



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

- 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

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

