

Sport Skill: The diving approach

Cell Number: 1.4

Objective of the Drill: The main objective of the drill is to work on the footwork of the hurdle approach as well as the leg drive in order for the diver to get a strong vertical jump on the hurdle

Action Function: The diver will be able to perform the hurdle approach with at least 3 steps or more with the arms and leg simultaneously moving upward on the upswing and downward together on the downswing ( jumping motion of the hurdle) with the diver jumping off the board with the shoulders, ears, hips, knees, and toes all aligned in mid air until the diver enters the water

Body Orientation: The body will be walking through and jumping in different planes of motion while performing their hurdle approach

Function:

Environmental Context: The diving hurdle approach will be done on the pool deck first, then the stretch matt, and then finally on the diving board to make sure the diver can progressively succeed at each level of the hurdle approach

Regulatory Condition: The diver will practice the diving hurdle on the ground of the pool deck before moving the 1M springboard in order to maintain control of their body position

Intertrial Variability:

Diagram:

Direction of approach ----->

D=====

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Key

D = Diver

== = Diving Board

---->= Direction of divers approach on the diving board

**TABLE 1.4**  
**An Extension of Gentile's Two-Dimensional Classification System**

Environmental Variables	Action Requirements			
	Neither body transport nor object manipulation	Object manipulation only	Body transport only	Both body transport & object manipulation
Neither regulatory variability nor context variability	Maintaining standing balance with hands pointed upwards by the head and with one leg bent at a 90 degree angle	Wrists move from thumbs pointing downward on downswing and pointed upwards on upswing	Walking with at least 3 steps then jumping off one leg and swinging the arms and one leg upwards in one motion	Taking at least 3 steps with the last step swinging the arms and legs up and down based on their jump while also turning the thumbs down and up depending on the up and down motion of the body
Context variability only	Maintaining standing balance with hands pointed upwards by the head and with one leg bent at a 90 degree angle while standing on a balance ball	Wrists move from thumbs pointing downward on downswing and pointed upwards on upswing with the fingers by the knees on the downswing	Walking on a thin exercise matt with at least 3 steps then jumping off one leg and swinging the arms and one leg upwards in one motion	Taking at least 3 steps with the last step jumping off the calf muscle of the single leg, while swinging the arms and legs up and down based on their jump while also turning the thumbs down and up depending on the up and down motion of the body.
Regulatory variability only	Maintaining balance while the diver stands on one foot on the toes in a stationary position	Swinging the arms and shoulders together on the upswing of the hurdle approach so that the shoulders	Practicing the step approach hurdle on the diving board making sure to get to the end of the board on the leg	Walking on the diving board working on the hurdle approach making sure the leg drive and upswing

	on the floor	are tightly closing the ears of the diver to make sure the reach of the hurdle is done correctly	drive	of the arms happen simultaneously and finish with the diver jumping up on the board with the arms finishing by the ears
Both regulatory variability & context variability	Maintaining balance on one foot with one leg flat while another athlete slightly pushes from different directions on the divers body to make sure they maintain balance	Swinging the arms and shoulders together on the upswing of the hurdle approach so that the shoulders are tightly closing the ears of the diver to make sure the reach of the hurdle is done correctly and also making sure that both toes and legs of the diver are pointed/extended to emphasize a good tight position	Practicing the step approach hurdle on the diving board making sure to get to the end of the board on the leg drive while also swinging the arms through a second time to make sure the diver can jump off the board and into the water	In a diving competition the diver will practice the hurdle approach in the warm-up of the dives while team members, coaches, and spectators observe