*Fosbury Flop  
Coach Assessment*

|  |  |  |  |
| --- | --- | --- | --- |
| Athlete’s Name:  Athlete’s Age:  Coach’s Name:  Coach’s Accreditation Level:  Place an x in the appropriate box | | | |
|  | **Not Observed** | **Observed Occasionally** | **Observed Consistently** |
| 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*