Breaststroke

Introduce Arm Motion:

11   Eat   11   Eat & Breathe

11   Eat & Breathe   11
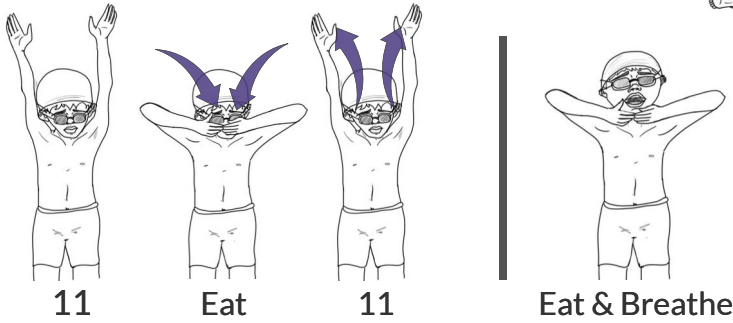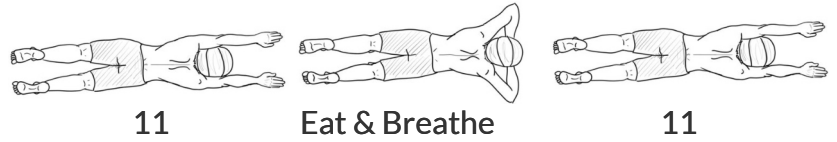
Do lots of repetition while standing on deck.

Beginner: 11, Eat, 11.   **Advanced**: 11, Eat & Breathe, 11.

Practice In water. Motion first.

For beginners, arms provide VERY little forward pull. Teach the arm MOTION.
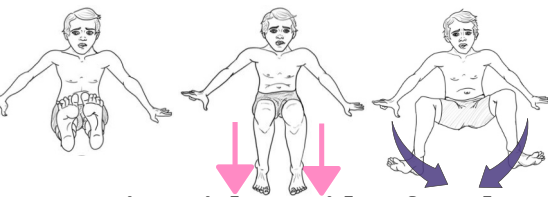
"Eat" should help the head breathe. Connect so when arms move forward, face pushes underwater.

Streamline with no kick + 1 x (11, Eat, 11)
Streamline with no kick + 1 x (11, Eat & Breathe, 11)

Feel the Kick:
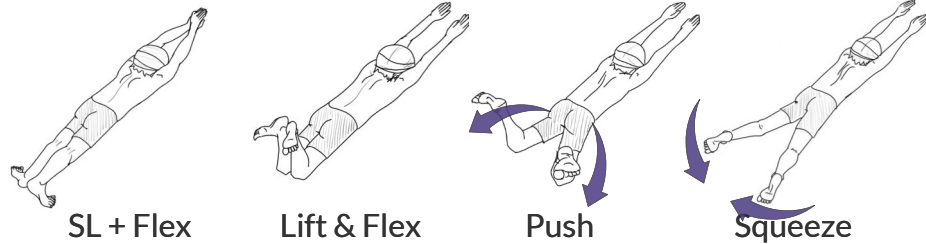
FLEX

SL + Flex   Lift & Flex   Push   Squeeze

Practice Kick on side of pool

Teach "FLEX" first; heels together, toes out, toes up.

1) Legs straight, butt on edge of ledge.
2) Bend knees, push feet down.
3) Flex.
4) Inside of feet draw circle, push and squeeze water.

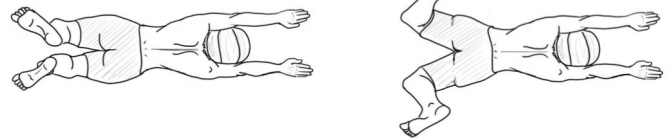Knees closer together better, but allow for large motions.
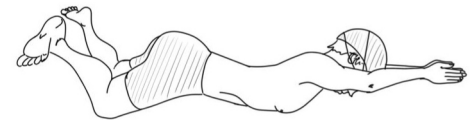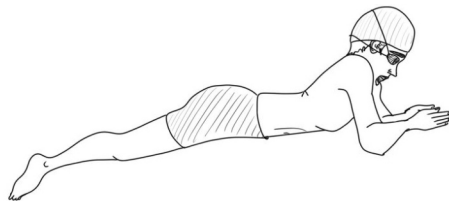
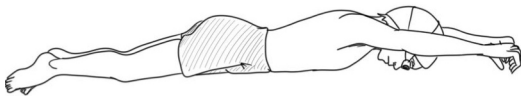### Practice In water. Motion first.

Streamline with no kick + Flex
Streamline + Lift and Flex
Streamline + 2 BR Kicks

Arms, Kick, Glide:

Glide. Begin in 11.

Begin most Breaststroke swimming with short distances. Limit to 1 or 2 strokes. Increase distance swam as ability increases.

Streamline, glide in 11 at surface.

Eat and breathe.

Separate the arms from the kick to begin, as ability increases trim pause between arms and kick.

Beginners: Do the arms alone, independent of legs.

Must breath on every "eat."

Return to 11.

After breath, as hands move forward, press head down between elbows.

Aim head down.

Return to Position 11

Kick and Glide.

In position 11 do a BR kick.

Lift and Flex, push and squeeze.

Focus on strong kick.

Glide in Pos. 11 for 2 seconds. Repeat to Eat and Breathe.

Breaststroke

Follow this formula for your lessons: Activity, Activity, Challenge
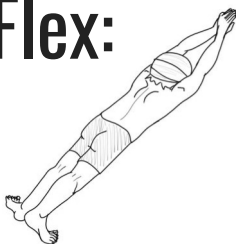
Flex:

Review on deck first.

Feet together. Toes out, toes up.

Notice how the big toes lift upwards.

Encourage a hockey stick shape to feet and leg.

When kicking in water will flare feet into flex, but beginners will need to initiate first.
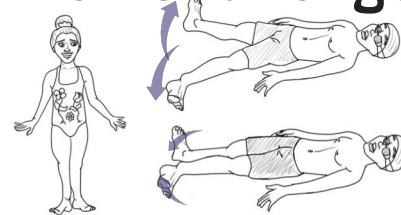
SL + Flex:

Streamline underwater. Immediately after push off wall maintain streamline and flex feet.

Toes aim apart (at the walls) and toes curl upwards.

Float and hold flex position.

Do three - five times. Goal is to hold FLEX to build a habit of it.
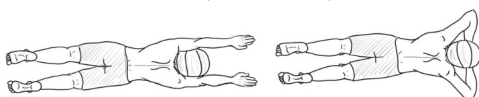
Flex Challenge:

Walk around the deck with feet flexed the whole time, waddling like a penguin.

Lay on back and open and close legs with feet flexed as if legs are scissors.

Slap the inside of foot with foot held above water 5 times.

Tap, Tap, Push: use inside of foot to push a toy across the deck. Tap = light touch.

SL + 11, Eat, 11:

SL or Glide a short distance.

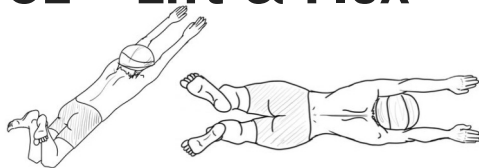At surface move into Position 11. Pause.
Move to "Eat." Pause.
Return to Position 11. Pause.

Stop and repeat. Learn arm MOTION.
NOT swimming or pulling or circles.

SL + Lift & Flex:
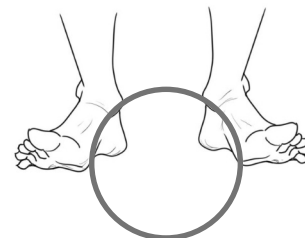
Streamline off wall. At surface move into Position 11.

Lift feet up bending at knees.

Flex feet; toes out and curled. Pause.
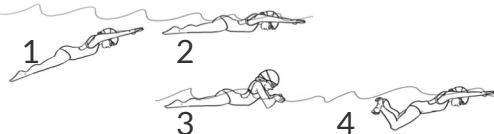Hold for 2-4 seconds.

Flex Hula Hoop:

Get a partner. One person sits on edge of pool. Other holds hula hoop in water at other's feet.

Draw heels around the outside of the hoop.

SL + 1 BR + Glide:

1) Streamline underwater
2) 11 at surface
3) Eat and Breathe
4) In 11 do a BR kick and Glide

Start doing arms alone, then kick by itself. Chip away at pause between as swimmer improves glide and timing.
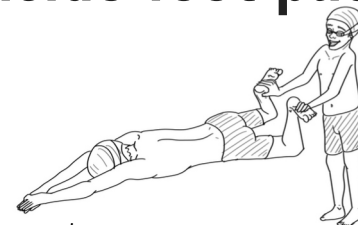
BR Drills:

BR Arms with FREE kick:
Flutter kick while doing 11, Eat&Breath, 11. Keep kick going strong throughout, fast arms. Do 5 kicks in 11 to emphasize the "glide."

BR Arms with FLY kick:
Do a single undulating fly kick with each arm stroke; hold brief glide in 11. Focus on how body rolls up and down like fly with every arm stroke.

Inside foot push:

Form partners or groups.
One person floats on surface with face down in SL position. Begin in "Lift and Flex" position. Partner holds inside of foot and they push each other to send the SL'er shooting away from the wall. Longest wins.