

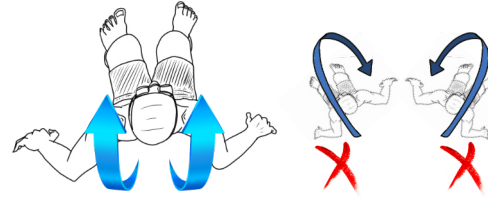
Flips and Upside down:



Somersaults and nose bubbles.

Front flips, back flips, front floats that turn into flips, handstands that turn into a flip, and anything you can imagine to practice spinning in the water and blowing bubbles out of your nose.

Tuck your chin, lift your butt, and roll forward.



Rotation control and foot targeting.

Flips should be without wobble. Legs should travel directly over the shoulders without a rotating tilt to the sides or twisting.

Practice full flips where you stand, flip, and stand looking in the same direction.

Practice half flips, where you go from a front float to a back float like a semi-circle or rainbow.

Approach and Flip:

Target the "T" mark, approach fast.

Coupled with a good hip rotation, anchoring the hand and forearm in front of the shoulders creates good "front quadrant swimming."

Emphasize the hook at the top after position 11, like pulling up over a ledge, and rotate through the arm pull.

As the hands get to the hips swing out.

No twist flip, land on back with two feet.

Use multiple drills like "Zombie Position 11," 1 arm only, Ready Catch Pause, and others to reinforce this anchored arm stroke.

Begin pulling and pushing against the water immediately after the hand enters it in position 11.

Full extension and reach, then immediate pull engaging the forearms and the pectoral muscles.

Power push and Streamline on back:

Shoulder wide feet

Land on the wall underwater with two feet balanced on the wall.

Feet shoulder width or a little wider apart.

Triangle is two feet and head.

Flat back

Avoid flipping too far. Head should not bend into knees.

Back should be flat with knees bent and feet planted on wall.

Lean head backwards with hands near crown ready to grow into a streamline.

Scoop hands to head.

During the flip, avoid spiraling arms near sides.

Scoop the hands from hips up to the face/head.

Hands push water towards head to help the flip and prepare for SL.

SL on Back

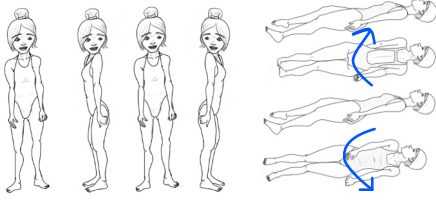
Sneak in a quick breath as the arm pulls back.

Breath should be complete by the time arm swings back into position 11.

Common Mistake: Late breath. Start on pull to fix.

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

Belly Bottom:



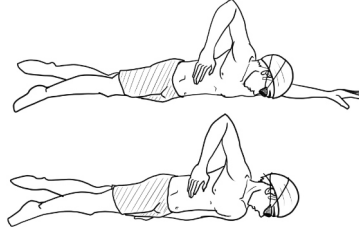
Belly button and chin touching bottom of the pool at the same time for 4 seconds.

Blow bubbles out of your nose to stay submerged.

Emphasize nose bubbles.

Practice sinking down and changing body position underwater to prepare for flips.

Shoulder Bottom:



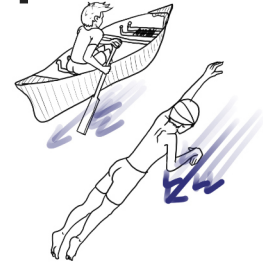
Shoulders, and back, touching the bottom looking at the surface for 4 seconds.

Blow bubbles out of your nose to keep water from getting in, and to look up without discomfort.

Focus on nose bubbles and exhaling to sink to the bottom and stay there.

Build comfort looking up at surface.

5 flips in 10 secs



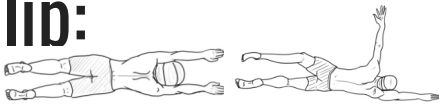
Challenge:

Do 5 front flips in less than 10 seconds. Breathe between each flip. Discourage holding breath for all 5 flips.

Tuck your chin, lift your butt, and let yourself go upside down and return to standing.

Go fast! Blow bubbles out of nose!

Handstand → Flip:

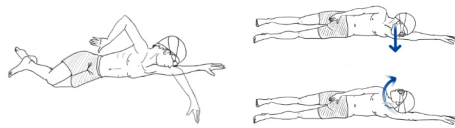


Kick in position 11 for 5 freestyle kicks and then continue kicking and do a single freestyle arm stroke.

Repeat for whatever distance you'd like. Can be done as a 3 x SL, and as 25's.

Focus on the arm that isn't doing the stroke to remain in Position 11. Strong Kick required.

Float → Flip:

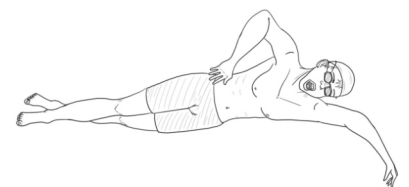


Swim 3 strokes of freestyle, then get on your side, laying on your arm with your nose inside your stinking armpit, looking down.

Kick on your side for 18 flutter kicks.

Breathe by rotating the head. Repeat.

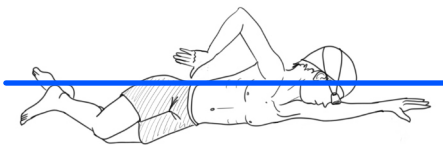
Float, Flip, Swim:



Start in a front float with hands almost touching the wall.

Do a front flip, without touching the wall, and start swimming Backstroke with a strong kick. No touching the bottom. Can also swim FREE instead.

Paint the wall:

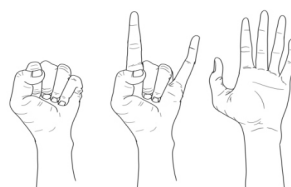


Start close to the wall, looking at it.

Do a front flip. As you flip over drag the feet and toes over the wall underwater like your feet are paint brushes.

Paint the wall with your toes like you're dragging paint down across the + mark.

Flip and Land:



Start at the flags. Swim free to the wall.

Flip before the wall, land two feet on the wall and pause in the correct position; hands near the crown of the head, back flat, face underwater, legs bent at knees, feet planted apart shoulder wide.

Flip and Swim:

Start close to the wall.

Flip and streamline on back.

Before getting to the surface, but after the streamline rotate to stomach.

Swim Free for a 25.