

# DIVE STARTS DRILL PROGRESSION FRAMEWORK

## Part 2: Drill Progression Framework

VIDEO	DRILL TITLE	EMPHASIS	EXPLANATION	TOOLS	COACHING TIPS
1	<b>BLOCK JUMP VARIATIONS</b>	Leg drive	Begin this drill in standing position on the block, feet hip width apart, toes over the edge of the block with knees slightly bent. Stand with chest tall, head in a neutral position eyes forward. Using the arms to swing and create momentum in time with a squat movement, the swimmer will bend the knees with an arm swing 2-3 times before timing an explosive jump at full extension off the block into the water, entering feet first. Progressions include entering with arms by side/ in streamline/streamline jumps/streamline jump with butterfly kicks from bottom of pool	Pool edge, plinth, block	Encourage leg drive by knee bend and arm swim motion – look for timing in the movement, and initiation of explosiveness of jump. The entry itself doesn't need to 'look good'.
2	<b>STREAM-LINE FALL VARIATIONS</b>	Body position	This drill can be done on any pool edge surface. The swimmer begins in a sitting position, with their bottom on the edge of the pool/plinth or block. Knees are bent and feet placed on the wall/gutter/backstroke bar. Arms are positioned in a tight streamline position, head in neutral locked between the arms. Chest tall, eyes forward, with an active core, the swimmer begins the movement by tilting forward slowly at the hips, entering the water fingertips first. The hips will straighten slightly as the swimmer enters, but there should be no push from the feet. The body position should remain in a piked position.	Pool edge, plinth, block	Ensure hips are far enough forward on the pool edge to start. Look for the piked body position. This drill is to be done slowly. If pike is not present, ensure no push with feet and core is activated.
3	<b>EDDIE THE EAGLE</b>	Arm drive (forward)	This drill can be done either in 'grab' start position or 'track' start position. In 'grab' start position, feet hip width apart toes over the edge of the block. The swimmer will hinge at the hips to bring themselves into a dive position, hips high, knees over toes, legs with a slight bend at knee, tension through hamstrings. Back should not be rounded, chest high and head neutral – imagine a ski jumper pose! The swimmers arms are positioned straight back, parallel to the torso, palms facing up. To execute the dive, the swimmer times the arm movement from behind to streamline at the same time as the leg drive from the block. If the arm swing has good momentum the swimmer will fly up and out over the water in a good body position.	Block	When first learning the drill – use 'grab' start position. Once confident with set up and movement, then move to 'track' start position. Timing is crucial, the added momentum from the arms will also aid body position and distance of the dive.
4	<b>PULL BUOY DIVES</b>	Arm drive (backward)	The swimmer begins this drill in their set up position – see best practice breakdown for guidance on set up. Using 2 pull-buoys, place one pull-buoy behind each hand on the block, as close to the palms as possible. When firing from the block, the aim is for the swimmer to move the pull-buoys as far away from the block as possible using their arm drive. An alternative is to use a kickboard as a target. Have a volunteer stand with a kickboard just in front of the hips to one side of the swimmer. The swimmer must try to tap the board with their hands as the drive off the block before returning to streamline for entry.	Block 2x Pull Buoys, Kickboard	Encourage the swimmer to use their arms as much as possible in the drive backwards. Ensure arms reach full extension behind, and do not default to a bent elbow pull.
5	<b>TARGET PRACTICE</b>	Body position, Distance	Have a volunteer place or hold a pool noodle or hoola hoop in the water at an appropriate distance for the swimmer. This can be to challenge distance (noodle) or entry (hoola hoop). If using the noodle, it can also be held in the air to provide feedback for height during flight off the block.	Pool noodle, Hoola-hoop	Ensure other components of the dive, e.g. set up/arm drive/ body position are still being met whilst executing this drill.
6	<b>SINGLE LEG DIVE or *SUPER-HERO DIVE</b>	Timing, Front Leg drive & Body position	To execute a single leg dive, the swimmer begins in their usual set up on the block – see best practice breakdown for guidance on set up. Once balanced, the swimmer will take their back foot off the wedge, ensuring hips are still level, and front leg is unchanged. The swimmer will execute their dive using all leg drive on the remaining front leg.  <i>*Superhero dives are an advanced drill, and should only to be attempted once competency has been achieved with all other dive drills, and swimmer has good ROM and strength in hamstrings*</i> Superhero dives set up require time and practice. The swimmer positions their lead leg toes over the edge of the block, leg straight slight bend in the knee, tension through hamstring. They will begin to hinge at the hips lifting the back leg away from the block, keeping hips square. Torso and chest stays in line with back leg, glutes activated, and runs 90 degrees to the lead leg. The opposite arm to the lead leg extends out in front as if in streamline. The remaining arm extends behind parallel to the torso. To explode off the block, the arm at the torso swings forward to the front to streamline at the same time as the front leg drives from the block. Feet should come together, and the swimmer should enter through one 'hole' in the water.	Pool edge, plinth, block	Ensure feet still come together upon entry of the dive – glute and core activation. Do not rush these drills. Mobility and strength through core and hamstrings are key.  Superhero dives are similar to an arabesque movement (see land mobilisation & activation) and requires strength, balance, stability, and range of movement.
7	<b>DIVE AND GLIDE</b>	Efficiency and Power	Bringing all the drills together to challenge the swimmer in their technical skills, efficiency and power off the block. The swimmer will execute their best racing start – but will hold their streamline position with no kicks or movement from dive entry until they come to a complete stop or need to take a breath.	Block	Opportunity to check streamline positions, and any points to work on in dives!