

## LEVEL 3 ADVANCED DIVER PROGRESSION CHECKLIST

Skill	Skill Description	Pass-P	Redo-R	Comments
<b>CONDITIONING</b>				
Prone trunk lift	Teammate holds legs, use weight vest			
Prone leg lift	Weight vest on legs			
Prone lateral lift	Lift legs and upper body simultaneously, use weight vest			
Incline sit-up	Keep legs straight			
Prone pike-up	From curved surface			
Squat with weight	Maintain good form, head up			
Plyometrics with body weight	Use ballistic movement			
<b>DRYLAND—FLOOR</b>				
Somersault all directions	On landing mat, bend knees on landing			
Back 3/4 somersault half twist	Straight body, finish to flat back, from elevated mat, with spot			
Drop-down punch somersault	Drop from box and forward somersault to landing mat			
<b>DRYLAND—DRYBOARD</b>				
Somersaults pike all directions	Out of belt, coach spot			
203C, B	To back drop open pike			
303C, B	To back drop open pike			
102A	Out of belt, coach spot			
202A	Out of belt, coach spot			
302A	Out of belt, coach spot			
104C, B	Pike out, finish to seat drop and feet, coach spot			
<b>DRYLAND—TRAMPOLINE</b>				
2 1/2 somersaults all directions	In belt, spot, finish to armstand			
5223D with two bounces	Out of belt, finish to feet, then to seat drop, coach spot			
5122D with two bounces	Out of belt, finish to feet, then to seat drop, coach spot			
5142B	In belt, two bounces, arms overhead on start			
5225D	In belt, two bounces, arms overhead on start			
5243B	In belt, two bounces, with arm swing			
6233D	In belt, see chapter 4			
Forward 3/4 with full twist	Finish to backdrop and arms on trampoline bed			
Cody	Keep head neutral on cody, land with palms on mat			
Cody with 1 1/2 twist	Initiate cody before twisting			
Full twisting ball-out	Begin with full twist back-to-feet then back-to-back			
Forward 1 3/4 somersault	C and B to seat drop			

<b>Skill</b>	<b>Skill Description</b>	<b>Pass-P</b>	<b>Redo-R</b>	<b>Comments</b>
<b>DIVING—SPRINGBOARD 1M</b>				
105B	C for women but B if ready			
203B				
204C, B				
303B				
304C, B	C for women but B if ready			
403B				
5134D	If ready for women			
104B	If ready for women			
5142B	If ready for women			
5225D				
5323D				
5333D	If ready for women			
5325D	If ready for women			
<b>DIVING—SPRINGBOARD 3M</b>				
107C	105B for women, but 107C if ready			
205C	205B for men if ready			
305C				
405C				
5134D				
5152B	If ready for women			
5235D				
5335D	5333D for women, but 5335D if ready			
<b>DIVING—PLATFORM</b>				
<b>Men:</b>				
105C, B	5M, running			
107C	7.5M and 10M, B if ready			
204C, B	3M in C, 5M in B			
205C or B	7.5M in C 10M in B			
304C	5M			
305C	10M, 7.5M if ready			
403B	3M or 5M			
405B	10M			
5223D	3M			
5233D	5M			
5243B	7.5M with bubbles			
5225D	5M			
5235D	7.5M, 10M if ready			
104B	3M, running			
5142B	5M with bubbles			
5152B	7.5M or 10M if ready			
614B	10M			

Skill	Skill Description	Pass-P	Redo-R	Comments
<b>DIVING—PLATFORM</b> <i>(continued)</i>				
623A	7.5M			
6233B	7.5M			
624B	10M			
<b>Women:</b>				
105C	5M, running			
105B	7.5M or 10M			
204C, B	5M,			
205C, B	7.5M, B on 10M if ready			
304C	5M			
305C	10M			
404C	3M			
405C	7.5M or 10M, B on 10M if ready			
5223D	3M			
5225D	5M			
5235D	10M			
5233D	5M			
614C, B	10M			
624C, B	10M if ready			
<b>Notes:</b>		<b>Coach Final Comments:</b>		
<ol style="list-style-type: none"> <li>1. Always use coach spot and good landing mat for safety.</li> <li>2. There will be individual differences regarding mastery of optional dives.</li> <li>3. If problem with dive, regress to easier lead-up dive or drill.</li> <li>4. At least 80-85% proficiency required to pass each skill.</li> </ol>				

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