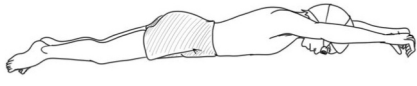


# Crawls and Breathing

## Front Crawl Arms:

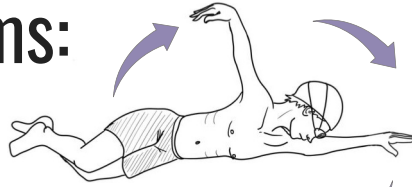


### Begin and finish each stroke in position 11.

Swim one arm at a time, catch up stroke. Pause in 11.

Body should remain at surface and head aim directly down.

**Advanced:** Flow through Position 11 as target; no pause.

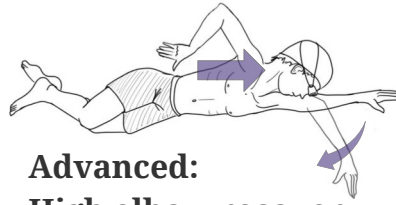


### Beginner: Arm Circles

Focus on large arm motions, circles, reaching, over water.

Avoid correcting hand position or a "pretty recovery."

Main goal is push water back, recover above the water.

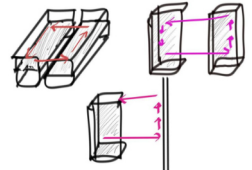


### Advanced: High elbow recovery

Vertical forearm pull, or front quadrant swimming.

Recover with elbow higher than hand. Hand travels forward near water surface.

Swing hand wide away from hip.



### Start short, go farther.

Keep swimmers moving. Repetition is best.

5 x SL + 3 FR

6 x SL 1/2 way to bench, FR arms rest.

## Breathing:

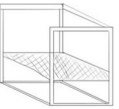
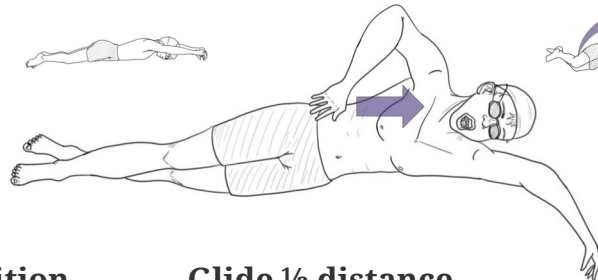
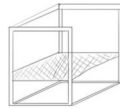


### Practice head motion; standing, controlled

Standing, turn head over one shoulder, then forward. Repeat.

Look down with only face in water, turn to side. Breathe

Easier while standing or kneeling with back at surface.



### Comfort, repetition, glide, swim, breath

Avoid head lifting up out of water. Keep body flat!

Introduce breaths to side when swimmers are comfortable swimming front crawl with a strong kick, propulsive arms, and head aimed down.

### Glide 1/2 distance, do arms other 1/2 with 1 breath.

Remove fear and anxiety by keeping distance short.

Limit to 1 breath; allow practice under safe, familiar conditions.

Feedback on timing, head turn, return face down after breath

### Cheek, Ear, Lips, Eye

Keep one of each in water during breath.

6 x SL + FR + 1 breath, bench to bench.

3 x glide, arms, 1 breath to instructor.

## Back Crawl Arms:

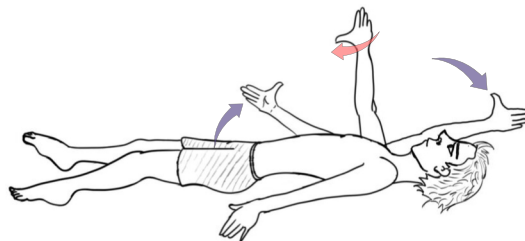


### Body position 1st! train comfort & relax

Flat body line, belly near surface, head aiming up, ears in water.

Balance, learn head back feet up, attempt belly button high.

Be comfortable gliding on back using kick to move, knees low.



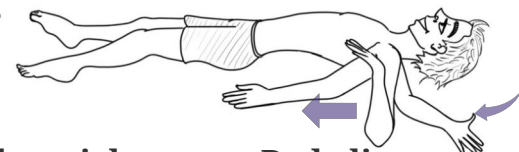
### Thumb, "hi," pinky, push

Thumb lifts first out of water.

At apex, spin hand to wave "hi," palm out or away from belly.

Enter water with pinky first.

Anchor high in position 11.



### Push/pull straight arm first, then bend elbow

Big circles best at first, ignore hands and bending until large "motion" is mastered.

Teach hand turning at height of reach 1st, then bent elbow pull.

Refine arm travel after comfort.

### Body line, hip rotation

Hips and shoulders rotate with arms.

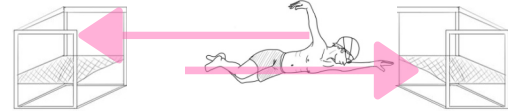
6 x glide on back 1/2 way, arm strokes 1/2.

Avoid pauses near hips keep arms moving.

# Crawls and Breathing

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

## Glides & Arms:



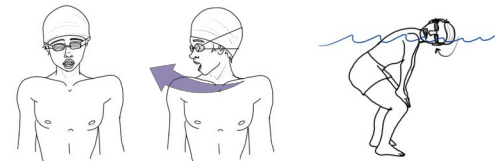
Glide first with face starting in water, begin arm strokes to get to other bench.

Do close enough so breaths are not required, head down, strong kick.

Keep moving, like circle swimming.

Arms should provide extra movement forward, large circle motions first, ignore cupped hands. Encourage "arm circles."

## Breaths to side:

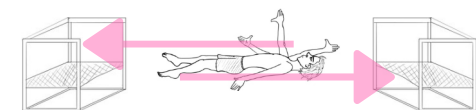


While standing turn head to side over shoulder.

10 x Look forward, turn head to side, breath in, look forward breathe out.

Bobs and face in water side breaths too.

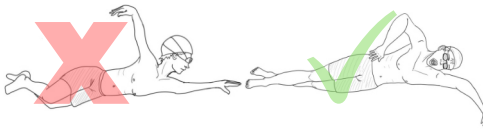
## BK glides & arms:



Moving from bench to bench, or from wall to instructor, give swimmers many opportunities to glide on their back with a strong kick and move arms.

Encourage constant arm motion. Focus more on large arm movements before you adjust push and hand.

## Arms w/ Breath:



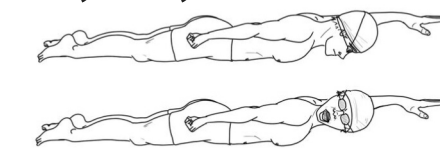
Glide 1st, add arms 2nd, do 1 breath.

Keep moving. Glide, arms and kick, must do one breath. Move bench to bench, like circle swimming. Keep distances short.

Many will lift head to breathe, or take too long to breathe and lift to keep from sinking.

Quick side breath. Ear, eye, lips in water.

## SL, 11, 1 + breath:

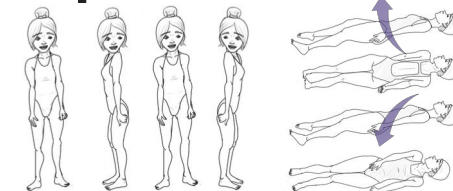


Strong kick throughout. Quick side breath.

Stop after breathing and looking down.

When breathing keep cheek, ear, side of mouth, in water. Fast, rotate down.

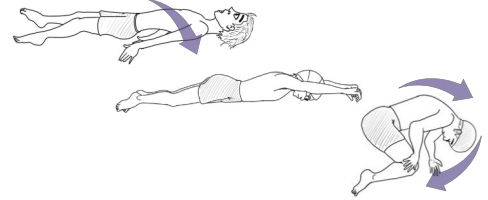
## Hip rotation:



While standing rotate hips, shoulders, and feet without letting head move. Head remains focused forward, or up.

Kick to move, rotate hips including shoulder to 90°. Head remains still.

## Float, spin, flip



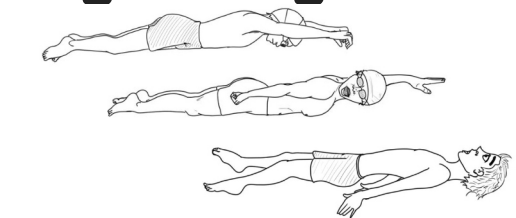
Float on back for three seconds, spin to belly float on stomach, do a front flip, if possible.

"Make an attempt." Most beginners will balk at flips, or floating on back.

Roll from back to front, or front to back can be an effective way to teach breathing.

Flips promote turns and breath control.

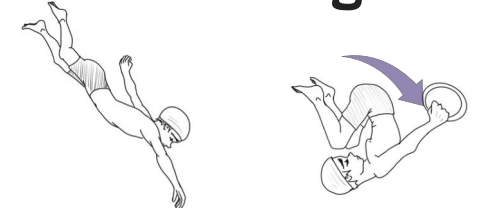
## Log Rolling:



Have swimmer begin in front float, twist on side and keep rolling along their spinal axis.

Take breath to the side, or on back, and keep spinning like a log rolling in water.

## Dive for rings:



Place rings on the bottom. Swim FR to rings, get, then BK K back to start w/ ring on belly. Encourage swimming underwater using FR kicks, or fly kicks. BR if known.

**Challenge:** do a flip underwater after getting ring. Add a SL jump off bottom.