

## Skill: Bench Tricep Dip

## Training Method: Extensions

Technical Points	Perfect	Nearly There	Needs More Practice
<b>Preparatory position:</b> The performer should sit on the edge of a bench with their knees bent. They should place their palm on the bench, directly beside their body.			
<b>Preparatory position:</b> The performer should then straighten at the knee and take their bodyweight in their hands.			
The performer should begin the movement by bending from the elbow and lowering their body towards the floor.			
When the performer's upper arm is parallel to the floor, the performer should press back up to the starting position, ready to complete the next rep.			
The performer should move under control throughout the whole movement, free from momentum (e.g. pushing through the legs).			

Things that need to be improved (based on peer/coach/video feedback):

My next steps (improvement plan):

Notes:



Name: \_\_\_\_\_

