

# DIVE BREAKDOWN

Film Analysis Report · Side-by-Side Performance Review

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ATHLETE

## Divebreakdown - 307c Example

Junior Elite · Age 18

### 307C — Reverse 3.5 Tuck · 3m Springboard

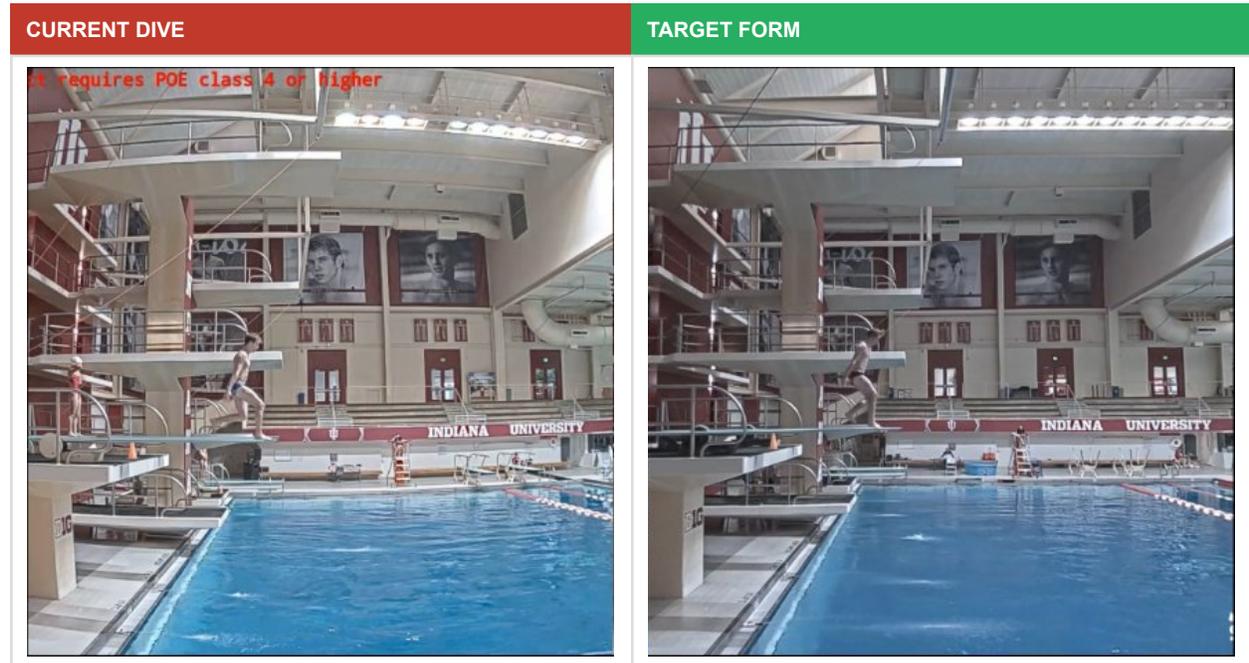
March 2026 · Film Analysis

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*9 Side-by-Side Frame Comparisons*  
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## 1 HURDLE — LEG POSITION



Focus on keeping the leg more underneath the body during the hurdle with a slight knee bend. When the leg extends too far out in front, it pulls your balance around and makes the landing less controlled. Keeping it tucked under creates more space at the end of the board and promotes a softer, more balanced landing. The target frame shows a compact leg position that keeps everything stacked and controlled on the way down.

## 2 HURDLE — ARM SET & SHOULDERS

### CURRENT DIVE

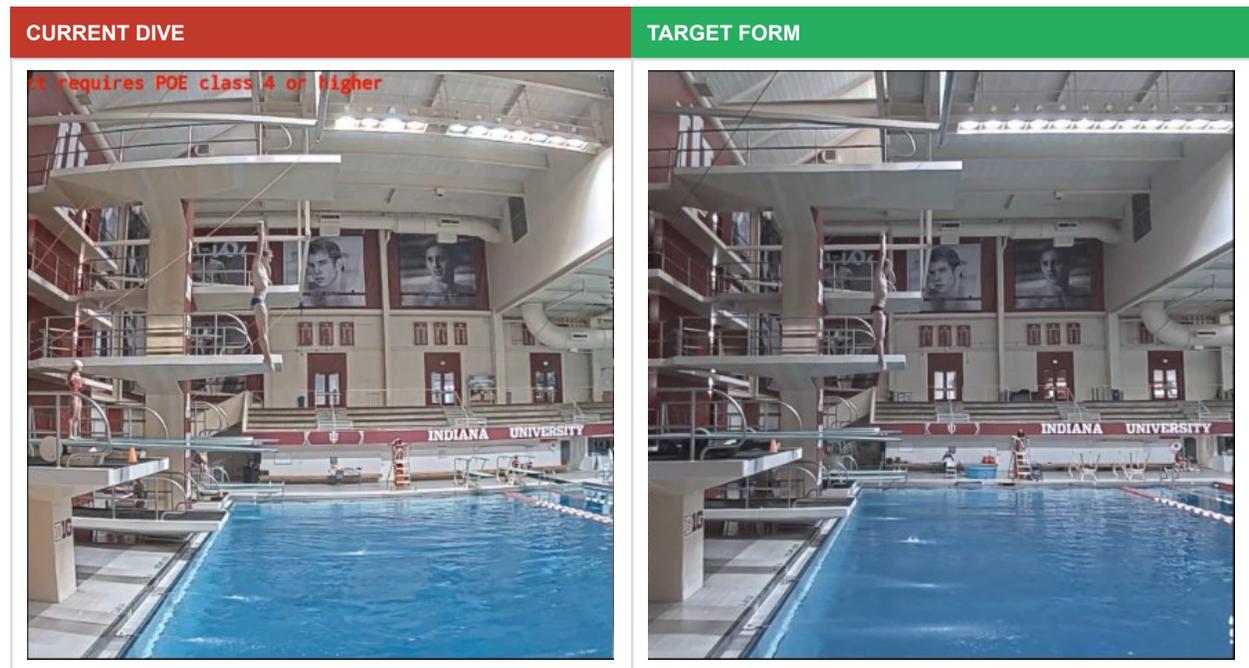


### TARGET FORM



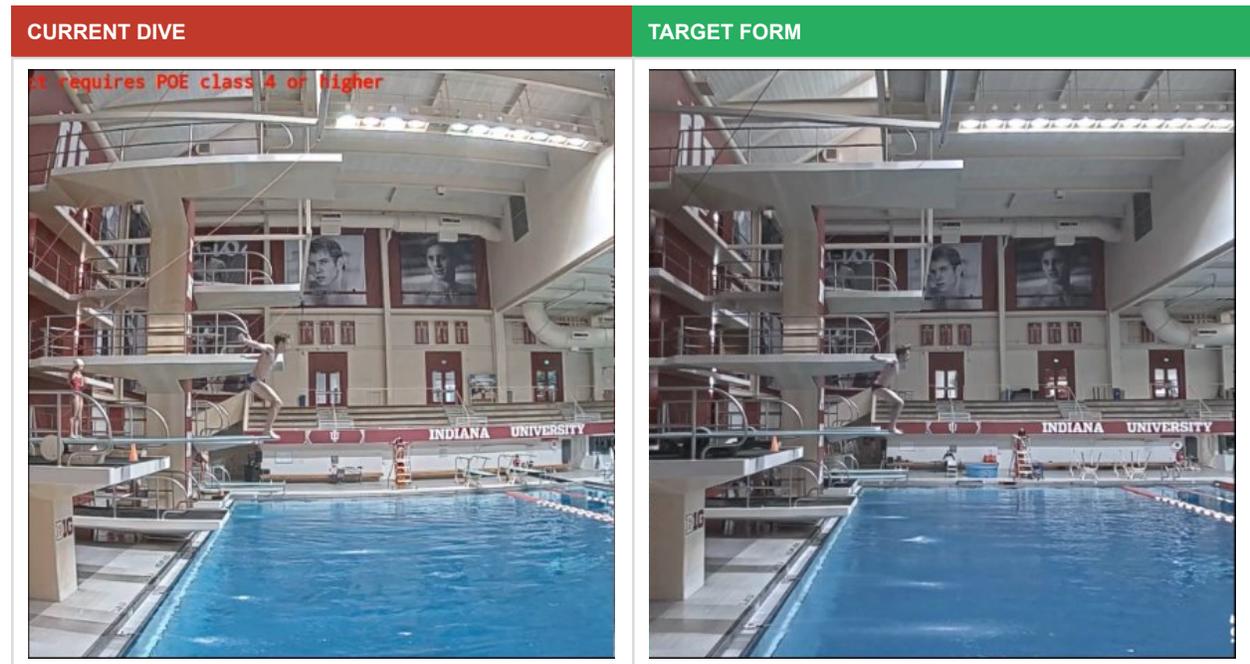
Setting the arms above the head with relaxed shoulders during the hurdle helps maintain balance and prevents upper-body tension from disrupting the dive's trajectory. When the shoulders carry tension or shrug up, that stiffness transfers into the board contact and throws off the direction of your jump. The arms need to be high and loose so they can swing freely on the way down. In the target frame, the shoulders sit low and relaxed while the arms are fully extended overhead.

### 3 STRAIGHT-LINE POSITION



A cleaner straight-line alignment off the hurdle makes balance easier to maintain and sets up a more controlled entry onto the board from the very first point of contact. Right now there is a slight break in the line, which means you are landing on the board with a compensated posture rather than a neutral one. When the body is in a true straight line at the peak of the hurdle, gravity does the work on the way down and the board receives your weight evenly. The target frame shows a stacked, unified line that drops cleanly onto the board.

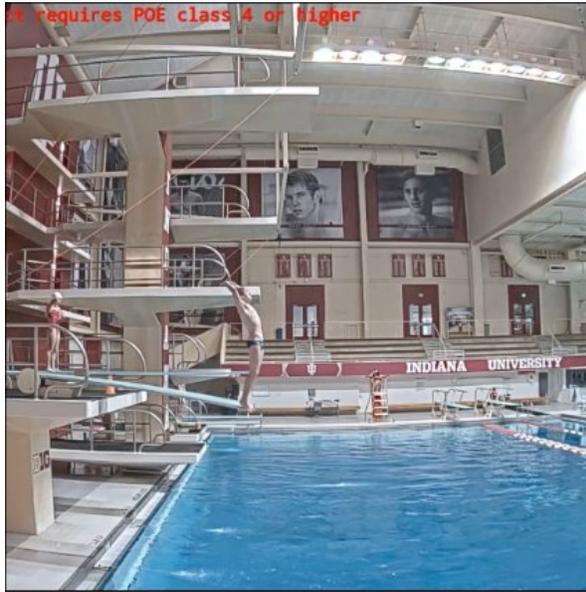
## 4 BOARD CONTACT & DEPRESSION



First contact with the board looks consistent. The feet are landing in a solid position, and the timing of the drop into the board is reliable. This is one of the stronger elements of the dive and gives you a good foundation to build from.

## 5 TAKEOFF POSITION

### CURRENT DIVE

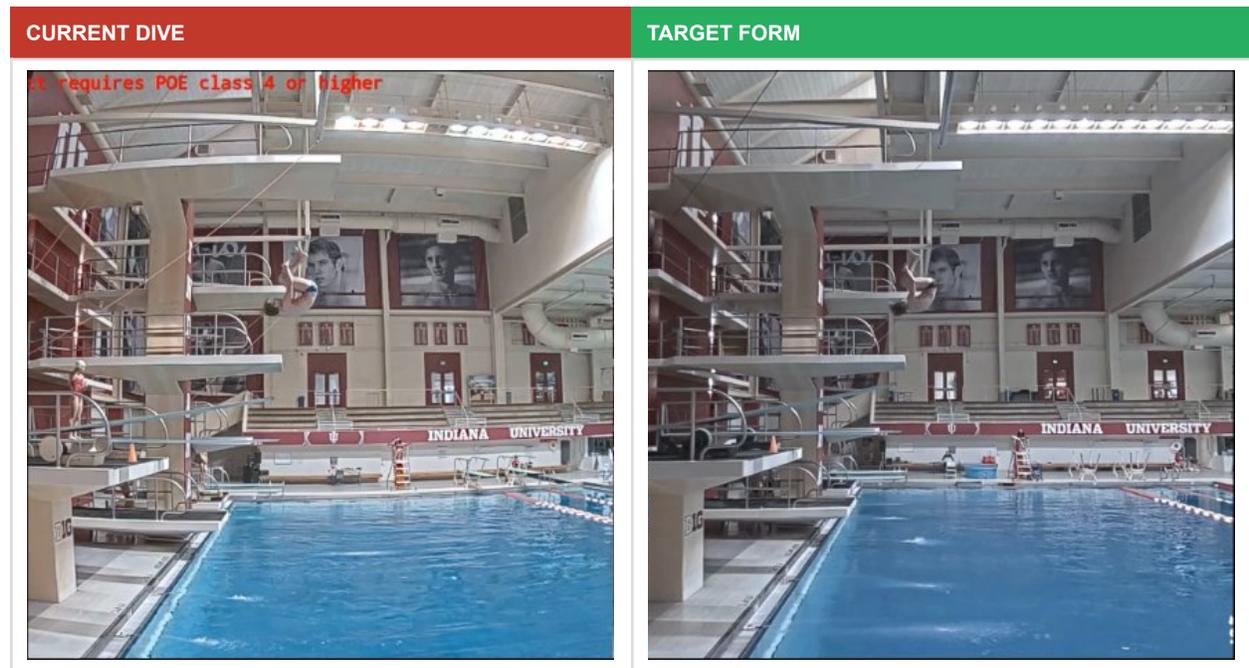


### TARGET FORM



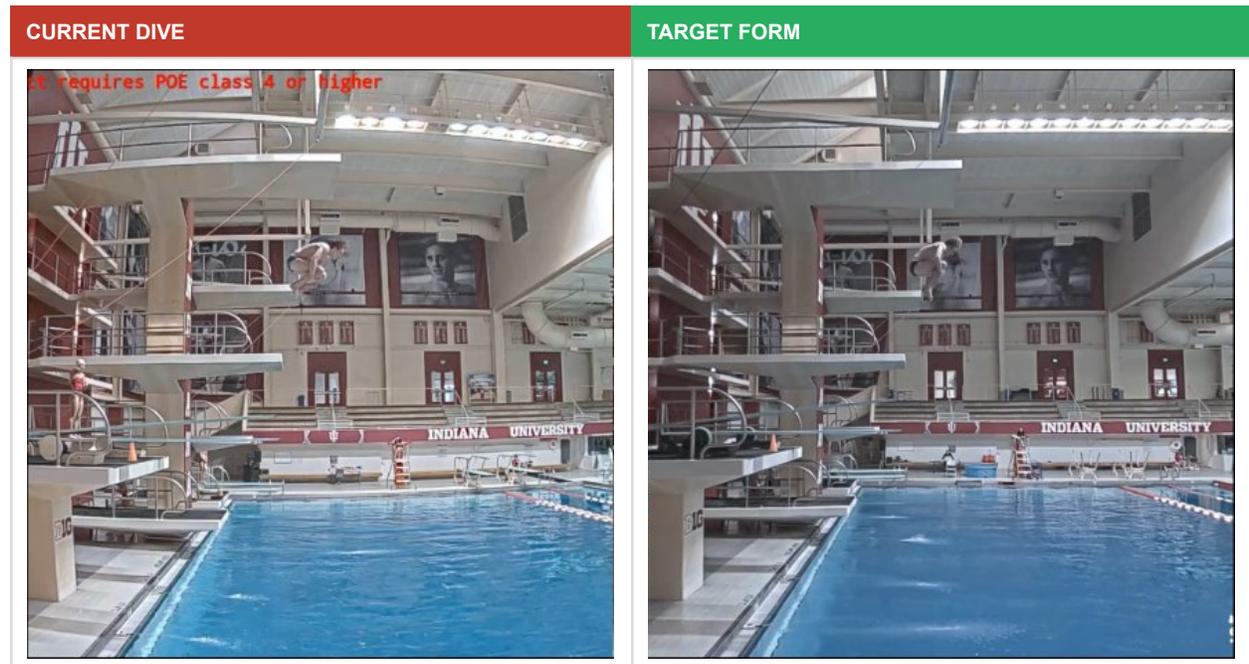
The takeoff position is decent overall, but there is a slight positional compromise here. The head is sitting a little higher than ideal, which affects the alignment through the rest of the takeoff. Even a small shift in head position at this phase can change how the energy transfers off the board. That said, the straight-line position coming off the hurdle directly impacts how much control you have through the takeoff, so a cleaner setup in the approach will help this position tighten up naturally. The takeoff is not an isolated moment. It is the product of every position that came before it, and when the earlier frames are dialed in, this will improve.

## 6 TUCK CONNECTION SPEED



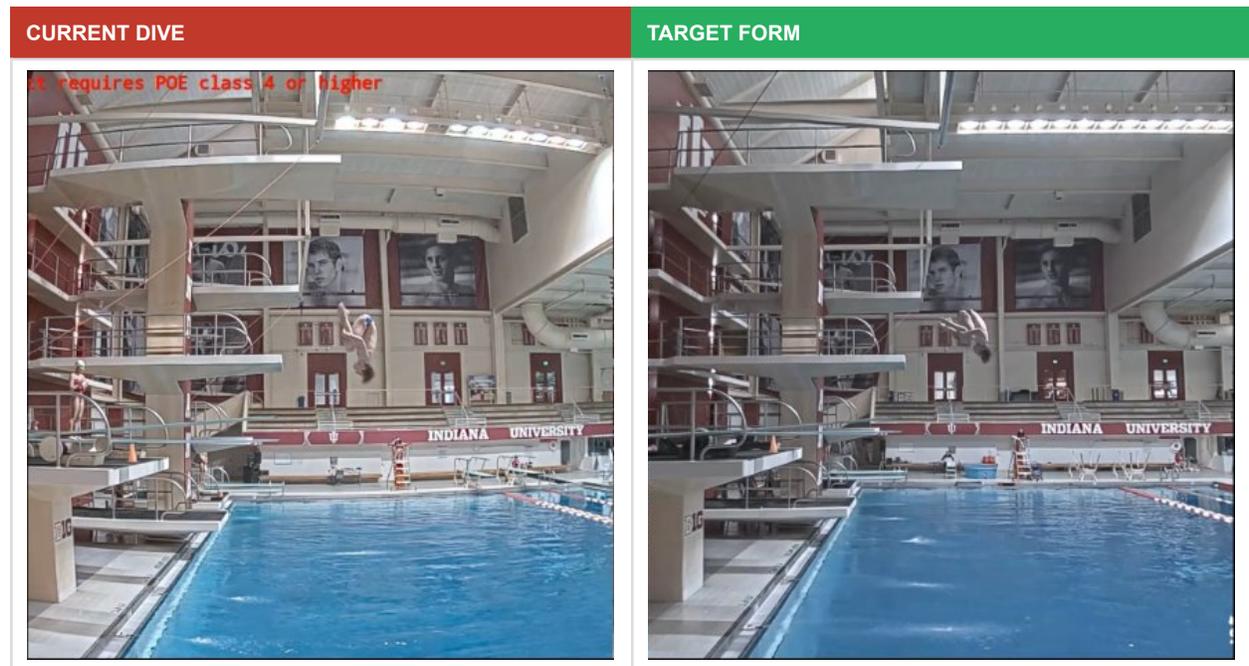
The femur angle at the point of tuck entry suggests the connection can come a bit faster. There is a slight delay between leaving the board and initiating the grab, which means you are spending time in a semi-open position rather than accelerating into the rotation right away. A quicker, more immediate tuck maximizes the rotation time available at the top of the dive. The faster you get into a tight shape, the more control you will have through the rest of the dive.

## 7 TUCK SHAPE AT PEAK HEIGHT



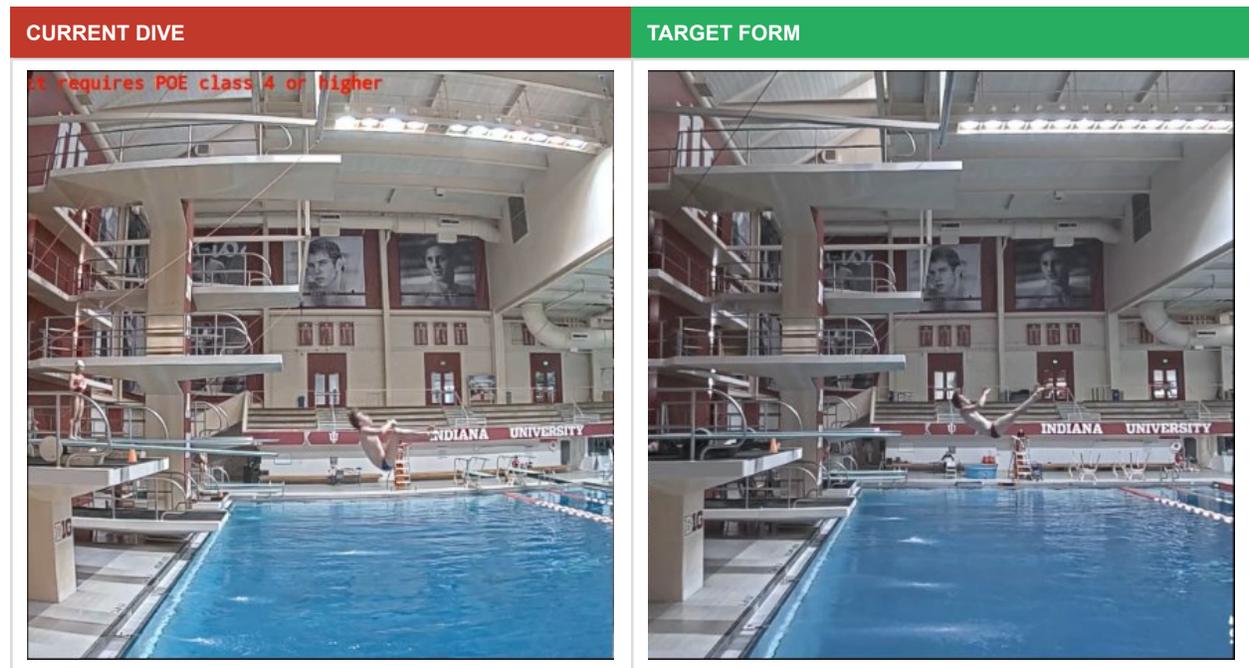
At the highest point of the dive, round the chest and head more fully into the tuck. Right now there is too much space between the upper body and the knees. Bringing the shoulders closer to the knees tightens the shape and increases rotation speed. The tighter the ball, the faster you spin. In the target frame, notice how compact the shape is, with almost no space between the chest and the thighs.

## 8 HEAD POSITION WHILE FLIPPING



Keep the head neutral and tucked throughout the full rotation. An early head release disrupts the body's rotational axis and affects the accuracy of the come-out. Right now the head is coming out too soon, which shifts the center of mass and pulls the shoulders open before the rotation is complete. The head should stay tucked with the chin down until the rotation is nearly finished. In the target frame, the head stays fully committed to the tuck position deep into the rotation.

## 9 COME-OUT SEQUENCE



The ideal come-out initiates from the knees, flows through the hips, then extends fully. Right now the come-out is leading with the head, which pulls the dive off-axis and makes the entry harder to control. The knees should open first, the hips follow, and then the body extends into a straight line. Improving the tuck and keeping the head in through the rotation will make this correction easier to execute naturally.

## OVERALL ASSESSMENT

The 307C shows real potential. The board timing is competitive and the deepest depression is consistent, which are hard things to coach and you already have them. What this breakdown reveals is a technical chain that starts in the hurdle and carries all the way through the dive. The leg position and straight-line alignment coming off the approach create balance issues that make it harder to control the board contact and takeoff angle. Those small deviations compound in the air, where you need precision to complete 3.5 rotations and still have time for a clean entry.

The biggest area to develop is the tuck. At the top of the dive, the chest and head need to round more fully into the tuck, and the shoulders should be much closer to the knees. Right now there is too much space in the shape, which limits rotation speed. The head also comes out early while flipping, which pulls the body off its rotational axis and directly affects the come-out. The come-out is currently leading with the head instead of initiating from the knees and hips, but that is largely a downstream effect of the tuck. Fix the tuck shape and keep the head committed through the rotation, and the come-out will follow.

The good news is that most of these corrections connect. A better hurdle gives you a cleaner takeoff. A cleaner takeoff gives you a better tuck connection. A tighter tuck gives you faster, more controlled rotation. And controlled rotation gives you a proper come-out. One focus at a time, this dive has the foundation to be clean and consistent.

## PRIORITY FOCUS AREAS

**HIGH**

Tighten tuck shape - chest rounds fully to knees, shoulders in close.

**HIGH**

Keep head neutral and tucked throughout the entire flip.

**MED**

Increase knee bend and keep leg under body in the hurdle.

**MED**

Relax shoulders and set arms cleanly above the head in approach.

**MED**

Improve straight-line body position off the hurdle.

**LOW**

Chin slightly lower at final board contact.

**LOW**

Initiate come-out: knees first → hips → full extension.

## NEXT SESSION DRILLS

- Board-only hurdle drill - 5 reps focusing on knee bend and relaxed arm set. No dive, just the approach. Pay attention to where your feet land on the board and whether your shoulders feel loose at the top of the hurdle.
- Rolling tuck rotation on deck - focus on chest-to-knees shape with shoulders tight against the shins. Hold the tuck position for 2 seconds at the tightest point before releasing. Repeat 8-10 times to build the muscle memory for a compact shape at peak height.
- Full 307C - cue: 'head in, knees first' on every come-out rep. Film at least 3 attempts and compare the tuck shape and come-out timing to this breakdown. Focus on keeping the head committed through the full rotation before initiating the opening sequence.