



ANALYSIS OF DIVE _____

height, number, position of dive

Name and surname of diver: _____

Date: _____

№	PARTS (DETAILS) OF DIVE	Evaluation*	TECHNICAL ERRORS	TIPS FOR CORRECTION OF ERRORS
1.	Body alignment in pre-starting position			
2.	Preparatory movements for take-off			
3.	Connection' posture			

4.	Take-off			
5.	Movements which generate rotation			
6.	Flight position			
7.	Search for visual marks (spot)			

8.	Preparation' movements for come-out			
9.	Come-out			
10.	Entry			

Author of analysis: _____

* The rating scale:

- 5 - excellent
- 4 - good
- 3 - satisfactory
- 2 - poorly
- 1 - very bad