

## LEVEL 2 INTERMEDIATE DIVER PROGRESSION CHECKLIST

Skill	Skill Description	Pass-P	Redo-R	Comments
<b>CONDITIONING</b>				
Incline sit-ups	Knees bent, hands behind head, touch knees with elbows			
Hanging pike-up window wipers	Bring legs up and then move side-to-side			
Armstand pike-ups	Back against wall, raise and lower lets to 90°			
Armstand push-up	Bend elbows more than for shrugs, use landing mat			
Leg curls	Sit on bench, teammate provides resistance			
Leg extensions	Lay on stomach, teammate provides resistance			
Hollow hold	Feet and shoulders propped up			
Board push downs	Push board up and down, no jump			
Squat	With teammate on back			
<b>DRYLAND—FLOOR</b>				
Somersaults tuck all directions	Hand spot from coach from elevated mat if necessary			
102C	Hand spot from coach from elevated mat if necessary			
102C	Running and finish to seat drop onto elevated mat			
102B	Running to seat drop on mat			
Back armstand 1/2 twist to back	From mat to mat of equal height			
Back armstand 1/2 twist to seat	From elevated mat to lower mat, finish to seat drop			
Armstand hold	45 seconds			
Armstand press-up	Using pike-up, tuck-up, split-leg press to straight line			
<b>DRYLAND—DRYBOARD</b>				
Somersaults tuck all directions	Out of belt; coach spot			
5122D	Standing and land in seat drop			
<b>DRYLAND—TRAMPOLINE</b>				
402, 202—C & B	Out of belt; coach spot			
102, 302—C & B	Out of belt; one-step hurdle; coach spot			
102A	In belt, out of belt, two bounce, arms overhead on start			
202A	In belt, out of belt, two bounce, arm swing, spot			
5122D	From knee drop; finish to seat drop			
5122D	One-bounce; finish to seat drop			
5112D	From backdrop and finish to feet			
105C, B with two bounces	In belt; finish to armstand			

<b>Skill</b>	<b>Skill Description</b>	<b>Pass-P</b>	<b>Redo-R</b>	<b>Comments</b>
<b>DRYLAND—TRAMPOLINE</b> <i>(continued)</i>				
One-step hurdle 305C and B	In belt; finish to armstand			
5223D with two bounces	In belt, arms overhead; no arm swing; finish to seat drop			
5323D with one-step hurdle	In belt, arms overhead; no arm swing; finish to seat drop			
5122D with two bounces	In belt; arms overhead; no arm swing; finish to feet			
5124D with two bounces	In belt; arms overhead and no arm swing; finish to feet			
Ball out	First back-to-feet and then back-to-back			
Forward 3/4 somersault	Finish to flatback			
Back 3/4 somersault	Finish to stomach, hands on trampoline			
<b>DIVING—SPRINGBOARD 1M</b>				
101A, B, C with two bounces	Good body alignment on bounces, pike out of B and C			
301A, B, C with two bounces	Good body alignment on bounces, pike out of B and C			
401A				
201A				
103C, B	Two-bounce and with hurdle			
104C	Position B also if ready			
105C				
203C	Position B also if ready			
204C				
303C	Position B also if ready			
304C				
302A				
403C	Position B also if ready			
5132D				
5132D				
5124D				
5231D				
5233D				
5225D	If ready			
5321D				
<b>DIVING—SPRINGBOARD 3M</b>				
103C, B	Two-bounce			
105C, B	Two-bounce and full approach			
301C, B	Two-bounce			
203C, B				
303C, B	Two-bounce and full approach			
403C, B				
5132D				

Skill	Skill Description	Pass-P	Redo-R	Comments
<b>DIVING—SPRINGBOARD 3M</b> <i>(continued)</i>				
5231D				
5233D				
5331D				
<b>DIVING—PLATFORM</b>				
Jumps all directions	7.5M, 10M			
201C, B	5M			
301C, B	5M			
103B	5M, standing, then running			
203C	3M			
303C	5M			
403C	5M			
102B	3M, open pike			
202A	3M			
5122D	3M			
5132D	5M			
5221D	3M			
5223D	3M or 5M			
5231D	5M			
613B	5M			
623B	5M			
101B	7.5M, 10M, roll off, then from standing pike position			
401B	7.5M, 10M			
103B	7.5M, 10M, standing			
301B	7.5M			
612B	7.5M			
<b>Notes:</b>		<b>Coach Final Comments:</b>		
<ol style="list-style-type: none"> <li>Skills are listed in order of learning progression.</li> <li>Utilize drills cited throughout the textbook.</li> <li>Coach spotting on all drills.</li> <li>At least 80-85% proficiency required to pass each skill.</li> </ol>				

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