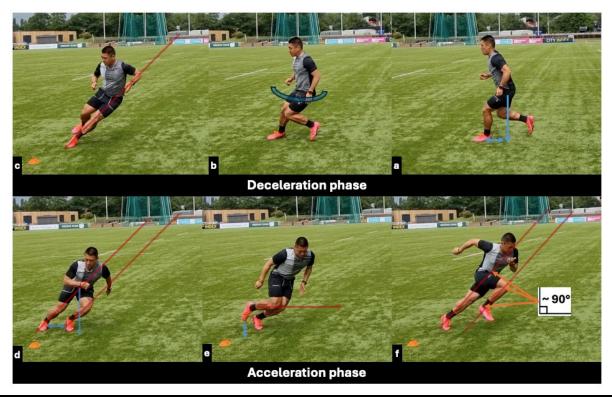
## **5-2-180 Check sheet** (Sportsmith paper available <u>here</u>)



Phase		Movement sequence	Left Turn	Score	Right Turn	Score
Deceleration	a	Distance between CoM (hips) and CoP (foot) increases as	Yes 🛭 No 🖺		Yes 🛭 No 🖺	
		athlete "sits"				
	b	Athlete re-orients themselves into a side-on position	Yes 🛭 No 🖺		Yes 🛭 No 🖺	
	c	Penultimate foot contact: inside leg performs a shallow	Yes 🛭 No 🖺		Yes 🛭 No 🖺	
		squat with DoF orientated toward intended direction of				
		travel				
Acceleration	d	At final foot contact:				
		- upper body and shins are aligned to direction of travel	Yes 🛭 No 🖺		Yes 🛭 No 🖺	
		(~ 45°)				
		- CoM (belly button) falls outside narrow BoS (feet);	Yes 🛭 No 🖺		Yes 🛭 No 🖺	
		At turn, "head never goes between toes"				
		- Outside leg "bounces" off ground	Yes 🛭 No 🖺		Yes 🛭 No 🖺	
	e	Outside leg:				
		- knee drives ~ horizontally forward	Yes 🛭 No 🖺		Yes 🛭 No 🖺	
		- foot stays close to ground, and will pass ~ below	Yes 🛭 No 🖺		Yes 🛭 No 🖺	
		opposite knee				
	f	Athlete achieves acceleration posture:				
		- $\sim 90^{\circ}$ at ankle (dorsiflexion)	Yes 🛭 No 🖺		Yes 🛭 No 🖺	
		- $\sim 90^{\circ}$ at knee	Yes 🛭 No 🖺		Yes 🛭 No 🖺	
		- $\sim 90^{\circ}$ at hips	Yes 🛭 No 🖺		Yes 🛭 No 🖺	
		- Shins run ~ parallel	Yes 🛭 No 🖺		Yes 🛭 No 🖺	
Total score (out of 24, 12 points per side)			Left Total		Right Total	

CoM = Centre of mass; CoP = Centre of pressure; BoS = Base of Support; DoF = Direction of Force