

# DIVE BREAKDOWN

Film Analysis Report · Side-by-Side Performance Review

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ATHLETE

## Divebreakdown - 103B Example

Novice · Age 13

### 103B — Front 1.5 Pike · 3m Springboard

March 2026 · Film Analysis

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## 1 HURDLE — HEAD & BALANCE

### CURRENT DIVE



### TARGET FORM



Right now, your head is leaning too far forward over your toes during the hurdle. When your head gets out in front of your body like that, it pulls your whole balance forward and makes everything after this point harder to control. Think about keeping your head stacked right on top of your body like there's a straight line running from your feet up through your head. Look at the target photo: see how the head stays behind the toes and the body looks balanced and tall? That's the position we're working toward. A good cue to remember: chin up, eyes forward, head stays back.

## 2 HURDLE — ARM SET & HEAD POSITION

### CURRENT DIVE



### TARGET FORM



The good news is your arm timing is pretty solid. You're getting them set at the right moment, which is great. But because your head is out in front of your body, it throws off where all that arm energy goes. Think of it like a chain reaction: when your head leans forward, your arms follow that direction, and your whole balance tips the wrong way. It's a slippery slope. One small thing being off at the top makes everything else harder to fix later. The goal is to keep your head lined up with your body so your arms can do their job and send your energy straight up.

### 3 TOP OF HURDLE — BODY LINE

**CURRENT DIVE****TARGET FORM**

At the very top of your hurdle, we want you to squeeze your glutes (your butt muscles) to straighten out your body line. This is really important because it helps you drop down onto the board from a better, more balanced position. Right now, there's a little bit of a bend in your body at the top, which means you're not getting as much power from the board as you could. Your arms being overhead is a good sign and that part looks solid. The next step is adding that squeeze at the top so your whole body is one straight line from your fingertips down to your toes before you drop into the board.

## 4 BOARD CONTACT — FOOT PLACEMENT

### CURRENT DIVE



### TARGET FORM



When your feet first land on the board after the hurdle, your arms are just a little bit behind where we want them. That might not sound like a big deal, but when your arms are too far back, it takes longer for your arms to swing all the way through and throw on time before the board pushes you back up. The board only stays down for a split second, so your timing has to be just right. In the target photo, see how the arms land a bit more forward on the board? That gives the arms enough time to finish the swing and connect with the board's energy.

## 5 DEEPEST DEPRESSION — BODY POSITION

### CURRENT DIVE



### TARGET FORM



This frame shows the moment the board is pushed down the farthest. This is called the deepest depression. Right now, your weight is leaning too far out over your toes, and your head is almost looking down. When that happens, the board's energy pushes you out over the water instead of straight up. We want your chest and head to stay more upright at this point, with your eyes looking forward, not down. The target photo shows a much more centered position. The body is stacked, the head is neutral, and all the board's power is going up, not out.

## 6 LAST CONTACT — TAKEOFF DIRECTION

### CURRENT DIVE



### TARGET FORM

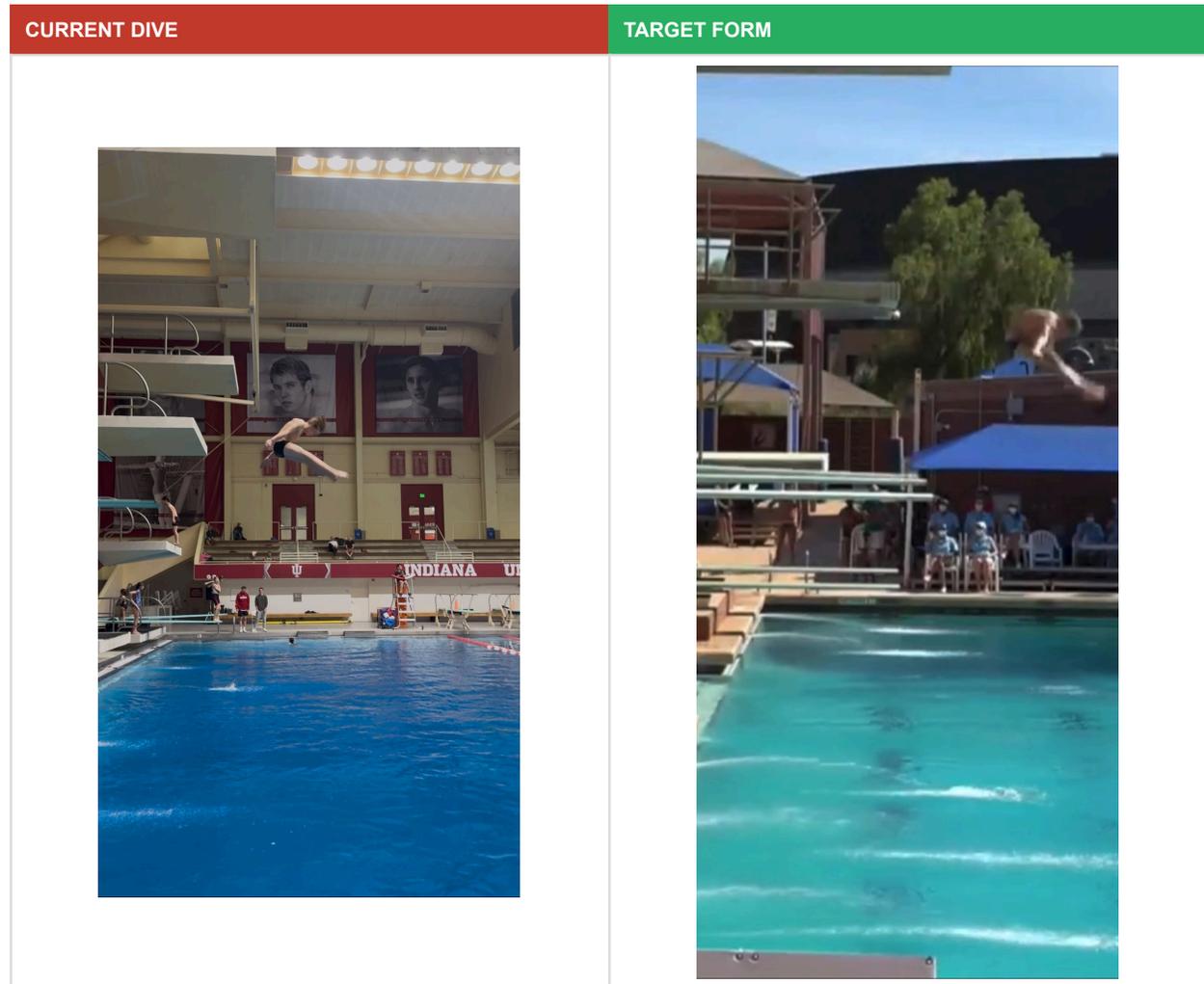


Because your balance was off at the moment you left the board, your body got pulled too far out over the water when you threw the dive. This means the whole dive travels too far away from the board, which makes it harder to control where you enter the water. The fix for this actually starts earlier. If we clean up your balance on the board (frames 1 through 5), you'll leave the board in a better position and the dive will stay closer and more controlled. Look at the target photo: the body goes up first, not out. That's what gives you room to spin and still come down clean.

## 7 PIKE POSITION — TIGHTNESS & SPEED

| CURRENT DIVE   | TARGET FORM  |
|--|--|
|  A photograph of a diver on a 3m springboard in a pike position. The diver's body is not fully folded, with a significant gap between the upper body and the legs. The background shows an indoor pool facility with bleachers and a banner that says "INDIANA". |  A photograph of a diver on a 3m springboard in a pike position. The diver's body is tightly folded, with the chest close to the legs. The background shows an outdoor pool area with a blue canopy and spectators. |

At this point in the dive, your pike position (the fold at your hips) needs to be much tighter. The closer you can bring your chest to your legs, the faster you'll rotate and faster rotation means more time to open up and get lined up for entry. Right now there's too much space between your upper body and your legs, and that slows you down. This is something you can work on every day even outside of practice. By stretching your hamstrings and working on your pike flexibility, you can make a big improvement on this dive. A tighter pike means a faster, more controlled dive.

**8 COME-OUT — ARM POSITION & CONTROL**

During the come-out (when you open up from the pike to go into the water), your arms should be reaching straight out to the sides of your body, like the letter T. Right now, your arms are dropping low and behind you, and when that happens, you lose control over how your body enters the water. Think of your arms like the steering wheel of the dive. If they're in the right spot, you can guide yourself into a clean, straight entry. If they're behind you, you're basically driving blind. Look at the target photo and see how the arms are directly out to the sides. That's the position that will give you the most control.

## OVERALL ASSESSMENT

First things first, you're working on a 103B, and that's a big step. Learning a front one and a half pike off 3-meter takes real commitment, and the fact that you're putting in the effort to break it down like this says a lot about where you're headed as a diver. You should feel good about that.

The biggest thing this breakdown shows is that most of what needs work starts at the very beginning of the dive with the hurdle and on the board. Your head gets out in front of your toes early on, and that one thing creates a chain reaction that affects your balance, your takeoff direction, and where the dive ends up. The good news? That means if we fix the start, a lot of the other stuff will get better on its own.

Your arm timing on the hurdle is already solid, and that's something a lot of divers struggle with. The areas to focus on are keeping your head stacked over your body, squeezing at the top of the hurdle to get a cleaner line, and landing on the board in a position that lets your arms finish the swing on time. Once the board work is cleaner, you'll have more height, better direction, and way more control in the air.

In the air, the two things to work on are tightening your pike and getting your arms out to the sides on the come-out. Both of these will come with practice and flexibility work. Your pike will get sharper as your hamstrings loosen up, and your arm position will feel more natural once you build the muscle memory.

You've got real talent, and you're clearly willing to put in the work. Every correction in this report is something you can improve and none of it is out of reach. Make sure to take it one piece at a time, and before you know it, this dive is going to look completely different.

## PRIORITY FOCUS AREAS

|             |  |
|-------------|--|
| <b>HIGH</b> | Keep your head stacked over your body during the hurdle - don't let it drift in front of your toes.            |
| <b>HIGH</b> | Squeeze your glutes at the top of the hurdle to create a straight body line before dropping into the board.    |
| <b>HIGH</b> | Stay more centered over the board at deepest depression - head neutral, eyes forward, not looking down.        |
| <b>MED</b>  | Land feet slightly more forward on the board so your arms have time to swing through before the board returns. |
| <b>MED</b>  | Tighten your pike position - chest closer to legs. Work on hamstring flexibility daily.                        |
| <b>MED</b>  | Arms straight out to the sides on the come-out, like a T instead of low and behind you.                        |
| <b>LOW</b>  | Focus on takeoff direction going up, not out over the water.   |
| <b>LOW</b>  | Build arm position muscle memory with models on the ground before taking it to the board.                      |

## NEXT SESSION DRILLS

- Mirror hurdle drill - practice the hurdle in front of a mirror, focusing on keeping your head directly over your body. Do 10 reps and check your head position each time.
- Glute squeeze at the top - do standing hurdle jumps on the ground. At the very top, squeeze your butt and hold for one second. Feel that straight line from fingers to toes.
- Board-only reps - 5 hurdle-and-press sequences on the board with no dive. Focus on foot placement and staying centered at the deepest point.
- Pike stretch routine - seated pike stretch, standing toe touches, and wall pike holds. Hold each for 30 seconds, 3 rounds. Do this every day, even on off days.
- T-position come-out drill - on the ground, practice snapping your arms out to a perfect T from a piked position. Repeat 15 times to build the muscle memory.