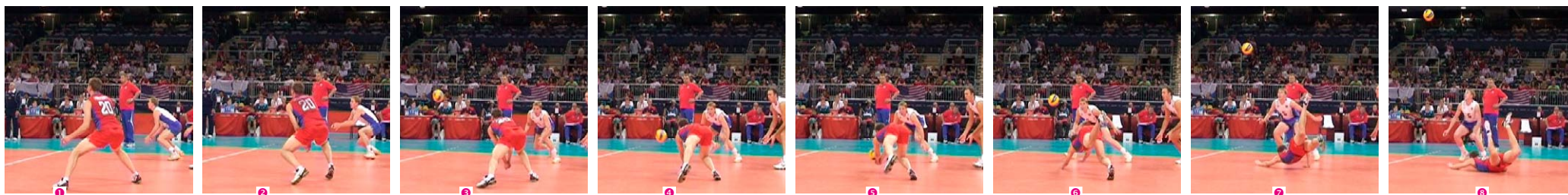


Digging – Diving (block covering two-armed forward)

Serie 5 | Poster 4

1 Diving / Alexey OBMOCHAEV (RUS) / Olympic Games 2012



2 Teaching Description

Approach/position - pre contact phase 1 - 4

- 1 To be in a ready position the defender bends at the waist, drops the knees ahead of the toes and puts weight on the balls and insides of both feet. Arms are held away from the body with palms up. Elbows are slightly bent with hands in front of the body and shoulders are rounded forward. The shoulders are over the knees and the knees are over the toes.
- 2 The digger lines up with the hitter's approach, shoulder and arm swing. Before diving, the defender keeps their shoulders square to the ball and is stationary at time of hitter's contact. Stop moving sideways and keep the body weight forward on the balls of the feet with the knees in front of the toes. Bend both arms out in front of the body.
- 3 The defender has read the hitter giving a tip and moves in to the ball. A forward step is made with the right foot along with a forceful push off from the left leg while staying low to the floor. The digger should then form his platform by putting the hands together with the arms straight.
- 4 The left foot leaves the floor and both arms are moving forward to play the ball. The right leg becomes the '2nd' to push if extra distance is needed to reach the ball.

Ballcontact - contact phase 5 - 6

- 5 Form the platform and contact the ball just above the wrists. Eyes are open to focus on the ball and on making a good ball contact, using the angle of the arms, not arm swing, to control where the ball will be dug. Play the ball only with one hand as a last resort. Look for the ball to spin backwards upon contact and the eyes should be focused on the ball.
- 6 The ball is contacted with both arms. At contact try to see the ball and the target. Play the ball first, and then find out a way of safe landing. The chest and forearms can help to absorb the falling body. Keep your chin up throughout the dive to avoid injury.

Follow through - post contact phase 7 - 8

- 7 After the ball is dug, the body falls to the ground and as forward movement occurs both legs arc upwards into the air. Injuries can occur if the hands and forearms are not used to absorb the fall. Extend your entire body forward and slide on your chest as you prepare to land.
- 8 On landing push through so you end up flat on the ground, watch the arc of the dig you just made and then prepare to get up to cover the attack or get ready to play defense again.

3 Diving / Krzysztof IGNACZAK (POL) / Olympic Games 2012



4 Diving / Zbigniew BARTMAN (POL) / Olympic Games 2012

