

Before Getting Wet

Review Posture, Streamline, and Rotation on the deck with the following exercises:

- Backstroke Arms: Shoulder Recovery, Elbow Press
- Freestyle Arms: Elbow Recovery, Elbow Press
- Rotation (as in last week's class)
- Review Streamline Position (we will working on this in the pool)
- **Dry Kicking (New Exercises)** *Do these very slowly at first.*
 - 6-Beat Dry Kick. On your belly, toes pointed away, ankles relaxed. Kick with knees straight. Count your kicks in 3s. As the kicking becomes more comfortable, train your body to lean from one side to the other every third kick. By *leaning*, I mean just press your hip into the floor and lean slightly on that side, do not try to rotate your entire body.
 - 2-Beat Dry Kick. On your belly, toes pointed away, ankles relaxed. Press one hip upward by leaning on your entire leg. Think of using a long lever to move that hip upward.

Review Previous Drills with Kicking Focus

- Backstroke Progression
 - Dynamic Back Balance – try to get a slight hip rotation every 3rd kick
 - Backstroke – try to rotate your hips every 3rd stroke
 - 4 Back 3 Free – with freestyle, try for just one kick per stroke
- Freestyle Drill Progression – Focus on the Elbows
 - Single-Stroke Fingertip Drag-and-Drive Corkscrew – focus on *firing* the stroke with a rotational kick
 - 9-3-9 Fingertip Drag-and-Drive Drill – flutter kick on side, then one kick per stroke
- Underwater Recovery Freestyle – use a six-beat kick
- Catch-Up Fingertip Drag-and-Drive Drill – use a six-beat kick
- Freestyle – use a six-beat kick for several laps, then a two-beat kick
- Sculling (no kicking here!)

Posture and Streamline Review

Review the importance of the streamline position with a partner. One person stands, other is prone in the water, with head out of the water, feet supported by noodle and arms extended out front and supported by partner. Standing person walks backwards towing partner. Note the effort involved. Prone person now assumes good swimming posture and streamline position: Belly in, neck tall, chin back, hands locked overhead with arms squeezing the head. Tow again and note the difference.

Streamlining from the Wall (Learning Progression)

Get comfortable with each step before moving to the next.

- Stand with back to wall and practice dropping to your knees on the bottom. Exhale through your nose slowly. You need to calm down any panic response that your body has to “falling” in the water.
- When comfortable, lean forward slightly as you sink, get your body parallel to the surface and bring your arms to streamline. Sculling with your hands is permitted. Take your time. Some of you will float to the surface, some of you may sink towards the bottom. It doesn't matter which way your body goes. The important thing is to practice getting parallel to the surface and into streamline.
- Next focus on the foot plant. Get your feet onto the wall at shoulder width and at same the depth as body mass.
- Now practice pushing off. Your knees don't have to bend very much (think of how little basketball players bend their knees to jump). Push evenly and straight towards the other end of the pool. Glide as far as you can.

Practice the breakout: As you near the surface, take your first kick with your lower leg to begin rotation to the other side, and simultaneously take your first stroke with your lower arm. The *breakout* stroke is a very fast, light and compact stroke to maintain your speed – it is NOT about power Begin normal freestyle swimming (or drilling) as you rotate to the other side.

Video: Freestyle Swimming (focus on streamline from the wall and the kick)

Sample Practice Session Following Lesson 8

Be patient and work mindfully. Do not practice struggle. Beginning this week, practice streamlining from the wall **every time** you leave the wall.

- Repeat this group once or twice as a warm-up:
 - Single-Stroke Corkscrew (4 lengths) - focus on the rotational kick that fires the stroke
 - 9-3-9 Fingertip Drag & Drive focused (8 lengths) – focus on a two-beat kick (one per stroke) when taking those three strokes
- Repeat the following group three or four times, focusing on six-beat kick:
 - 4 Back 3 Free (2 lengths)
 - Fingertip Drag & Drive (8 lengths)
 - 4 Back 3 Free (2 lengths)
 - Underwater Recovery Freestyle (8 lengths)
 - 4 Back 3 Free (2 lengths)
 - Catch-Up Stick (8 lengths)
- Cool Down – repeat four times
 - Sculling on a kickboard (1 length)
 - Relaxed freestyle being sensitive to your forearms