Diving - Pancake

Pre-contact phase
1-2. The pre-contact phase is the same as in the basic diving motion. Please refer to the document on Basic Diving for the full description.

Contact phase
3. From a very low position, the defender pushes forward with their front leg and extends their body toward the ball. The feet may or may not leave the floor but the important point is to push with the leg.

The defender’s right hand slides wide open on the floor while the left hand is controlling and absorbing the fall by pushing backward. Eyes are locked on the ball as it contacts the hand.

Post-contact phase
4. Right after the contact, the defender may slide on their chest or stomach while keeping the right arm forward. The chin has to stay up to avoid an injury.

5. The defender gets back up by using both hands and gets ready to cover the hit or play more defense.