|  |  |  |
| --- | --- | --- |
| 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
 | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |