

LA84 - Sample Pool Workout - Standard Diving Progressions

UD 6-14-17



	Skill	Skill Progression							
<b>BEGINNER</b>	FAFJ	TY100ACB	H100ACB	1SH100ACB	FAFJ / 100ACB				
	101ABC	MATTSLIDE001	001B	RAINBOW101A	SQUAT101A	TY101ACB	H101ACB	1SH101ACB	101ACB
	201CB	BJNA	200ACB	MATTSLIDE002	LADDER002	BACKGLIDE002	002A	RAINBOW 201	
<b>NOVICE</b>	FAFJ	TY100ACB	H100ACB	1SH100ACB	FAFJ / 100ACB				
	101CB	TY101ACB	H101ACB	1SH101ACB	101ACB				
	102CB	FWDGLIDE102	FWD ROLL ON MAT --->100A		102C W/MAT	102CB			
	201ACB	MATTSLIDE002	LADDER002	BACKGLIDE002	200AC	002A-ARMS UP	ROCK002A - ARMS DOWN	201ACB	
	103CB	102CB	SEATED001C	FWD ROLL-001C	103C W KIP				
	401CB	400A	TY101C	401C					
	5122D	100A	5101D	5102D	102-OPEN B	5121 ON CALL	5122		
	301CB	100AC	300AC	201C	DB300A	DB301C			
<b>GLOSSARY</b>	FAFJ = FULL APPROACH FRONTJUMP			TY = STANDING ON END - ARMS IN A T -->Y THEN SWING					
	H = HURDLE		1SH = 1 STEP HURDLE						
	MATT SLIDE = SLIDE DIVER ON FOLDED 2" STRETCH MATT FROM END OF BOARD INTO POOL								
	BJNA = 200A W/ NO ARMS								
	LADDER002 = STANDING ON POOL LADDER WAIST DEEP - ARMS UP STRAIGHT FALL BACK WITH SLIGHT ARCH								
	BACKGLIDE002 = IN POOL PUSH FROM WALL TO GLIDE ON BACK ON SURFACE FOR 3-5' THEN ARCH INTO A BACK SOMERSAULT UNDERWATER								
	FWDGLIDE102 = IN POOL PUSH FROM WALL TO GLIDE ON BELLY ON SURFACE FOR 3-5' THEN ROLL INTO A TUCK FOR 102C UNDERWATER								
	FWD ROLL ON MATT = LAY A 2" UNFOLDED STRETCHING MATT ON SPRINGBOARD AND HAVE DIVER DO A FWD ROLL THEN JUMP OFF END								
	102C W/MAT = HANG 2 SECTIONS OF A 4 SECTION MAT OFF END OF SPRINGBOARD TO GIVE DIVERS THE IMPRESSION OF A SOFTER LANDING								
	KIP = COACH USE HAND TO PUSH BOARD DOWN AS DIVER LANDS ON END TO GIVE DIVER EXTRA POWER								