

LEVEL 2 NOVICE DIVER PROGRESSION CHECKLIST

Skill	Skill Description	Pass-P	Redo-R	Comments
CONDITIONING				
Armstand hold	90 seconds against wall			
Armstand shrugs	Against wall--both forward and backward			
Wall sit 90° knee bend	90 seconds, back flat against wall, arms overhead			
Hanging tuck-ups	Knees up together and then V position			
Hanging pike-ups	Keep knees locked, legs to head			
Tuck jumps	Consecutive jumps on crash mat or port-a-pit, knees to chest			
Lunge jumps	Consecutive jumps on folding mat			
Single-leg jump	Consecutive jumps on folding mat			
Upper-body extensions	Torso hangs over mat; teammate holds legs, 4 ways			
DRYLAND—FLOOR				
Tuck somersaults in all directions	Start on elevated mat, coach spot			
Armstand split-leg hold	Hand spot, use wall or bench for control, see chapter 2			
Armstand tuck & pike hold	Hand spot, use wall or bench for control, see chapter 2			
Armstand pop-ups	From armstand, pop up and finish to feet			
Hanging C position	Arms next to ears, open hips to C position, chin on chest			
Hanging hurdle	One-step hurdle to hanging bar			
Hang-drop punch jump	Drop from bar, punch jump to elevated mat			
Hang-drop punch somersault	Drop from bar, punch somersault to seat drop on mat			
One-step hurdle to bench	Arms straight and overhead, legs straight before contact			
Four-step hurdle	Consecutive four-step hurdles across floor			
102C to seat drop	Standing & running, land legs straight, use hands for landing			
Forward armstand fall to flat back	Off mat to mat of same height			
Forward armstand fall to seat drop	Off elevated mat to lower mat			
Back armstand to abdomen	Off mat to mat of equal height			
Forward approach to magic position	On springfloor or mat; full approach			
Platform backward press drills	See chapter 3			

Skill	Skill Description	Pass-P	Redo-R	Comments
DRYLAND—DRYBOARD				
Two-bounce jump A, B, and C	Straight body line, bend knees on landing			
201C, B	Landing on back in open pike position			
301C, B	Standing, landing on back in open pike position			
102C to seat drop	Standing; use hands for landing; spot from coach			
202C	In belt			
302C	In belt			
402C	In belt			
103C, B	In belt; double bouncing; finish to armstand			
403C, B	In belt; arms overhead; no arm swing; finish to armstand			
203C, B	In belt, finish to armstand			
303C, B	In belt, finish to armstand			
DRYLAND—TRAMPOLINE				
Three-bounce 100A, B, C	Stay in center of trampoline and finish to straight body line			
Barrel roll	Straight tight body line with hands in twist position			
Swivel hips	Arms overhead and body straight off mat before twisting			
Full twisting backdrop	Show proficiency in belt, then out of belt with coach spot			
101C, B	In belt, pike out, finish to armstand			
201C, B	In belt, pike out, finish to armstand			
102C and B	In belt, out of belt, coach spot, finish to feet & seat drop			
202C and B	In belt, then out of belt, coach spot, finish to feet			
103C and B	In belt, pike out, finish to armstand			
203C with two bounces	In belt, spot, finish with hands on thighs			
303C with one-step hurdle	In belt, spot, finish with hands on thighs			
104C with two bounces	In belt; start with arms overhead; no arm swing, spot			
204C with two bounces	In belt, spot, finish with straight legs, hands on thighs			
Backdrop to pike position	Land on back in pike, legs straight; hands on mid shins			
102A and 202A	In belt, spot			
5122D	In belt, establish straight position early before twist			
5223D	In belt, use down and in twist technique to teach			

Skill	Skill Description	Pass-P	Redo-R	Comments
DIVING—SPRINGBOARD 1M				
101C	With pike-out and straight out			
201C	With pike out and straight out			
201B	Header with hands on side			
301C	With pike-out and straight out			
301B	Header with hands on side			
401C	With pike-out and straight out			
102C	With pike-out			
103C, B	Double bounce then full approach			
202C	With pike-out and straight out			
302C	With pike-out and straight out			
402C	With pike-out and straight out			
102B	Open pike with snap to straight position			
202B	Open pike and closed pike			
302B	Open pike and closed pike			
402B	Closed pike			
102A	Straight body position immediately off board			
202A	Straight body position immediately off board			
5121D	Straight body off board, 1/2 twist with arms in T position			
5122D	Straight body off board, arms into body at 1/2 twist			
5221D	Straight body position immediately off board, half twist with arms in T position			
5223D	Straight body, down and in twisting			
DIVING—SPRINGBOARD 3M				
103C, B	With pike out, single jump, double bounce, full approach			
Back fall line-up	Start with arms overhead in line-up position			
Forward roll off	Start in open pike position			
301C, B	Emphasize kick-look-look-reach			
DIVING—PLATFORM				
101C, B	1M, full approach			
102C, B	1M, standing, coach spot, then with full approach			
103C, B	3M, standing, running, with pike out			
201B	3M			
202C, B	1M, full press, coach spot			
401C, B	1M, full press, coach spot			
402C	1M, full press, coach spot			
301C and B	3M, coach spot			

Skill	Skill Description	Pass-P	Redo-R	Comments
DIVING—PLATFORM <i>(continued)</i>				
302C	1M, full press, coach spot			
Armstand dive	1M, coach spot			
611A	1M, coach spot			
612B	3M, fall first, then pike			
621A	1M, arms locked out on fall			
6211A	1M, arms up first before 1/2 twist			
101B	5M, roll off, then standing			
401B	5M			
Notes:		Coach Final Comments:		
<ol style="list-style-type: none"> 1. Skills are listed in order of learning progression. 2. Emphasize using eyes to spot, even on simple drills and dives. 3. Utilize drills cited throughout the textbook. 4. At least 80-85% proficiency required to pass each skill. 				

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