*Fosbury Flop
Coach Assessment*

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| Athlete’s Name:Athlete’s Age:Coach’s Name:Coach’s Accreditation Level:Place an x in the appropriate box  |
|  | **Not Observed** | **Observed Occasionally** | **ObservedConsistently** |
| 1. The athlete’s foot plant prior to take-off is at approximately 20o to the bar
 |  |  |  |
| 1. The athlete takes off no further than 85cm along the length of the bar
 |  |  |  |
| 1. At take-off, the athlete’s back is at a right angle to the bar and they maintain the correct posture throughout the jump
 |  |  |  |
| 1. The athlete clears the bar in the desired position with their hips slightly higher than their knees and shoulders
 |  |  |  |
| 1. The athlete lands safely on the base of their shoulder blades or no higher than their shoulder blades
 |  |  |  |

Enter any additional comments here

*After observing* ***ATHLETE’S NAME*** *perform the Fosbury Flop, it is my belief as an Accredited Athletics Coach that the athlete* ***HAS / HAS NOT*** *displayed the physical development, technical ability and emotional maturity to perform the Fosbury Flop safely in competition.*

*Coach’s Name or Signature*