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