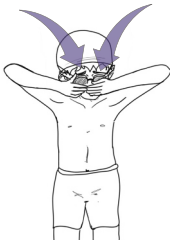


Breaststroke Arms



11



Eat



11

Script:

- 11
- Eat / Eat and Breathe
- 11



Eat & Breathe

Goals:

1. Long reaching arms extending in front of the body above the shoulders.
2. Quick push directly to the face, keeping elbows high.
3. Return to 11 without embellishment reaching forward and placing face back in the water.

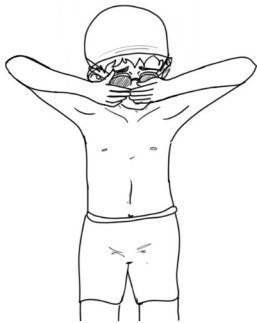


Position 11

Body should be flat, still, and neutral. Aim face at the bottom of the pool.

Arms Extend forward pressing against the ears and framing the head.

Palms lay flat on the surface of the water. Stretch forward.



Eat, Return to 11

Sweep the hands down, or in, towards the face. Scoop water down and in like attempting to throw water into the mouth.

Elbows remain bent and upraised.

Avoid chicken wing flapping elbows.

Return to position 11 shooting up.

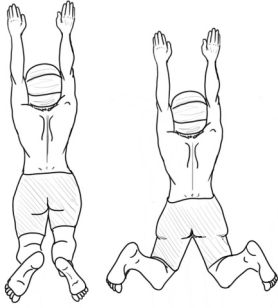


*Eat and Breathe

Add after "eat" is mastered.

As the hands scoop into the "eat" position, lift the head up out of the water to take a breath. When the hands extend to 11, return face underwater.

Breaststroke Kick

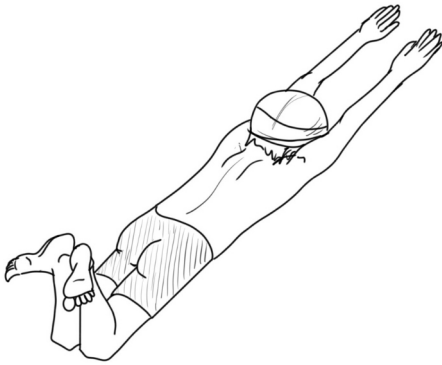


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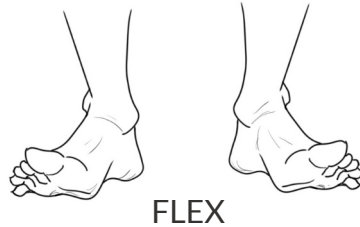
- Lift
- Flex
- Circle
- Squeeze

Goals:

1. Toes flaring out while the feet press backwards and push with the inside of the foot.
2. No flutter kick motion, or fly kick press with top of foot. Kick
3. is strong, powerful, and intense with a forceful push. Knees
4. remain close together.



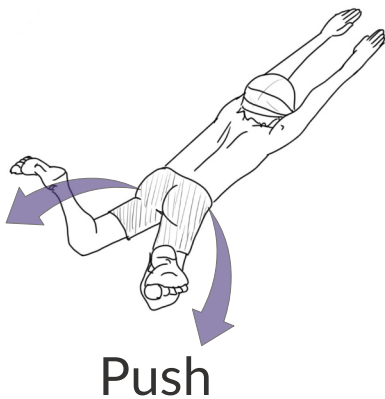
Lift and Flex



Feet rise up with the knees bending.

Avoid letting the knees and thighs pressing down, or under the hips. Small collapse down okay, but not knees in front of body.

Heels rise, and toes flare outwards from each other, "flexing."

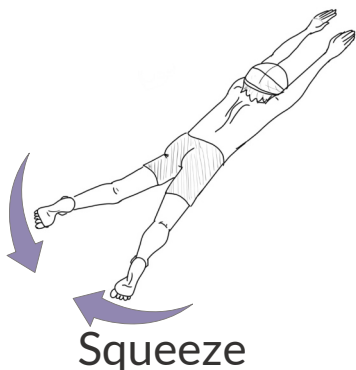


Circle

Press backwards while whipping the feet around in a circular motion. Each foot moves in semi-circular movement.

Toes should be pressed out, away from each other as the water resists the force of swimmer's kick.

Snap feet back flexing thighs and calves pushing back.



Squeeze

While doing the push and circle motion also begin squeezing the feet together after hitting the apex of each foot's semi-circle.

Squeeze heels, feet, and knees together so that legs are straight at the end of the kick.