

Streamline & Position 11

Goals:

Establish a streamline habit: do a streamline every single time a swimmer pushes off the wall.

Become comfortable keeping the body in Position 11.

Give learners specific key words to memorize for better physical expression.

Build a physical habit

Do streamline and Position 11 as frequently as possible.

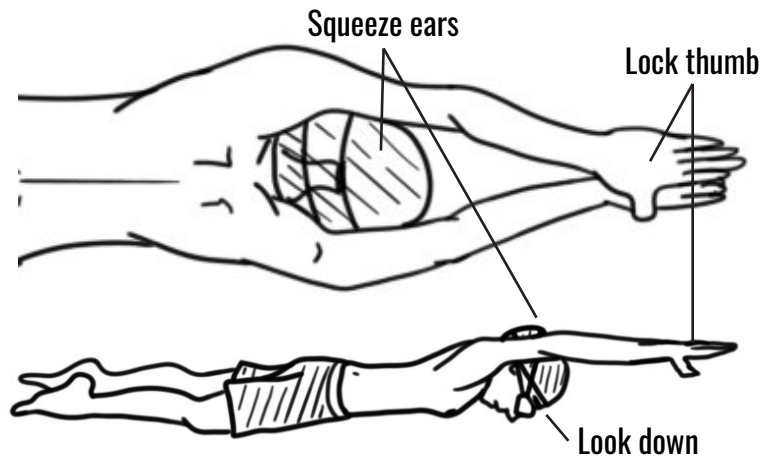
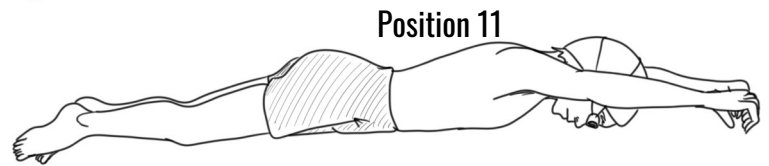
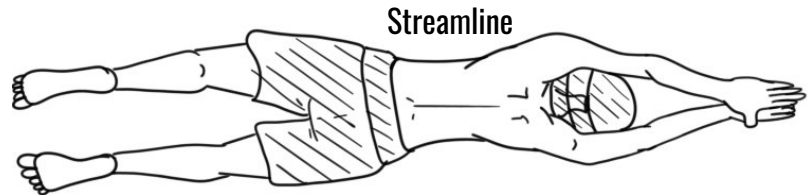
Explicitly say the word “streamline first” and then include the activity.

“Streamline first, then do three Front Crawl strokes.”

Do many repetitions of Position 11 to build comfort holding the position.

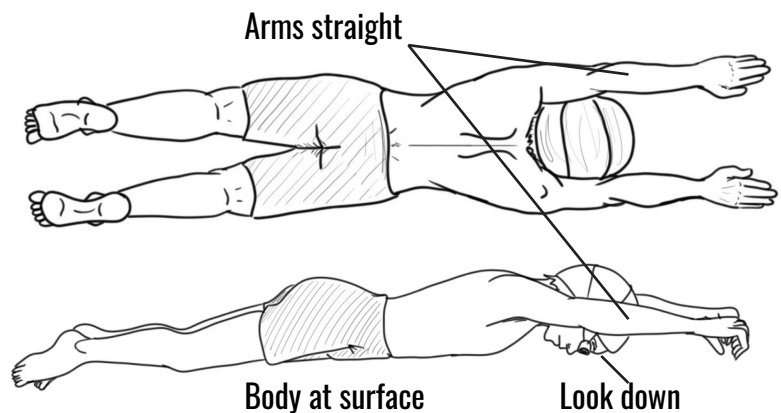
Streamline:

- Lock your thumb
- Squeeze your ears
- Look down



Position 11:

- Keep your arms straight
- Stay on the surface
- Look down



Activities & Challenges

Streamline Sprout → 3 x Streamline to flags → Elevator Down

On deck:

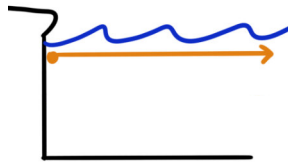
Go slow. Do many repetitions.



In water, on surface:

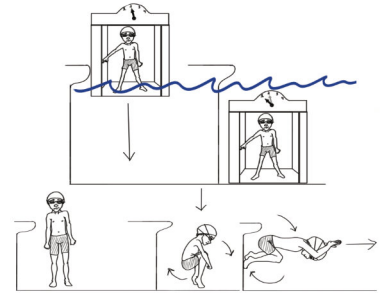
Push off wall, grow sideways into streamline.

Hold until breath needed or get to the flags.



Challenge: sink & rotate:

Sink body vertically.



3 x SL → 3 x SL + 10 Kicks in Position 11 → SL Rewind

At surface or underwater:

Focus on the 3 things for an excellent streamline and growing into one.

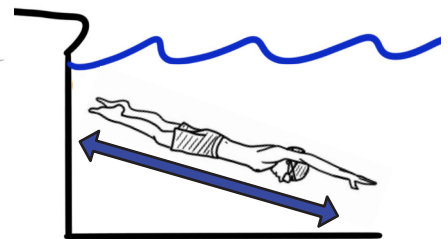


Hold 11 and kick after SL:

Streamline first, then hold Position 11 for 10 kicks.

Challenge:

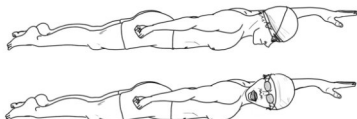
SL and return feet to wall:



3x SL + Position 1 → 3x SL + 5K in 11 + 1 FR → Around World

Take a breath in Position 1:

SL, Position 11, drop to Position 1. Kick, breathe, return to looking down.



Kick in 11, then armstroke:

Exaggerated catch-up drill. Single arm strokes while other arm remains in 11.



Challenge:

Spin in SL on spinal axis:

Full spin at least 2x before taking a breath.

