








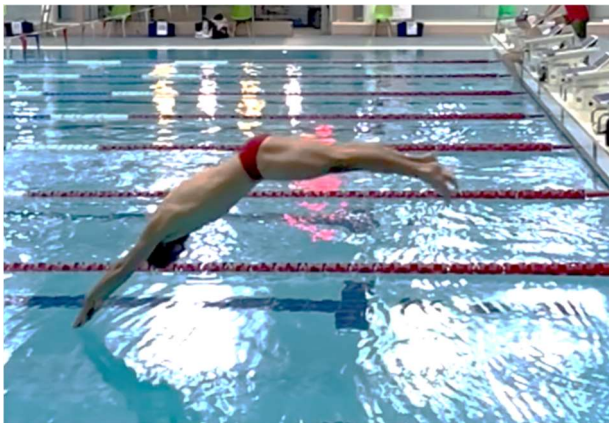
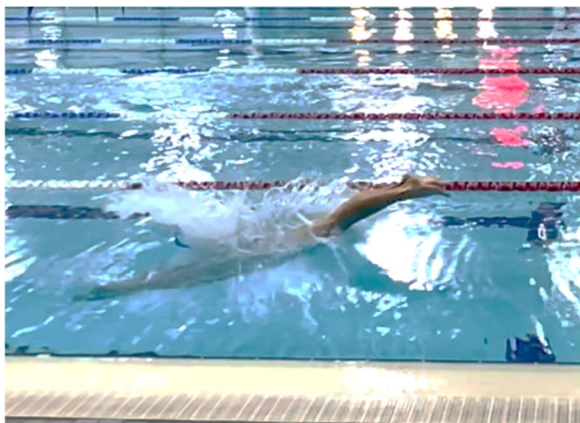





# DIVE STARTS DRILL PROGRESSION FRAMEWORK

## Best Practice Breakdown Examples

	SET UP POSITION	TAKE YOUR MARKS	GO!	EARLY FLIGHT PHASE
EXAMPLES				
				
EXPLANATION	<ul style="list-style-type: none"> <li>Hands grip shoulder width apart, thumbs best placed at the front of the block, gripping rather than resting on the top of the block</li> <li>Arms relaxed and long with tension through shoulders</li> <li>Head relaxed and neutral</li> <li>Feet approximately hip width apart</li> <li>Hips high, lead leg straight, slight bend at knee, tension through hamstring</li> <li>Slight lean over block, weight through lead leg</li> </ul>	<ul style="list-style-type: none"> <li>On 'take your marks' swimmer leans slightly back, weight goes to back leg</li> <li>Avoid deep knee bend as this reduces tension and power output</li> <li>Tension builds through arms ready to pull back on block</li> </ul>	<ul style="list-style-type: none"> <li>Firing sequence should be: Arms-Chest-Legs</li> <li>Arms pull back on block</li> <li>Drive forwards and up with the chest and head</li> <li>Drive hard with back leg to accelerate the hips forwards</li> <li>Lead leg should provide the most power when leaving the block</li> <li>Arms flex with forearms moving forward</li> <li>Hips remain higher than shoulders, to achieve a positive launch angle</li> </ul>	<ul style="list-style-type: none"> <li>Hips should stay high throughout the flight phase</li> <li>Rear leg drives up at least to hip line</li> <li>Front leg reaches full extension as arms explode to full extension</li> <li>Ankles in full extension</li> <li>Head in neutral position</li> <li>The top thumb should hook the bottom hand to lock in the streamline position, and squeeze the head while the torso and legs continue to extend</li> <li>Horizontal alignment shoulder to toes</li> <li>Swimmer should be aiming dive out, not up</li> </ul>



	LATER FLIGHT PHASE	ENTRY	
EXAMPLES			
			
EXPLANATION	<ul style="list-style-type: none"> <li>Lead leg drives up to hip line as fast as possible</li> <li>Arms in full extension locking the head into position in a tight streamline position</li> <li>Feet come together prior to entry, core and glutes engaged</li> <li>Arms and hands in streamline prior to entry</li> <li>Head in neutral between arms</li> </ul>		
	<ul style="list-style-type: none"> <li>Feet and ankles at full extension</li> <li>Body enters through same point as fingers, the hands, arms, head, shoulders, torso, hips, thighs, legs and feet should all enter through the same 'hole' in the water</li> <li>The goal should be to enter with little to no splash</li> <li>Slight pike on entry – Swimmers should be aiming for a pike position somewhere in between the two examples shown above</li> <li>Holding a good streamline position on entry is key to maintaining speed and momentum gained from the dive</li> </ul>		