



Online Advanced Coaching Principles Course

Unit 2 Assessment Task 2.2 Spotting Log book

GfA: Skill Log book

Complete the compulsory skill checklist below.

Name: _____

Date: _____

If you are progressing onto an Advanced Accreditation in MAG or WAG it is recommended that you complete the entire MAG or WAG Spotting Log Book in lieu of the GfA Log book.

*The candidate must demonstrate they can spot / support the **progressions** for each of the **compulsory 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 name	Date
FLOOR: Forward handspring				
FLOOR: Backward handspring				
FLOOR: Back somersault (tuck and layout)				
FLOOR: Front somersault (tuck and layout)				
FLOOR: Round-off back handspring in series				
SPRING: Front somersault (tuck, pike, stretched)				
SPRING: Back somersault (tuck, pike, stretched)				

Additional extension skills* See over the page

** It is highly recommended that the coach is able to spot these skills prior to the F2F Advanced Gymsport Course as this is assessed throughout the course.*

FLOOR: Round-off back handspring, back tuck somersault in series