

Online Advanced Coaching Principles Course

ACR Module 2-4: Spotting Log Book

Name: _____

Date: _____

The candidate must demonstrate they can spot / support the progressions for each of the skills listed in the Spotting Log Book to complete the assessment task.

Apparatus: Skills	Candidate signature I can spot these progressions	Mentor signature	Print mentor's full name	Date
INDIVIDUAL SKILLS: Crocodile				
INDIVIDUAL SKILLS: Healy				
INDIVIDUAL SKILLS: Flic step out				
PAIR BALANCE: Base lying on back, top in straddle or pike on high				
PAIR BALANCE: Top standing on base low hands				
PAIR BALANCE: Unsupported handstand				
PAIR BALANCE: Straddle on low candle				
PAIR BALANCE: Handstand on shoulders with support from base				
PAIR BALANCE: Mixed grip 1 arm elbow planche				
TRIO BALANCE: Supported handstand				
TRIO BALANCE: 2 tops with base in lunge				

Apparatus: Skills	Candidate signature I can spot these progressions	Mentor signature	Print mentor's full name	Date
TRIO BALANCE: 1 arm tabletop, top in tuck hold on middle's feet				
TRIO BALANCE: Trio mini tower – Top on base shoulders middle on thighs				
TRIO BALANCE: L hold on L hold with tuck				
PAIR DYNAMIC: Foot pitch straight jump				
PAIR DYNAMIC: Bird pop re catch				
TRIO DYNAMIC: Boost skill, straight jump				
TRIO DYNAMIC: 3/4front salto platform to basket				
TRIO DYNAMIC: Handstand ¼ back to basket				

Additional extension skills

These skills are not required for completion of the Assessment Task, however it's **strongly recommended** you learn how to spot these prior to attending the Advanced Face to Face Course.

PAIR DYNAMIC: Back pike somersault from hands

PAIR DYNAMIC: Pitch to Catch FEET

TRIO DYNAMIC: Double foot pitch layout salto

Note: Be sure to upload both signed pages to the LMS to complete the assessment task.

You must complete **two** Spotting Log Books

You'll need to complete both this Spotting Log Book and the Module 1 Spotting Log Book before attending the Module 2-4 Face to Face Course. See this page for more information: gymnastics.org.au/spottinglogbook or [download the Module 1 Spotting Log Book here](#).