

<p><b>BASIC FRONT CRAWL STROKE DRILL</b></p> <p>1 LTH- RIGHT ARM 1 LTH- LEFT ARM 1 LTH- CATCH UP 1 LTH - FULL STROKE</p> <p><b>COACHES TIPS.</b></p> <ul style="list-style-type: none"> <li>❖ HOLD HEAD STILL WATER LINE ON HAIR LINE TO MAINTAIN GOOD BODY POSITION THROUGHOUT</li> <li>❖ ARM RECOVERS OVER THE BODY WITH BENT ELBOW</li> <li>❖ FINGER TIP ENTRY AND SLIDE THE ARM FORWARD UNDER THE WATER LINE IT UP WITH THE CHEEK.</li> <li>❖ ONE HAND HELD ON TOP OF THE OTHER AND 6 KICKS FOR CATCH UP.</li> <li>❖ ROLE SHOULDERS INTO THE STROKE TO GAIN FULL ARM EXTENTION</li> <li>❖ KEEP THE LEGS KICKING 6 BEATS TO EVERY FULL ARM STROKE THROUGHOUT</li> <li>❖ FINISH WITH 1 HAND ON THE WALL AT FULL ARM STRETCH INCREASING LEG KICK TO DRIVE YOU INTO THE WALL</li> </ul>	<p><b>BASIC BACK STROKE DRILL</b></p> <p>1 LTH - RIGHT ARM 1 LTH - LEFT ARM 1 LTH -DOUBLE ARM PULL 1 LTH- FULL STROKE</p> <p><b>COACHES TIPS.</b></p> <ul style="list-style-type: none"> <li>❖ HOLD HEAD STILL TO MAINTAIN GOOD BODY POSITION THROUGHOUT</li> <li>❖ ARMS RECOVER OVER THE WATER WITH A LOCKED ELBOW</li> <li>❖ HOLD HEAD STILL ROLE SHOULDERS INTO THE ARM STROKE</li> <li>❖ HAND ENTERS THE WATER NO SPLASHING CLOSE TO CENTRE LINE OF THE BODY</li> <li>❖ ARMS BRUSH PAST THE EARS</li> <li>❖ PULL UNDER WATER WITH A BENT ELBOW</li> <li>❖</li> <li>❖ KEEP LEGS KICKING 6 BEATS TO EVERY FULL ARM STROKE THROUGHOUT</li> <li>❖ FINISH WITH 1 HAND ON THE WALL WHILE STILL SWIMMING ON YOUR BACK</li> <li>❖ CONTINUE TO KICK HARD INTO THE WALL</li> </ul>	<p><b>BASIC BREAST STROKE DRILL</b></p> <p>1LTH-2 KICKS 1 PULL 1LTH- 2 PULLS 1 KICK 1 LTH - PULL BREATH KICK GLIDE. 1 LTH- FULL STROKE</p> <p><b>COACHES TIPS.</b></p> <ul style="list-style-type: none"> <li>❖ ARMS HELD OUT IN FRONT OF THE BODY IN A STREAMLINED POSITION</li> <li>❖ SQUEEZE LEGS TOGETHER AT THE END OF EVERY KICK</li> <li>❖ DURING THE GLIDE IN THE STREAMLINED POSITION HOLD ONE HAND ON TOP OF THE OTHER</li> <li>❖ HOLD THE GIDE FOR A MINIMUM OF 5 SECOND</li> <li>❖ BREATH EVERY STROKE</li> <li>❖ FINISH WITH 2 HAND ON THE WALL AT FULL ARM STRETCH BODY IN STREAMLINED POSITION</li> </ul>	<p><b>BASIC BUTTERFLY STROKE DRILL</b></p> <p>1 LTH- RIGHT ARM 1 LTH- LEFT ARM 1 LTH- DUCK DIVE 1 LTH - FULL STROKE</p> <p><b>COACHES TIPS.</b></p> <ul style="list-style-type: none"> <li>❖ HEAD ENTRES THE WATER BEFORE THE HANDS</li> <li>❖ ONE ARM IS EXTENDED OUT IN FRONT OF THE BODY</li> <li>❖ ARM RECOVERS OVER THE WATER STRAGHT REACHING HIGH TOWARDS THE CEALING</li> <li>❖ ARM ENTRES THE WATER ALONG SIDE THE EXTENDED ARM</li> <li>❖ DO AT LEAST 4 KICKS UNDER WATER WITH THE BODY IN A STREAMLINED POSITION</li> <li>❖ AIM TO BREATH EVERY 2 ARM STROKES</li> <li>❖ FINISH WITH 2 HANDS ON THE WALL WITH FULL ARMS EXTENTION SHOULDERS LEVEL.</li> </ul>
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