

ANALYSIS OF THE TAKE-OFF PHASE OF REVERSE DIVES FROM 3-M SPRINGBOARD: APPLICATION IN PRACTICAL TRAINING

STEGELMANN, K.; UNGERECHTS, B.E.
Institut für Biomechanik und Leistungsdiagnostik
Hannover
FRG

In recent years, the understanding of biomechanical factors contributing to the performance in springboard diving has increased. Besides the exact demonstration of the dive itself, which will be judged in the first place, the height of the flight is likewise known to be important for the final scoring procedure.

Requirements for a successful and exact dive are set during the take-off phase. From different investigations some influence factors in reverse dives are known, such as vertical/horizontal velocity of the divers C.G., angle relative to C.G. at take-off, rotational velocity of the arms, rotational velocity of the trunk,...

Members of the West German diving team were videotaped in training and competition. An Ariel Performance Analysis System (APAS) was used to digitize the pictures and process the data. Together with athletes and coaches, resulting biomechanical parameters were discussed, strategies for following technical training were developed.

In professional coaching there is the problem of having "data on hand". Since new devices for analysis are available, which meet the demands of practice, the purpose of this paper is to give report of this application and the effect on the technical training.