

Review of Lesson 2

Side balance, side balance with swimming breathing, rotational kicking

Vertical Rotational Kicking (Another Approach)

For deep pools only. (Or for very short people in shallow pools.) Support yourself in the vertical kicking position by holding a kickboard in each hand. Relax your body from the shoulders down. Point your toes to the bottom, as much as you can without stressing your legs. (If this is difficult, you need to work to increase your ankle flexibility.) Imagine an axis from the big toe of your left foot through the top of your head. Hold that axis while using your right leg to rotate your right hip backwards, about one-quarter turn around that axis. Now imagine that axis running from your right foot up through your head, hold firm to that axis and use your left leg to rotate your left hip around that axis returning your body to its original position.

Six-Beat Kicking

Combine the propulsive and rotational kicks by performing two propulsive kicks followed by one rotational kick. Some people find this easier to do when they count ONE-two-three, ONE-two-three, rotating on the ONE. If your pool has a deep end, do this first with vertical kicking, and then when it becomes comfortable, switch to doing it on your back.

The important thing about your hands...

is that they move you up and down the lane, *not* up and down in the water. You need to learn to do everything you can with your hands to move your body forward, in the direction you want to travel. You need to **STOP DOING** anything with your hands that makes your body wobble up-and-down or side-to-side in the water.

Find Your Strength

In the deep end: Facing the wall, place your hands just wider than shoulder-width on the gutter or lip of the pool, and press your upper body up out of the water (don't get out, leave your legs in). Try this a few times adjusting your hands in towards your centerline or out beyond your shoulders to determine where you are the strongest (usually just outside your shoulders). Remember that position. You will be pulling straight through that position.

Standing Paddling

In the shallow end: Standing and bending at the waist, you are going to pull your hands along two invisible, parallel tracks that run through your position of strength. Rotate your hips, so that you get a longer stroke (that will move your tracks a little closer together, but not much). When that becomes comfortable, get the other half of your paddle into the water. The other half is your forearm. Keep your wrist as straight as possible. Point your fingertips down. ALWAYS keep your elbow higher in the water than your hands.

Kick-Board Paddling

This is a one-arm drill. Keep your head out of the water and watch your stroking arm. Kick gently using fins if desired. Hold the kickboard out in front of you with one arm, and paddle with the other. Switch arms every length. Watch your paddling hand and focus on one thing per length:

- Pull straight back along your "track"
- Fingertips down
- Elbow always over hand
- Elbow high in the water

Video: Drills and Review

Sample Practice Session Following Lesson 3

Vertical Rotational Kicking (with or without fins)

- Balance:** Hold a kickboard in each hand. Your body is a strong but relaxed column. Use a slight pelvic tilt to remove as much of the arch as possible from your back.
- Anchoring Leg:** Toes pointing down, imagine an axis from the big toe through the top of the head – your other hip will rotate around this axis.
- Kicking Leg:** Release hip and push off entire leg. Do not bend the knee. This is a forward kick with your entire leg, but it doesn't move forward – instead, that side of your body rotates back around the axis running from the anchored leg through your head.

Six-Beat Kicking (Vertical or on your back)

- Count:** ONE-two-three, ONE-two-three...
- Rotational Kick:** On the ONES. Do not bend the knees.
- Propulsive Kicks:** On the twos and threes. Do not bend the knees.
- Shoulders:** Do NOT try to rotate your entire body with your rotational kick.

Standing Paddling

Burn in the motion, do not pull hard on this.

- Upper Body:** Bent at the waist.
- Paddling Hand:** Fingertips down.
- Paddling Elbow:** High in the water.
- Pulling Direction:** Straight back.
- Hips:** Rotate to get a longer stroke.

Kick-Board Paddling

Hold kickboard in one hand, stroke with the other. Switch (and rest) at each wall.

- Upper Body:** Head out of the water – watch the paddling arm.
- Paddling Hand:** Fingertips down.
- Paddling Elbow:** High in the water.
- Pulling Direction:** Straight back.
- Hips:** Rotate to get a longer stroke.