

LEVEL 3 ELITE DIVER PROGRESSION CHECKLIST

Skill	Skill Description	Pass-P	Redo-R	Comments
CONDITIONING				
Inverted sit-up	From hanging bar with coach spot			
Heavy squat	Emphasize for springboard divers			
Plyometrics with weighted vest	Emphasize for platform divers			
DRYLAND—FLOOR				
Somersault all directions	To elevated mat			
Somersault all directions	With weight vest			
DRYLAND—DRYBOARD				
12 consecutive good hurdles	Consistency for competition			
12 consecutive good hurdles	With somersaults; practice list order			
Somersault to X	Somersaults in all directions, land on X on pit			
DRYLAND—TRAMPOLINE				
107B	In belt, spot, finish to armstand			
109C	In belt, spot, finish to armstand			
206C, 207C	In belt, spot, finish 207 to armstand			
306C, 307C	In belt, spot, finish 307 to armstand			
406C, 407C	In belt, spot, finish 407 to armstand			
Forward 2 3/4 somersault	Tuck and pike and finish to seat drop and flat back			
Back 2 1/2 twist somersault	Finish to seat drop and feet			
Front somersault 2 twists	Finish to seat drop and back			
Cody with 2 1/2 twists	Use crash pad for safety			
Cody double	C, B if ready			
5245D	In belt			
DIVING—SPRINGBOARD 1M				
107C	105B for women			
205C	Men			
206C	Men			
305C	Men, women if ready			
306C	Men			
405C	Men, women if ready			
5126D	Men			
5136D	Men			
5152B	Men			
5144B	Men			
5235D	Men, women if ready			
5227D	Men			
5335D	Men, women if ready			
5327D	Men			
5343B	Men			

Skill	Skill Description	Pass-P	Redo-R	Comments
DIVING SPRINGBOARD 3M				
107B	C for women, B if ready			
205B				
207C	Men			
305B				
307C	Men			
405B				
407C	Men			
5136D	Men, women if ready			
5154B	Men, 5152B for women			
5237D	Men			
5337D	Men			
5253B	Men			
5353B	Men, 5335D for women			
DIVING—PLATFORM				
Men:				
107B	10M			
107C	7.5M			
109C	10M			
205C	5M			
206C	7.5M			
207C	10M			
304C	3M			
305C	5M			
306C	7.5M			
307C	10M			
403c, 404C	3M			
405C	5M			
407C	10M			
5152B	10M			
5237D	10M			
5253B	10M			
5235D	5M			
5255B	10M			
6243B	10M			
6245D	10M			
626C	10M, B if ready			
6142D	10M			
Women:				
107C	10M			
105B	5M			
107B	10M if ready			

Skill	Skill Description	Pass-P	Redo-R	Comments
DIVING—PLATFORM <i>(continued)</i>				
205B	10M			
204C	3M			
205C	5M			
206C	7.5M			
207C	10M			
304C	3M			
305C	5M			
306C	7.5M			
307C	10M			
403C	3M			
405C	5M			
407C	10M			
5152B	10M			
5237D	10M			
5253B	10M			
623C	3M			
624C	5M			
625C	7.5M			
626C	10M			
623A	7.5M			
6233D	7.5M			
6243D	10M			
Notes: 1. Follow your governing body's guidelines for all drills and dives. 2. Utilize drills cited throughout the textbook. 3. Trampoline drills may only be done if allowed by certifying organization. 4. 80-85% proficiency required to pass each skill.		Coach Final Comments:		

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