

Body Position

- Head still and in middle
- Top of head leads
- Dolphin action
- Wave action
- Keep body loose
- Mermaid like

Leg Action

- Kick both legs together
- Legs kicked continuously
- Ankles loose
- Stretch toes away
- Kick from tummy and buttocks

Arm Action

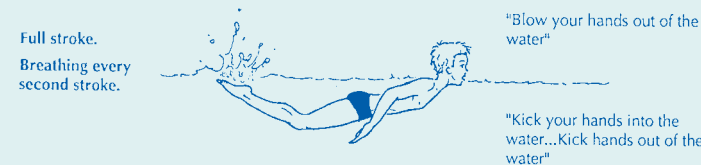
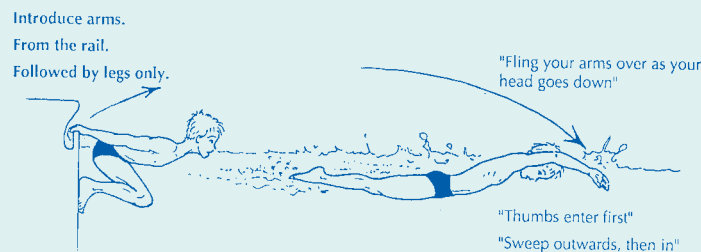
- Both arms together
- Hand in water in line with shoulder
- Thumbs in first
- Fingers together palms flat
- Hands trace shape of keyhole, underwater
- Hands push back as far as thighs
- Arms go wide and low over water
- Flying position out of water

Breathing

- Push chin forward, breath every 2 pulls
- Face in as arms come over water
- Blow out hard as chin comes out

Co-ordination

- Kick hard as your hands go in and as hands go under your tummy



Practices

- Legs only arms on rail
- Legs only head in water arms by side
- Legs only thumbs linked
- Legs only along bottom thumbs linked
- Legs only on side
- Legs only on back

Practices

- Arms only static practice
- Arms only walking
- Push, glide, pull, 2 arms 2 shoulders
- Arms only board between legs

Practices

- Static chin forward
- Static chin & arm action
- Walking arm action
 - breathing in arms back
 - out arms forward