

LEVEL 1 BEGINNING DIVER PROGRESSION CHECKLIST

| Skill | Skill Description | Pass-P | Redo-R | Comments |
|--------------------------------|--|--------|--------|----------|
| CONDITIONING | | | | |
| 60-second squat hold | 90° knee bend with back against wall, arms overhead | | | |
| 50 sit-ups | Knees bent, hands behind head, touch knees with elbows | | | |
| Headstand | 10 seconds | | | |
| Armstand | 10 seconds with spot and straight body alignment | | | |
| Hanging tuck-up | Knees together, 90° or higher | | | |
| Kneeling double-arm swing | Hips rolled under, tight core, no shoulder movement | | | |
| Hollow hold | Prop feet and shoulders and hold hollow | | | |
| Push-up | Flat back, hips slightly elevated, chest touches ground | | | |
| Body squat | Hips under, knees in front of toes, 90° knee bend | | | |
| Back extension | Arms in T position, heels together, hold position | | | |
| Leg scissors | Straight legs, good toe point, sitting up slightly | | | |
| Kick-look-look-reach | With pike out | | | |
| Tuck jumps | Knees to chest or close to, legs straight before touch ground | | | |
| DRYLAND—FLOOR | | | | |
| One-step hurdle to hanging bar | Straight arms and hold stretch position on bar | | | |
| Hurdle step-up | One-step hurdle to low box, legs straight on contact | | | |
| Armstand pop-up | Forward & back rolls to armstand with spot; 5 second hold | | | |
| Lateral arm close | Seated and standing, tight core | | | |
| Pike-open-close-swim-pike save | From standing pike position; draw one leg up for pike save | | | |
| Tuck position | Lay on back, draw knees to shoulders, then V position | | | |
| Tuck position pick-up | Diver rolls back in C position & coach picks up diver by heels | | | |
| Pike position push down | Coach pushes diver's back to flatten pike | | | |
| Twist position pick-up | Diver in D position and coach picks up diver by heels | | | |
| Inward heel kick | Quick ankle snap and pop heels into mat | | | |
| Model twist sequence | 1-2-3-4: reach, drop, turn, arms into tight twist | | | |
| Model forward hurdle | With arm swing, good body alignment, and hurdle foot back | | | |
| Armstand holds | Against wall, forward and backward entry position | | | |

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| DRYLAND—DRYBOARD | | | | |
| Floppy feet | From end of board, slightly bounce high enough to point toes | | | |
| 100A, B, C | Standing, finish to feet with straight body | | | |
| 100A, B, C to seat drop | Finish to seat drop with palms on mat for support | | | |
| 200A, B, C | Finish to feet with straight body | | | |
| 200C, B to seat drop | Finish to seat drop with palms on mat for support | | | |
| 400A | With arm press, slight inward tilt | | | |
| 300A | Standing, with arm press, slight reverse tilt | | | |
| 100A, B, C | One-step hurdle, finish to feet with straight body | | | |
| 100A, B, C | Full approach, finish to feet with straight body | | | |
| 100A | Double bounce from end of dryboard | | | |
| DRYLAND—TRAMPOLINE | | | | |
| Two-bounce jump | Stay in center of trampoline and finish to straight body line | | | |
| Single jump to back drop | Straight legs and body, land with arms in T position | | | |
| Single jump to stomach drop | Straight legs and body, land with arms in T position | | | |
| Single jump with half twist | Arms remain in T position the entire time | | | |
| Single jump full twist | Arms remain in T position the entire time | | | |
| Triple jump with arm swing | Stay in center of trampoline, finish to straight body line | | | |
| Hurdle jumps | Lift hurdle knee with each jump, foot back in hurdle | | | |
| One-step hurdle | Finish to straight body line in middle of trampoline | | | |
| 100C, B | With one-step hurdle; finish in middle of trampoline | | | |
| 101C to armstand | In belt, double bounce | | | |
| 201C to armstand | In belt, double bounce | | | |
| 401C to armstand | In belt, double bounce | | | |
| 301C to armstand | In belt, double bounce | | | |
| 5111A | In belt, double bounce | | | |
| 5211A to armstand | In belt, double bounce | | | |
| 102C | In belt or coach spot, double bounce | | | |
| 202C | In belt or coach spot, double bounce | | | |
| 402C | In belt or coach spot, double bounce | | | |
| Back drop | In belt, double bounce, watch feet, hold hollow position | | | |

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| DIVING—SPRINGBOARD 1M | | | | |
| 100B, C | Standing, double bounce, full approach | | | |
| 200B, C | Jump with no press then full press | | | |
| 400A, B, C | Jump with no press then full press | | | |
| 300A, B, C | Standing, double bounce, full approach | | | |
| 101 hollow | Arms overhead, falling, single jump, double jump | | | |
| 101C, B | Standing, double bounce, full approach | | | |
| 201C, B | Jump with no press then full press | | | |
| 401C, B | Jump with no press then full press | | | |
| 301C, B | Single & double bounce, coach spot if desired | | | |
| 102C, B | Standing, double bounce, full approach | | | |
| 103C, B | Double bounce, full approach | | | |
| 5111A | Standing, double jump, full approach | | | |
| 5211A | Standing from quarter twist, then full press | | | |
| 5101A | Standing, double bounce, full approach | | | |
| 5102A | Standing, double bounce, full approach | | | |
| 5201A | With arms in T position, no press | | | |
| 5301A | With arms in T position, slight reverse lean, no press | | | |
| 5122D | Underwater, slight pike, snap, wrap | | | |
| 5223D | Float on back, arms T position, wrap twist | | | |
| 101 with pike save | Poolside, arms overhead, pike save | | | |
| 201 with scoop knee save | Push off pool wall, scoop, knee save | | | |
| DIVING—SPRINGBOARD 3M | | | | |
| 100A, B, C | Standing, double bounce, full approach | | | |
| 200A, B, C | Standing without press, with press | | | |
| 300A, B, C | Standing, double bounce, full approach | | | |
| 400A, B, C | Standing without press, with press | | | |
| 101C, B | Open pike, seated, standing, double bounce, full approach | | | |
| 401C, B | No press, arms overhead, then with press | | | |
| 201A, C, B | Arms overhead, back fall with spot, then with full press | | | |
| 301C, B | Standing, single bounce, double bounce, full approach | | | |
| DIVING—PLATFORM | | | | |
| 100A, B, C | 1M and 3M standing, then two hop | | | |
| 200A, B, C | 1M and 3M with press | | | |
| 300A, B, C | 1M and 3M with slight reverse tilt | | | |
| 400A, B, C | 1M and 3M with slight inward tilt | | | |
| 101C, B | 1M and 3M standing, then two hop | | | |

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| DIVING—PLATFORM <i>(continued)</i> | | | | |
| 201 C | 1M, coach spot | | | |
| 101B | 3M pike roll off line-up | | | |
| Notes: 1. Remember individual differences in rate of mastery attainment. 2. Utilize drills cited throughout the textbook. 3. Bend knees on all feet first dryland landings. 4. At least 80-85% proficiency required to pass each skill. | | Coach Final Comments: | | |

From J. Huber, 2016, *Springboard and Platform Diving* (Champaign, IL: Human Kinetics).