SVENSK SIMIDROTT
Ungdomslyftet

INDIVIDUAL TECHNICAL PROFILES

Divers	Physical condition			Hurdle							Board work skills on standing dives					
	Abs	Back	Legs	Posture	Rhythm Timing	Speed of approach	Visual focus	Depth of squat	Repulsion moment	Exactness	Posture	Rhythm Timing	Foot work	Visual focus	Depth of squat	Repulsion moment

Divers	Takeoffs balance and angle						Palms face		C-position			Tight flight position		Triad on body alignment		
	Hurdle	Front dives	Back dives	Reverse dives	Inward dives	Armstand dives	Over-pronation	Over-supination	Front / Inward	Back / reverse	Twist	C	B	Abdomen	Buttocks	Diaphragm

Divers	Initiation of somersault / twist rotation							"Balloon effect"		Visual spotting		Come-out technique			Rip entry	
	Front	Back	Reverse	Inward	Twist	Armstand		Front Inward	Back Reverse	Front Inward	Back Reverse	Front Inward	Back Reverse	Multi-twist	Front Inward	Back Reverse
						Front	Back									

INDICATIVE COLORS:

Wonderful | Good | Satisfactory | Unsatisfactory | Very bad