|  |  |  |
| --- | --- | --- |
| Observation | Check | Comments |
| Countermovement |  |  |
|  Too Big |  |  |
|  Too Small |  |  |
|  Too Fast |  |  |
|  Too Slow |  |  |
| Starting Position |  |  |
|  Start Low |  |  |
|  Too Low |  |  |
|  Not low enough |  |  |
| Arm Swing |  |  |
|  Too Late |  |  |
|  Too Early |  |  |
|  Too Big |  |  |
|  Too Small |  |  |
| Full ROM |  |  |
|  Hips |  |  |
|  Knees |  |  |
|  Ankles |  |  |
| Timing of Segments |  |  |
| Angle of Toe Off |  |  |
|  Height of Jump |  |  |
| Landing Position |  |  |
|  Stuck Landing? |  |  |
|  Feet in Front |  |  |
|  Arms Forward |  |  |
| Head Position |  |  |
| Symmetry of Limbs |  |  |
| Width of Legs |  |  |