|  |  |  |
| --- | --- | --- |
| Observation | Check | Comments |
| Countermovement/on board:   * too much oscillation * too little oscillation * too much arm swing * too little arm swing * ankle motion * knee motion * hip motion * push off angle | \_\_\_\_\_\_\_  \_\_\_\_\_\_\_  \_\_\_\_\_\_\_  \_\_\_\_\_\_\_  \_\_\_\_\_\_\_  \_\_\_\_\_\_\_  \_\_\_\_\_\_\_  \_\_\_\_\_\_\_ |  |
| Take off/pike:   * arms out to the side * legs spread slightly * pike at peak of the jump * torso and legs remain perfectly straight * come out of the pike when hips and torso are directly perpendicular to the water | \_\_\_\_\_\_\_  \_\_\_\_\_\_\_  \_\_\_\_\_\_\_  \_\_\_\_\_\_\_  \_\_\_\_\_\_\_ |  |
| Descent:   * torso remains completely straight * hips straighten over the body * hands above the head and flat to the surface of the water * angle of entry | \_\_\_\_\_\_\_  \_\_\_\_\_\_\_  \_\_\_\_\_\_\_  \_\_\_\_\_\_\_ |  |
| Amount of splash | \_\_\_\_\_\_\_ |  |
| Overall smoothness of the dive | \_\_\_\_\_\_\_ |  |
| Body remains tight and straight throughout the dive | \_\_\_\_\_\_\_ |  |