|  |  |  |
| --- | --- | --- |
| Observation | Check | Comments |
| Countermovement:   * ankle motion * knee motion * hip motion * *full* triple extension * sequencing * timing | ­­­\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_ |  |
| Arm swing in countermovement:   * too much * too little   Arm swing in flight:   * fully extended to max height * extended too early * extended too late | \_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_ |  |
| Angle of take off:   * angled too far forward * angled too far backward | ­\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_ |  |
| Take off:   * from right leg * from left leg * from both legs | \_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_ |  |