake an appropriate risk analysis when learning and teaching skills as part of the process to becoming an Advanced Silver Coach.</li> </ul>
<b>Advanced Silver Coach (Gymsport specific)</b>	<ul style="list-style-type: none"> <li>• An Advanced Silver Coach can coach independently.</li> <li>• See Appendix C for a list of skills appropriate for an Advanced Silver Coach to coach.</li> <li>• An Advanced Silver Coach should exercise a duty of care to participants, seek support and undertake an appropriate risk analysis when learning and teaching new skills as part of the process to becoming a High Performance Coach.</li> </ul>
<b>High Performance (Gymsport specific)</b>	<ul style="list-style-type: none"> <li>• There are no training restrictions for a High Performance Coach.</li> <li>• A High Performance Coach should exercise a duty of care to participants, seek support and undertake an appropriate risk analysis when coaching.</li> </ul>

## Appendix 1A: Beginner and Intermediate Coach Accreditation Skills Matrix

The skills matrix lists the skills covered in each Gymsport Intermediate Coach Accreditation Course. It provides a guideline of skills a Beginner and Intermediate Coach can coach. A coach should use skills, which are appropriate for the participant. The skills matrix is not an exhaustive list. An Intermediate Coach has the knowledge, skills and ability to coach other skills similar to and with equivalent degree of difficulty to those listed in the table.

**Beginner and Intermediate Coach Accreditation Skills Matrix**

Women's Artistic Gymnastics						
Floor	Trampoline	Vault	Uneven bars / High bar	Beam	Dance skills	Dance, Choreography, Musicality
Handstand	Jumping	Landings from height	Cast in support	Handstand - lunge and stepdown	½ turn on two feet	Posture (beam and floor)
Forward and backward rolls	Body bounces	Running	Glide swing	Cartwheel to side and lunge	Piqué passé 1/2 turns	Basic ballet positions
Limbers forward and backward	Front and back drop rotation skills	Hurdle	Long swing	Bridges	Jump, hop, leap progressions	Basic ballet barre complex
Walkover forward and backward	Handsprings / flysprings	Jumping and take-off	Back hip circle	Press development	Straight jump	Basic floor and beam complex
Cartwheel	Back handspring	Repulsion from hands	Kip progressions	Landings - on and off	Springs, assemble	Movement to music
Courbette / snap down						

### Beginner and Intermediate Coach Accreditation Skills Matrix

Men's Artistic Gymnastics						
Floor	Trampoline	Vault	Uneven Bars / High Bar	Pommel horse	Rings	Parallel Bars
Cartwheel Forward and backward rolls Bridge Handstand Courbette / snap down	Basic jumps and landings Body bounces - front and back Front, back, seat, hands and knees drops Combinations on trampoline Drills for front handspring Drills for back handspring	Running Hurdle and take-off from board Handstand flat-back Basic landings	Tension swings Long hang swings Back hip pullover Back hip circle Cast in support	Double leg circles on mushroom Stride swings	Basket Stretched inverted hang/candle Long hang swings	Cross support swings Long hang swings
Tumbling						
Tumbling skills	Preparation	Other				
Handstand Forward and backward rolls Cartwheel / round-off Handsprings / flysprings Flick flack	Strength and conditioning	Tumbling connections				

### Beginner and Intermediate Coach Accreditation Skills Matrix

Trampoline						
Basic Skills	Combinations	Twisting	Double Mini Trampoline	Trampoline Sports Specific Principles	Routine development	
Straight jump, checking landing  Basic jumps, kick out  Basic landings - seat, front, back, hands and knees	Seat to front  Back to front  Front to seat  Front to back	Feet to feet twisting  Half twist to landing - front, back, seat  Landing half twist to feet - front, back, seat  Full twist skills-full twist to back  Roller - seat full twist to seat	Run approach  Hurdle onto DMT  Basic jumps on DMT  Components of DMT  Pass construction for DMT	Technical aids for trampoline	Routine construction	
Gymnastics for All						
Tumbling	Spring - mini-trampoline, trampoline, vault	Swing - bars	Acrobatics	Small equipment	Hand apparatus	Choreography and dance
Handstand  Forward / backward roll  Cartwheel  Limbers/ walkovers  Round-off	Landings from height  Jumps and shapes  Hurdle step to jump take-off  Over, around, along, through  Tramp drops: hand & knees, seat, front, back  Equipment set-ups	Long swing  Swing in support  Pullover  Back hip circle  Under swing  Glide swings	Front support skills  Thigh stands  Birdie on feet  Box on box	Elastic bands  Pool noodles  Tunnels  Scarves	DMP's for apparatus  Throws  Rotation  Rolls  Passing around body  Passing under body	Movement to music  Moving together  Travelling  Music mapping  Structure of a routine  Formations  Transitions  Performance

### Beginner and Intermediate Coach Accreditation Skills Matrix

KinderGym					
Gross and fine motor skills	DMPs	Object management skills	Equipment	Teaching methods	Other
Forward roll	Statics	Propelling	Pathways	Direct	Class design
Cartwheel	Landing	Controlling	Themes	Free exploration	Circuit design
Catching	Swing	Receiving	Linking equipment	Group time	Planning themes
Kicking	Spring		Space		Age characteristics
Under arm throwing	Rotation		Music		
Dynamic balance	Locomotion		Modifications and innovation		
Aerobic Gymnastics					
Acrobatic skills	Static strength	Dynamic Strength	Turns and split elements	Jumps and Leaps	Choreography
Forward roll	L Support	Push-up	Splits / Vertical Split / pancake	Straight jump	Music and musicality
Backward roll	Straddle	Triceps Push-up		Tuck jump	Aerobic content
				Jumps with 1/2 and full turns	Transitions
				Air jack	Links
				Stride leap	Lifts and interactions
				Scissor leap	Space and formations
					Artistry

### Beginner and Intermediate Coach Accreditation Skills Matrix

Rhythmic Gymnastics					
General	Rope	Hoop	Ball	Clubs	Ribbon
Basic ballet and posture, arms and feet positions	Open rope catch	Retro roll	Roll ball down arm	Balance on toes with club circles	Skipping with snakes overhead
Basic ballet barre	Skipping, travelling forward	Roll over shoulder	Small roll along floor	Side body wave with tapping	Passé balance with spirals
Basic floor progressions	Rotations while balancing on two feet	Small vertical toss	Bounces	Cat leap with overhead clubs	Cat leap through large circle
Movement to music	Wraps	Passing (skipping) through	Small throw and catch in one hand	Chasse with alternate lateral swings	Passé pivot with horizontal circles
choreography	Vertical Échappé	Frontal rotations	Kneeling body circumduction with handling	180° pivot pass clubs behind back	Catching the end of the ribbon
	Standing circumduction	Axis spin	Rebound off knee	Half tosses	Kneeling circumduction with horizontal circles
<b>Jumps</b>	<b>Balances</b>	<b>Pivots</b>	<b>Waves</b>	<b>Flexibility</b>	
Waltz, grapevine, step hop	Balance in passé	Low arabesque pivot	Chainé, body waves		
Scissor, tuck jump	Front horizontal balance				

### Beginner and Intermediate Coach Accreditation Skills Matrix

Acrobatic Gymnastics						
Principles of Acrobatics	Individual skills	Pair balance	Trio balance	Pair dynamic	Trio dynamic	Dance, choreography, musicality
Points of support and weight transfer	Forward and backward rolls	Bird on feet	Category 1 – Two bases, top stands on lower back of base and middle	Dynamic – assisted straight jump	Dynamic – jump from floor to basket	Basic ballet positions
Basic grips and hand and feet positions	Handstand	Supported handstand on feet	Category 2 – Front support pyramid (two tops)	Dismount – straight jump off back	Dismount – double foot pitch straight jump	Basic ballet barre complex
The role of the base, top, middle and “spotter”	Limbers	Standing on shoulders	Category 3 – One base in different positions	Bird on feet, pop and re-catch	Catch – sit in platform, throw to dish in basket	Demonstrate an understanding of different beats
Entry, exit and readiness	Cartwheels - side and step in	Standing on thighs	Category 4 – Middle on shoulders of base	Foot pitch straight jump		Body movements at different tempos
Principles of good posture	Courbette / snap down		Category 5 – Standing on thighs with support (middle on feet of base)			Selection of age appropriate music

## Appendix 1B: Advanced Coach Accreditation Skills Matrix

The skills matrix lists the skills covered in each Gymsport Advanced Coach Accreditation Course and therefore provides a guideline of skills an Advanced Coach can coach. The skills matrix is not an exhaustive list. An Advanced Coach has the knowledge, skills and ability to coach other skills similar to and with equivalent degree of difficulty to those listed in the table.

**Advanced Coach Accreditation Skills Matrix**

Women's Artistic Gymnastics						
Floor	Trampoline	Vault	Uneven Bars / High Bar	Beam	Dance skills	Dance Choreography musicality
Round-off	Whip & back handspring	salto landing from height	Cast to handstand	Back handspring to 2 feet	1/2 turn in passé (be)	Intermediate ballet barre
Front salto (tuck,pike,layout)	Handspring / flyspring to front salto	Advanced hurdle drills	Development of turning on bars	back handspring step out	1/1 turn in passé (be)	Develop, kicks, body contractions
Back salto (tuck, pike,layout)	Back salto (tuck, pike, stretched)	Front salto to 30 and 60 cm matting	Giants - forward and backward	Tic tocs, front and back walkovers	1/1 passé pivot to close, lunge preparation	Intermediate Floor and beam complex / centre work , walking kicks, leaps and jumps & turns
Handsprings / flysprings	Front salto (tuck, pike, stretched)	Front layout to 30 and 60 cm matting	Glide kip cast to horizontal in series	Cartwheel tuck dismount	split jump, straight jump (fx, be)	
Bwd handspring and round-off back handspring	Twisting techniques	Handspring to back & feet	Fwd, bwd circle skills - clear, toe, stalder	Front salto dismounts	Jump 1/2 and full turn	Music styles and movement to music
Round off flic tuck & layout					Sissone and stag leap	Creation of optional floor and beam routines
Whips					Split leap, split jump	
Back roll handstand & turning dev't					Straddle jump	



### Advanced Coach Accreditation Skills Matrix

Men's Artistic Gymnastics						
Floor	Trampoline	Vault	Uneven Bars / High Bar	Pommel Horse	Rings	Parallel Bars
Round-off	Whip & back handspring	salto landing from height	Swing 1/2 turn to mixed grip	Double leg circles (handles, loops)	Support	Kip / drop kip
Front salto (tuck, pike, layout)	Handspring / flyspring to front salto	Advanced hurdle drills	Giant swings - backward and forward	Scissor	Inlocate	Swing to handstand
Back salto (tuck, pike, layout)	Back salto (tuck, pike, stretched)	Front salto to 30 and 60 cm matting	Kip to support	Czech (buck)	Dislocate	Back uprise / front uprise
Handspring / flysprings / headsprings	Front salto (tuck, pike, stretched)	Front layout to 30 and 60 cm matting	Fwd, bwd circle skills - clear, toe, stalder	Stockli (buck)	Cast	Basket swing / cast upper arm
Bwd handspring and round-off back handspring	Twisting techniques	Handspring to feet	Flyaway - tuck and layout		Salto dismount	Dismount - swing to handstand
Round-off flic tuck & Layout						
Whips						
Back roll to handstand & turning dev't						
Tumbling						
Tumbling skills		Preparation		Other		
Round-off Front salto (tuck,pike,layout) Back salto (tuck, pike,layout) Back layout salto 360° twist Front salto 1/2 (tuck, pike) Front salto360° twist Front sault step outs Barani Basic combined series		Safe landings Strength and conditioning  Plyometric drills		Intermediate pass construction Competition preparation  Connecting tumble passes - 8 skills		

### Advanced Coach Accreditation Skills Matrix

Trampoline						
General	Trampoline Skills	Trampoline Sports Specific Coaching Principles	Double Mini Trampoline	Double Mini trampoline skills	Synchronised Trampoline	Routine choreography
<p><b>ONLINE UNIT</b></p> <p>Height drills, introduction of time of flight</p> <p>Reinforcement of shape, fast action, kick-outs - angles and direction</p> <p>Shapes on trampoline</p> <p>Twisting direction and teaching twisting</p> <p>Safety on trampoline - revision</p>	<p>3/4 front straight somersault</p> <p>Front somersault - tuck, pike</p> <p>3/4 back somersault straight</p> <p>Back over</p> <p>Back somersault - tuck, pike, straight</p> <p>Basic twisting - cat twist, cork screw, cruising</p> <p>Barani</p> <p>Rudi</p> <p>Barani - tuck, pike straight</p> <p>Arabian</p> <p>Full Twist back</p> <p>Rudi</p> <p>Back cody</p> <p>Ball out, Barani ball out and Rudi ballout</p> <p>1 1/4 and 1 3/4 Front somersault</p> <p>Double front half out</p> <p>1 1/4 back somersault</p> <p>Dbk back somersault - tuck and pike</p>	<p>Spotting revision</p> <p>Hand spotting</p> <p>Mat use</p> <p>Introduction to rig work (on the job training)</p> <p>Kipping and deadening the bounce</p>	<p>Non-scoring skills into s/s passes</p> <p>Use of mount and spotter s/s skills</p> <p>Change of mount arm position and speed of run up for mount versus spotter skills</p>	<p><b>Mount</b></p> <p>Mounts - Barani - T P S</p> <p>Mounts - Rudi</p> <p><b>Spotter skills</b></p> <p>Spotter - Barani - T,P S</p> <p>Spotter - Back somersault T P S</p> <p>Spotter - Back twist full</p> <p>Spotter - Rudi</p> <p><b>Dismount skills</b></p> <p>Dismount - Barani T P S</p> <p>Dismount - Back somersault T P S</p> <p>Dismount - Rudi</p> <p>D't - Back twist full</p> <p>Dismount - Half out T P</p> <p>Dismount - Double back T P</p>	<p><b>ONLINE UNIT</b></p> <p>Starting together</p> <p>Counting</p> <p>Routine construction for synchro</p> <p>Identifying a leader vs. follower</p>	<p><b>ONLINE UNIT</b></p> <p>Routine development and construction</p> <p>Competition preparation</p>

### Advanced Coach Accreditation Skills Matrix

Gymnastics for All

Tumbling	Spring - mini-trampoline, trampoline, vault	Combinations and explorations	Acrobatics	Using Bigger Equipment Innovatively	Group Activities	Choreography and dance
Dive rolls	Synchronised	Traditional equipment	Basket pitch and catch	Crashmats	Exchanges	Performance skills
Back handsprings	Dive rolls	Homemade equipment	Swing pitches	Air mats	Juggling	Movement changers
Front salto	Back salto	Recycled equipment	Swing catches	Shapes	Hand apparatus in group routines	Elements of choreography Choreography with / on apparatus
Back salto	Front salto		Single pitch jump	Swiss balls	Combining other apparatus	Performance
Aerial cartwheel / side salto	Front drop twists		Double foot pitch jump		Display formations	Displays across the spectrum- age & abilities
Front handspring	Back drop twists		Birdie pop to re catch			Displays with people with disabilities
Skill connections	Basic tramp combos		Standing on shoulders			
<b>Aerobic Gymnastics</b>						
General	Acrobatic skills	Static strength	Dynamic Strength	Turns and split elements	Jumps and Leaps	Choreography
Routine development and construction	Dive roll	Straddle V support	Wenson push-up	Illusion	Straddle / pike jumps	Complexity
Strength and conditioning	Handstand	V support	A Frame	1 turn to vertical split	Jumps with rotation to feet **	Transitions / linking
Include Plyometric Training	Cartwheel	Horizontal support			Jumps with rotation to split landings **	AMPs - arms / legs
	Handstand forward roll	½ turn in support			Switch split leap	Opening and endings
	Bwd roll to handstand				Free fall , ½ turn, gainer, 1/1 to PU	
	Walkovers – forward / backward				Forms to PU	
					** straight, tuck, cossack, split, straddle, pike	

### Advanced Coach Accreditation Skills Matrix

Rhythmic Gymnastics					
General	Rope	Hoop	Ball	Clubs	Ribbon
Routine development and construction	Fig 8 w/ body movement	Roll on three body parts	Roll on three body parts, standing and on floor	Mills	Spirals (on and off floor)
Groups / multiples	Passing under in a leap	Oblique throw	Different series of bounces	Asymmetrical	Snakes (on and off floor)
Physical preparation	Skip through w/ throw to skip through	Pass over in a leap	Small throws without hands	Tosses and flicks	Passing through and over (figure of eight)
Choreography	Double release	Rotations without hands	Circumduction	Two clubs large throw	Échappé
Linking movements, handling variety	Open rope throw	Axis on hand	Unstable balance on a part of the body	One club throw w/ passing the other club	Boomerang throw (large throw of ribbon w one element of rotation underneath)
static, levels of space, unity	Throw w one rotation and catch (e.g. throw chainé)	Vertical figure of 8 in front and behind	Throw, body rotation, catch in one hand	Handling including rolls and tapping	Rotation of stick around hand
Music					
Left and right hand					

### Advanced Coach Accreditation Skills Matrix

Rhythmic Gymnastics					
Jumps	Balances	Pivots	Waves	Flexibility	Freehand Acrobatics
Ring jumps or leaps with 1 leg (#24) L1	Balance with leg back lower than horizontal (45°) with back bend of the trunk (#3) L1	<b>PIVOTS "PASSE" L1</b>	Front and back wave L1	Trunk bent over the leg at the horizontal in different directions: forward, backwards or sideways (#1, #2, & #3) L1	Rolls on floor
Arch jump (#39) L1	Attitude (#14) L1	In "passé" position towards inside (inward turn) (#1)	Side wave L1	Splits with slow turn (180°-360°) with help (#4,6,8) L1	Cartwheels and variations
Cossack jump (#21) L1	Balance with leg lower than the horizontal (45°) and trunk bent forward (#2) L1	In "passé" position towards outside (outward turn) (#1)		Ring with slow turn (180°-360°) with help (#10) L1	Forward walkovers and variations
Scissor jumps (#27) L1	Free leg front at the horizontal and on the knee (#4,31) L1	<b>PIVOTS with FREE LEG at the HORIZONTAL L1</b>		Circle with help (#14B,C) L1	Backward walkovers and variations
Cabriole (#40) L1	Free leg sideways at the horizontal (second position) (#7) L1	Free leg front or side (in the second position) (#4)		Side splits with trunk at the horizontal with help (#16B) L1	
Stag leap (#16) L1		Free leg stretched back (Arabesque or Attitude) (#21)		Back splits with trunk at the horizontal with help (#18B) L1	
Sauts verticaux en tournant up to 360° (#46) L1				Penchéé (#20) L1	
Sauts groupés up to 360° (#45) L1				Below the horizontal, support on feet or knees (#29) L1	
				Lying on the stomach (#30B) L1	
				Splits on the floor front or back with side roll (360°) (#33A) L1	

### Advanced Coach Accreditation Skills Matrix

Acrobatic Gymnastics						
Principles of Acro	Individual Skills	Pair balance	Trio Balance	Pair Dynamic	Trio dynamic	Dance Choreography musicality
Routine development and construction	Round-off	Unsupported handstand tuck/straddle /pike hold	L5 trio supported and unsupported handstand	Foot pitch straight jump	Boost skill, straight jump	Demonstrating floor coverage and use of the 3D space.  Recognise themes and emotions of music by preparing a piece of choreography with varied movements, relationships and accents.
Shaping and specific acrobatic conditioning	Balance - crocodile	base lying down - holding tops foot in tied hands. Top performs various optional PoV	Base in lunge, M in straddle on B's back leg (supporting hand on B's shoulder). T standing on B's shoulders.	Back pike from hands	Platform / pitch layout salto	
Group A handstands	Flex - Healy	Straddle on low candle		Bird pop re-catch	3/4 front salto platform to basket	
Press to handstand	Front handspring	Standing on hands	Base - 1 arm bunk, free arm extended. Middle lies on Base with legs straight, head towards Base's knees. Middle may hold onto Base. Top performs a tuck hold on Middle's feet	Pitch to catch feet	Handstand release to 1/4 to catch in basket	
Split press to handstand	Agility - flic step out	Handstand on shoulders with support from base OR top standing on 1 leg on shoulder of Base				
Straddle Lever	Round-off back handspring	Crocodile on split head/hand	Top performs tuck lever on			
Half Lever	Back tuck salto	Base slide to split / stand to sit	Middles feet. Middle is supported by Base's feet. Base lying, legs straight and vertical. Base and middle hold hands			
	Front tuck salto					

## Appendix 1C: Advanced Silver Coach Accreditation Skills Matrix

The skills matrix lists the skills covered in each Gymsport Advanced Silver Coach Accreditation Course and therefore provides a guideline of skills an Advanced Silver Coach can coach. The skills matrix is not an exhaustive list. An Advanced Silver Coach has the knowledge, skills and ability to coach other skills similar to and with equivalent degree of difficulty to those listed in the table.

**Advanced Silver Coach Accreditation Skills Matrix**

Women's Artistic Gymnastics						
Floor	Trampoline	Vault	Uneven Bars	Beam	Dance skills	Dance Choreography musicality
Salto forward. piked with 180°	Salto forward straight. with 180° to 540°	Handspring forward with 360 turn	Giant Swing – Backward, Forward, L grip with 180 and 360 turn	Back handspring in series	2/1 turn in passé (& 3/1)	Advanced ballet barre complex
Salto forward straight. with 180°	Salto backward straight. with 180° to 720°	Handspring salto forward tucked	Transition skills HB to LB - Overshoot to HS, Pak, Eyova	Back handspring layout step out	1/1 horizontal turn	Advanced floor and beam complex
Salto forward with 360°	Double salto forward tucked	Tsukahara tucked	Sole circle LB to HB	Handspring backward - 900, 1800	Switch leap	Development of artistry in WAG gymnastics
Salto forward with 540°	Double salto backward tucked	Handspring salto forward piked	Clear hip hecht LB to HB	Saltos forward – tuck; aerial walkover	Tour jete	Creation of advanced optional beam and floor routines
Salto backward with 180°	Combination acrobatics	Tsukahara straight	Stalder and Endo circles	Saltos backward - tuck, pike, straight	Straddle 1/2	
Salto backward with 360°		Yurchenko tuck	Clear hip circle to HS - 180 and 360 turn	Saltos sideward – tuck; aerial cartwheel		
Salto backward with 540°		Yurchenko straight	Sole circle to HS - 180 and 360 turn	Dismounts with turns - medium difficulty		

### Advanced Silver Coach Accreditation Skills Matrix

Women's Artistic Gymnastics						
Floor	Trampoline	Vault	Uneven Bars	Beam	Dance skills	Dance Choreography musicality
Salto backward with 720°			Inside Stalder to Handstand and with turn	1. Forward straight – 1800, 3600, 5400		
Double salto forward tucked			Flight elements – Tkatchev, Jaeger, Gienger	2. Backward straight – 1800, 3600, 5400, 7200		
Double salto backward tucked			Dismounts – double salto bwd tuck, straight	3. Dismount – gainer straight - variations		
Simple acrobatic series				4. Dismounts with double saltos - tuck Backward dynamic acrobatic connections to dismount		



## Advanced Silver Coach Accreditation Skills Matrix

Men's Artistic Gymnastics						
Floor	Trampoline	Vault	High Bar	Pommel Horse	Rings	Parallel Bars
Salto forward. piked with 180°	Double back salto	Handspring salto forward tucked	Giant swing forward with turns (180° to over grip, 360° to mixed-grip and el-grip)	Circles in cross support on 1 pommel	Strength holds – cross, L-cross, support lever, swallow, inverted cross	Layout back salto
Salto forward straight. with 180°	Consecutive saltos on long tramp	Tsukahara tucked	Giant swing backward with turns (180° to under-grip and el-grip, 360° to over-grip)	3/3 cross support travels without pommels	Giant swing forward	Handstand turns – forward, backward, hop
Salto forward with 360°	Advanced twisting	Tsukahara straight	Giant swing backward hop to under-grip	Side support travels without pommels	Giant swing backward	Salto forward from support to support
Salto forward with 540°	Using harness	Yurchenko tucked	Giant swing in el-grip hop to under-grip	¼ spindles in succession on mushroom	Honma piked	Salto backward to handstand
Arabian salto		Yurchenko straight	Endo	½ & 1/1 spindle on end in cross support	Double salto backward tucked and straight	Stützkehre
Salto backward with 180°			Stalder	½ turn variations from circles – kehr, wende	Advanced strength complexes	Diamidov
Salto backward with 360°			Double salto backward tucked and straight	360° to 1080° forward, stockli backward, Czechkehr, direct stockli	Salto forward with 180° and 540°	Moy to support
Salto backward with 540°			Gienger salto straight	A and B with and without pommels	Salto backward with 360° and 720°	Giant swing
Salto backward with 720°			Jaeger salto straddled	Hdst. dismount from undercut & flair	Double salto forward tucked	Healy turn to support
Double salto forward			Tkatchev straddled	Scissors with ½ turn forward and backward		Felge (basket) to handstand
Double salto backward			Dislocate (Adler) to handstand			Double salto backward dismount
Connected saltos			Double salto forward tucked			

### Advanced Silver Coach Accreditation Skills Matrix

Trampoline & Tumbling						
Introduction	Trampoline Skills	Double Mini Trampoline	Synchronised Trampoline	Trampoline Sports Specific Principles	Tumbling skills	Other
<p>Increase of height</p> <p>Introduction of puck shape</p> <p>Body preparation - high impact landings</p>	<p>Ballouts (back landing salto to feet)</p> <p>Rudi ball out</p> <p>Double twist back salto</p> <p>Full out - T &amp; Str</p> <p>Full in Full out - T</p> <p>Double front half out</p> <p>Rudi out - T, P</p> <p>Full in, half out - T, P &amp; S</p> <p>Half in, half out - T &amp; P</p> <p>Half in, Rudi out - T &amp; P</p> <p>Arabians</p>	<p>Running drills</p> <p>S/S S/S passes</p> <p>Twisting S/S passes</p> <p>Basic single double passes</p> <p>Mount and dismount drills</p> <p>Double, double passes</p>	<p>Identifying appropriate synchro pairs</p> <p>Building good synchro routines</p>	<p>Benefits of introducing twisting rotational skills e.g. Full twisting ballouts, FT back cody, etc.</p> <p>Continuation of cruising drills</p> <p>Biomechanics;</p> <p>Building time of flight</p> <p>Rig work - timing for front and back Landings</p> <p>Use of bungy</p> <p>Use of pit</p>	<p>Double back rotations - tuck, pike and straight</p> <p>Double with 1/1 in and 1/1 out</p> <p>Linking to and from tempo saltos</p> <p>Rudolph</p>	<p>Advanced pass construction</p> <p>Competition preparation</p> <p>Connecting tumble passes - 8 skill</p>

### Advanced Silver Coach Accreditation Skills Matrix

Aerobic Gymnastics					
Acrobatic skills	Static strength	Dynamic Strength	Turns and split elements	Jumps and Leaps	Choreography
Round-off	1/1 turn in support (L, straddle, V, lever) 1/1 turn straddle support	Plio PU ,Explosive A Frame	Free support balance ( frontal, lateral, vertical split)	1 ½ and 2/1	Create 1/2 or full routine
Headspring	Moldovan 1/1	PU 1/1 to PU	Balance full turn	1 ½ and 2/1 to PU	Insert given elements
Forward Handspring	Straddle planche	Wenson hinge, free Wenson, free Wenson hinge or lateral PU	1 ½ , 2/1 turn	½ turn Forms, ½ and ½	Choreography notes
Back handspring		High V support ½ PU, to split	1/1 horizontal to vertical split	½ turn Forms ½ to split	
Saltos – fwd / bwd / sideways		Double leg circle, Flair	1/1 to vertical split	½ turn Forms ½ to PU	
		Helicopter , Helicopter to split	Free vertical split	Straddle jump	
			Illusion to vertical split	Butterfly	
				Off axis	

### Advanced Silver Coach Accreditation Skills Matrix

Rhythmic Gymnastics				
Jumps	Balances	Pivots	Waves	Flexibility
<b>WITH TAKE OFF FROM 2 FEET</b>  Split leaps (#3) L2  Pike jumps with legs together (#36) L2 <b>WITH TAKE OFF FROM 1 FOOT</b> Pike jumps from one foot (#36) L2  <b>FROM 1 FOOT WITH TRAVEL</b>  Split leaps (#1) L2  With ring (#1) L2  Split leaps with leg switch (#7,9) L2  Stag leap with ring L2  <b>JUMPS with ROTATION</b> Sauts verticaux en tournant more than 360° (#46) (L2) Sauts groupés more than 360° (#45) (L2)  Fouetté (#33,34) L2	Arabesque on the knee (#38) L2  Attitude on the knee (#40) L2  Back splits with help (#12) L2 Leg in ring position with help (#16) L2 All other variations of free leg front at the horizontal (#4,31) L2  Front splits with help and on the knee (#5,32) L2  Leg sideways at the horizontal (second position) on the knee (#35) L2 Side splits with help and also on the knee (#8,36) L2  Front scale (#23) L2  Back scale (#20) L2  Side scale (#21) L2	<b>PIVOTS with FREE LEG above HORIZONTAL L2</b>  Front or side splits with help (#9)  Back splits with ring with help (#29)  <b>FOUETTE L2</b>  Fouetté in "passé" (#41), attitude or arabesque (free leg at the horizontal or higher)	Total body wave (#34) L2  Total wave with spiral (360°) ("tonneau") on both feet or on one foot) (#35,36) L2	Splits with slow turn (180°- 360°) without help (#5, 7,8) L2  Circle with help and with slow turn (#14D,E) L2  Circle without help (#15D,E) L2 Side splits with trunk at the horizontal with help with slow turn (#16C,D) L2 Side splits with trunk at the horizontal without help (#17) L2 Back splits with trunk at the horizontal with help with slow turn (#18C,D) L2 Back splits with trunk at the horizontal without help (#19) L2 Penchéé with slow turn (#20) L2 Front splits with back bend of the trunk (#22) L2 Front splits with back bend of the trunk with walkover (#22) L2 Illusion forward (#25) L2 & Illusion sideways (#26) L2 Illusion backwards with circle of the leg in different directions, without full bend of the trunk (#28) L2 Lying or chest (#30D,G) L2 Lying or chest with rotation (#31C,D) L2 Support on the forearms (#32) L2

### Advanced Silver Coach Accreditation Skills Matrix

Rhythmic Gymnastics	
Apparatus	Multiples (pairs/trios)
<p>Variety in 'throw and catch'. Risk introduction min. 2 elements with rotation plus additional criteria</p> <p>Body movement difficulties, combinations of several mastery components in one set of dance, new and novel ways of using mastery</p> <p>Fundamental and other technical groups / mastery / risk</p>	<p>Exchanges, collaborations, formations, dynamic elements with rotations</p> <p>Difficulties with exchange, body difficulties, dance, formations, risk, cannon</p> <p>Elite identification (establish an elite criteria by GA)</p>

### Advanced Silver Coach Accreditation Skills Matrix

Acrobatic Gymnastics						
Principles of Acro	Individual Skills	Pair balance	Trio Balance	Pair Dynamic	Trio dynamic	Dance Choreography musicality
Routine requirements	Chest stand	Unsupported and high handstand	B & M Side by side bridge, T in position value >2 (hand to foot)	Front layout overhead throw from thigh OR R/O salto over head	Front layout overhead L6 1C	Musical interpretation
Tariff sheets	Elbow walk over to split	1 ft. to stand in hand (1:1)	B & M, handstand tepee, T in press to handstand	Back layout from hands ≥180 twist	Platform or pitch Back layout ≥180 twist	Variety of music and choreography to communicate a story line or theme
FIG tables of difficulty	Tuck salto to knee	2:2 Standing high	B in bridge, M in semi supported handstand, T in PoV >2 (hand to foot)	Pitch catch bird	Helicopter 2/4 ≥180 OR 4/4 pike to wrap from basket	Selection of leotards/attire to suit the composition of the choreography
Points of support	Split press to handstand	2:2 PoV high candle	B in bridge, M in bridge, T in PoV > 3	Pitch to catch handstand - cascade	Handstand release 3/4 scoop to catch in basket	
Talent identification	Valdez	2:1 straddle on bridge	B in split, M stand on shoulders holding high, T in PoV	Front layout overhead ≥180 twist	Round off double salto	
Group B handstands - overarch and super arch	Flic tuck and flic layout	1 arm back birdie	Top performs tuck lever on	Double salto from pitch or hands	Pitch / platform 4/4 salto ≥360	Demonstrate three choreographed pieces of different styles/themes/story lines
Group C to E handstands jaeger, flag and planche	Handspring front salto	2:1 top PoV	Middles 1 foot. Middle is supported by Base's 1 foot. Base lying, legs straight and vertical. Base and middle hold hands	Handspring to handstand	Platform layout re catch	
	Arabian salto	High candle to low (P) Base 180 (p)		Stand in hands re catch - 180 twist re catch or courbette re catch	Handstand on platform, throwing and/or catch in handstand	
	Side salto	1 ft. standing high (1:1) Top optional PoV				
	Straight back salto with 360°	2:2 handstand; PoV with motion 2:1/1:1	B in lunge, M in arch handstand holding B's waist, B supporting under M's thigh, T in PoV hand to body)			
	Layout to split	1 arm inverted split				