

BODY POSITION

- Streamlined.
- Roll body to side to breathe.

LEG ACTION

- Kick from hip and thigh.
- Stretch feet.
- Legs fairly straight and together.
- Floppy and relaxed ankles.

ARM ACTION

- Continuous smooth action.
- Thumbs enter first.
- Pull through water to hips.
- Elbow lifts high out of water.
- Hand enters on line in front of head.
- Arm slightly bent.
- Stretch - Catch - Pull.
- Lean into the stroke.

BREATHING ACTION

- Breathe to one side as one arm lifts.
- Turn head as little as possible.
- Keep eyes open.

P R O G R E S S I O N S A N D P R A C T I C E S

BREATHING PRACTICES

- Hold the side of the pool with float in other hand and fully extend that arm. Submerge the face, turn to breathe.
- Two hands on float, practice breathing on both sides one arm extended. Turn away from that side to breathe.
- Practice while kneeling or standing in pool.
- Clear mouth and nose.
- Keep ear in water when breathing.
- Swim width using one breath only.

LEG PRACTICES

- Push and glide on front, back and side. Y, I, T, X position.
- Push and glide and kick, with / without float.
- Kick and pull with one arm, other hand holds float. Turn face away from that side to breathe.
- Legs only with float under each forearm. Fingers grip end of float, knuckles touching.
- Catch up with a float. Alternate hand on float.
- Float in perpendicular position.
- Kick with head up.
- Kick on your side.

ADVANCED PRACTICES

- Push and glide with float in 'resistance' (i.e., vertical) position.
- Kick on side (L/R). One arm extended, other arm sculling.

ARM ACTION PRACTICES

- Standing arm action one foot in front.
- Push and glide, add a few arm action cycles.
- Single arm practices with one arm supported by float (change working arm at intervals).
- Doggy paddle practices. Arms do alternating pulling and reaching action under the water.
- Arm only using a 'pull buoy' (advanced).
- Arm action focus, high elbows, trail fingers through water to extended position.
- Arm action takes place completely under water.
- Full stroke practice - How many strokes to cross the pool? - How many strokes to swim a length?

COMMON FAULTS

- Head too high; causes legs to drop.
- Too much knee bend renders kick ineffective.
- Arm swing 'out' rather than over.
- 'Flat' feet, must point toes.
- Too much splash.