|  |  |  |
| --- | --- | --- |
| Observation | Check | Comments |
| Land on your toes |  |  |
| Feet shoulder width apart |  |  |
| Knees/toes in same plane |  |  |
| Land in squat position |  |  |
| Symmetrical (legs, body) |  |  |
| Legs move from extension to flexion |  |  |
| Soft landing |  |  |
| Eyes up, focused on ball |  |  |
| Forward lean (momentum forward) |  |  |
| Square hips in direction of ball |  |  |
| Lead foot moves directly towards ball |  |  |
| No false step |  |  |
| Flexion of arms |  |  |
| Arms extended towards ball, prepared to flex when catching |  |  |