|  |  |  |
| --- | --- | --- |
| 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 |  |  |