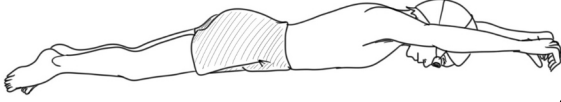


# Position 11

## Script:

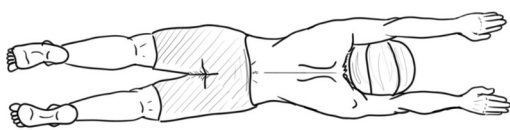
- Keep your arms straight.
- Stay at the surface
- Look down



Every stroke goes through position 11: Fly, Back, Breast, Free. All travel through this arm position.

Establish a feeling for the arm location by doing this drill with different kicks for short to long distances.

Many drills begin and utilize 11.



## Keep your arms straight

We call it position 11 because the arms look like two "1's."

Keep the whole arm straight. Biceps aim in, palms aim down.

Avoid doggy paddle when breathing.

Squeeze head with arms.



## Stay at the surface

Remain at the surface even when breathing.

Requires a constant kick.

Typical to sink when breathing.

Most breaths will be lifting head up, staying in 11.

Difficult to remain at surface.



## Look Down

When not breathing face should be aimed straight down, or perpendicular to the bottom.

Straight body, straight line makes it easier to move through water.

# Position 11: Make it easier



## Script:

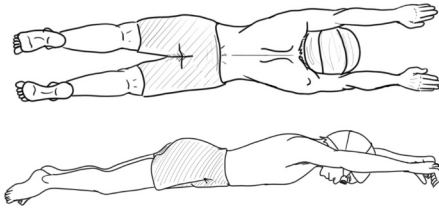
- Keep body straight
- Make it a quick breath
- Kick faster when you breathe

Typical pain points:

- Doggie paddle to breathe
- Slow kick
- "U" shaped body
- Head lifted when not breathing.

Review these three things to make position 11 and swimming better.

Will address most struggles.

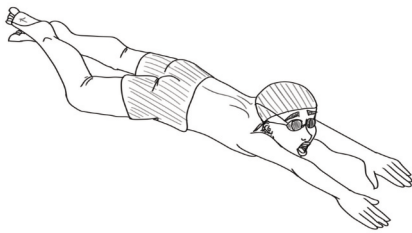


## Keep your body straight

Body should remain as straight as possible.

Squeeze belly to spine, or in, support lower back by tilting hips forward a little.

Align head, shoulders, hips and feet to provide a flat, forward line attempting to be like a streamline.



## Make it a quick breath

Lift head straight up to take a quick breathe.

Immediately return head to neutral or down position re-balancing body to keep it straight and at the surface.

Most issues arise from long breaths, holding breath, or panting.



## Kick faster when you breathe

Lifting the head makes the body sink. Combat this by kicking faster and harder.

Difficult to do. Recommend doing drill shorter distance with beginners.