

BODY POSITION

- Streamlined.
- Side to side 'roll' as stroke is performed.
- Push & glide, add arm action.

LEG ACTION

- Legs kick alternately.
- Straight leg action.
- Kick from hips and thighs.
- Feet are stretched, big toes almost touching each other.
- Knees stay below surface.
- Ankles relaxed.
- Feet kick to the surface at the end of the up beat without splashing.

ARM ACTION

- Alternate.
- Little finger enters water first.
- Straight arm close to line of shoulder, brush ear with arm.
- Pull on entering water.
- Push before exiting water.
- Make an 'S' shaped down sweep.
- Little finger exits water first.

HEAD POSITION

- Face above water.
- Look over toes not at ceiling.
- Ears submerged.
- Look up and slightly towards toes.
- Pretend you are sunbathing and want to get your tummy tanned.

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

BODY POSITION ACTIVITIES

- Using bar at side or two floats, adopt supine position, head back, ears in water.
- Push and glide adopting the same position.

BREATHING ACTION

- Take a breath as one arm recovers.
- Breathe out as other arm recovers.

LEG ACTION

- Push and glide from tuck position to stretch position.
- Push and glide with float
 - under each arm
 - held on stomach or chest
 - over hips (push hips up to float).
- Push and glide, hand/arms by side. Kick up to surface, churn up the water.
- Repeat, using sculling action with hands.
- Kicking action, arms at side, turning up left/right shoulder alternately with every 4/6 seconds.
- Push and glide, arms extended above head (advanced). 'Make the surface boil' with leg kick.
- Push glide and kick, float in a semi-submerged vertical position.

ARM ACTION PRACTICES

- Standing, practice the arm action with emphasis on long arms / continuity.
- Float held on chest, single arm action. Short distances only.
- Push & glide, add arm action.
- Pull along a large rope with one arm. Normal leg action (encourage bent arm in recovery). Reach back and pull through to thigh 'straight - bent - straight'.
- Arm only, pull buoy between legs (advanced).
- Double arm action: 'S' shaped action.
- Three arm pulls on right side, three arm pulls on the left side.
- Use pull buoy between legs and perform arm action.

COMMON FAULTS

- Head back too far.
- Knees bent too much.