



Hempstalls Swimming practices - Intermediate (Fin)

Breaststroke

1) Kicking with woggle on their back

- Penguin
- Kangaroo
- Crocodile
- Shark (snap)

Penguin - Swimmer to turn feet out (heels together, toes pointing away)

Kangaroo - Swimmer to bend legs (Not knees to chest, needs to be heels to bottom. This ensures flat body position and forward motion when on front.)

Crocodile - Push out with bottom of feet until legs are straight and wide (Take time on this bit to ensure an effective kick. This is a very common mistake swimmers make)

Snap - Squeeze straight legs together

- 2) After swimmers have mastered this explain gliding (body straight and still for 2 seconds after finishing kick)
- 3) Turn on front – speedboat with a woggle, repeat drill number 1 on front (when doing kangaroo make sure feet are in the water and maintaining penguin feet – heels together, big toes away)
- 4) Complete drill number 3 including gliding this time.