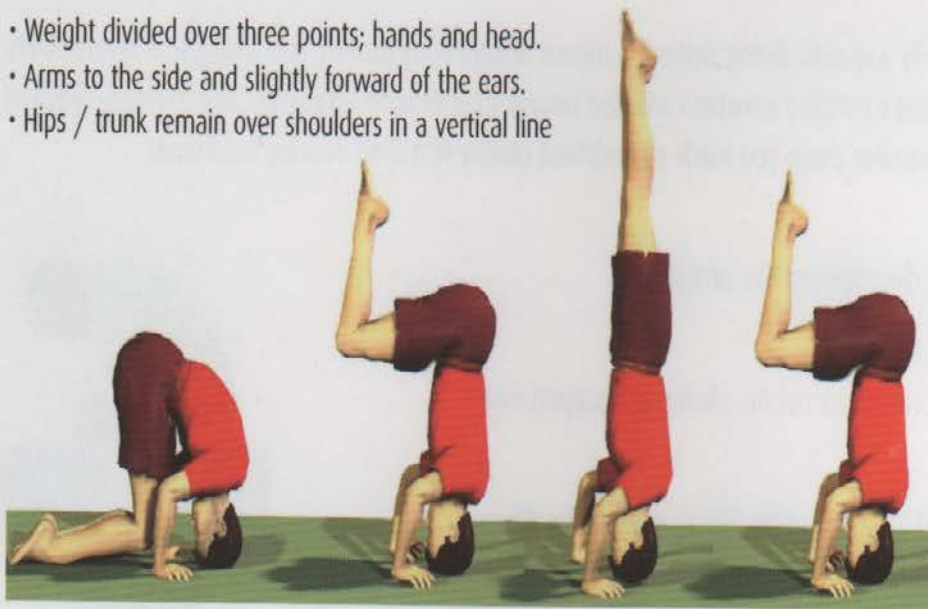


Headstand lever drills

These can be performed either tuck, straddled or piked. Tuck being the easiest and piked the hardest.

Note:

- Weight divided over three points; hands and head.
- Arms to the side and slightly forward of the ears.
- Hips / trunk remain over shoulders in a vertical line



Headstand lever drills

Note:

- When performing the straddle headstand the legs must swing out to the widest point possible. This teaches the diver to maintain a good centre balance point.
- Open the hip angle - heels come into near parallel plane.



BRITISH
Diving

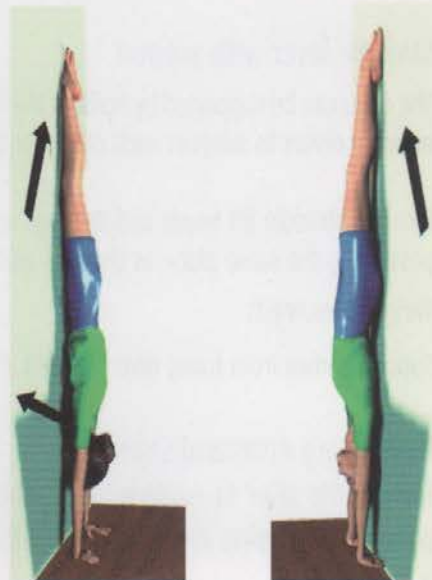
Alignment drills

Learning how to maintain a straight balance with good shoulder elevation is important. Flat back handstands either with back to a wall or facing inwards are important for teaching alignment.

Note:

- Head between arms
- Lower rib cage
- Open shoulder angle
- Hands close to wall as possible
- Pelvis tilted forwards and upwards towards ribs

Stomach off wall chest / shoulders pressed into the wall.



Free Armstand

Learning to balance a 'free' armstand is a basic fundamental for all divers and should be included in all sessions, where possible.

Control comes from the fingers and shoulders.

Remember - Quality the Time

Note:

- Flat back
- Head between arms
- Eyes focus on fingers
- Open shoulder angle
- Straight hip and leg line



Pike Hold

A more advanced skill that requires a greater level of both strength and control.

Note:

- Elbows locked
- weight over wrists
- Lock out knees



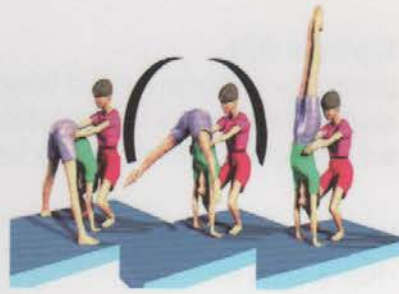
Straddle lever with support

The diver can be supported by holding the hips. It is preferable to educate divers to support each other for this exercise.

Like the straddle lift headstand the legs must swing as wide as possible in the same plane as the hips and trunk

Weight over wrists

Support comes from fixing divers weight / balance



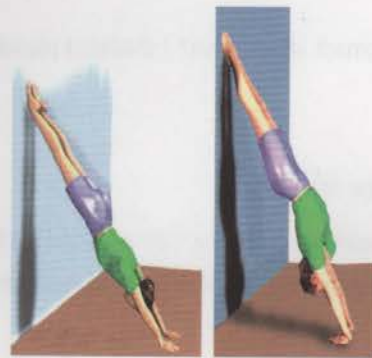
Developing Armstand Strength

Training the diver to maintain a straight line takes time and patience. Developing abdominal and back strength to hold form is important.

Note:

1. Hold form on both no arch or dish .
2. Vary hold time from 5 -10 second holds
3. Increase volume but be aware of sore wrists.

Advanced Lever lifts to armstand



Note:

1. A Lever lift whether tuck, straddle or pike is far better for control than a kick to handstand.
2. The diver must spend a lot of time on progressions before attempting to do these drills.
3. Show a slow lift, good alignment and a steady balance at the end.

