Short Distance Skill Work Cheat Sheet

Sample Script using cheat sheet: "Everyone Do this 3 times: Streamline, plus, 3 Free strokes plus a front flip. You goal is to not breath. Ready Go!"

3 x [item 1] + [item 2]

Instructions:

- Choose 1 option from the boxes below the items.

- Streamline is adaptable to the stroke: streamline assumes you do the appropriate kick associated with it. EXP: Streamline + 3 strokes Free would   assume freestyle kick on the streamline.

- Blue = Freestyle / Front Crawl

- Green = Butterfly

- Yellow = Breaststroke

- Orange = Backstroke

- Item 1 will typically be streamline

Streamline
Front Glide no kicking, on surface
Back Glide on surface

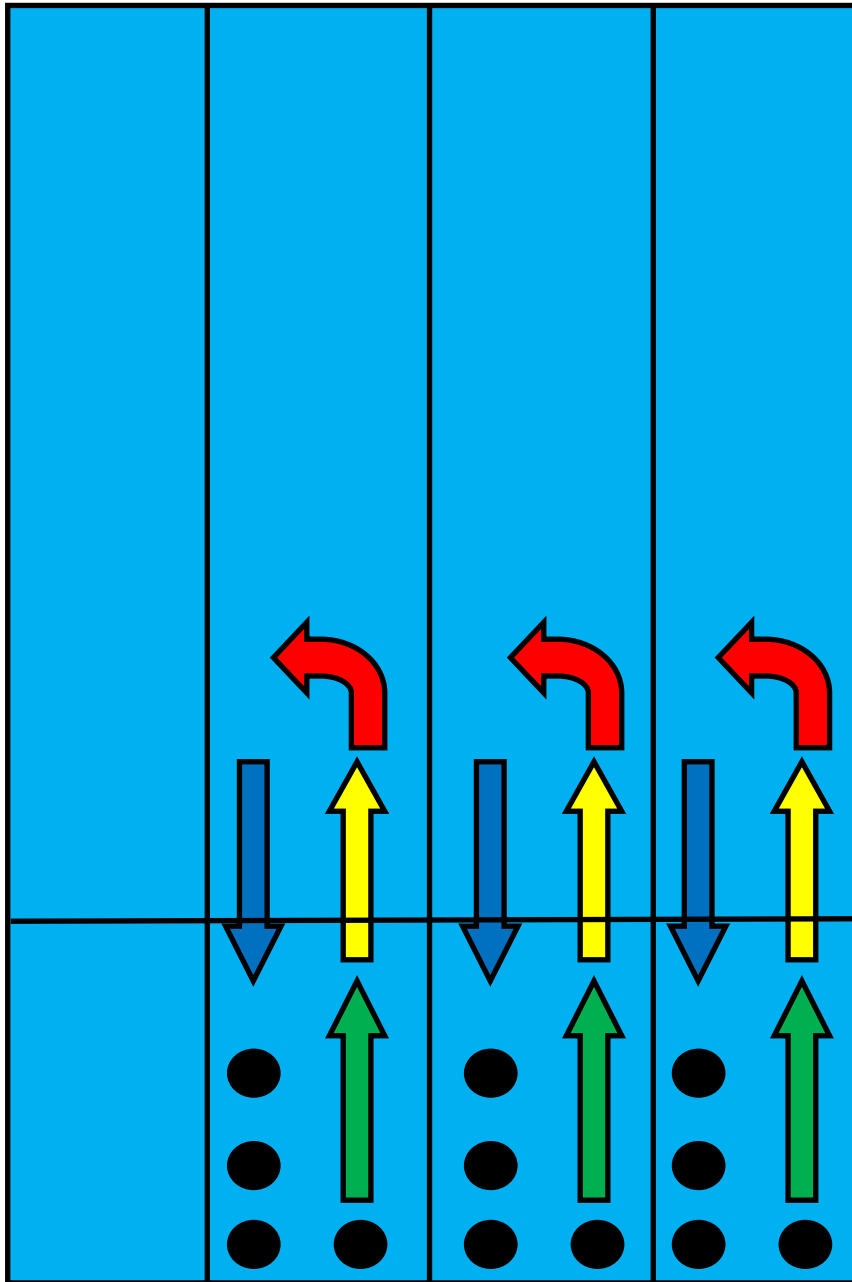|	
3 Free strokes + Front flip: • No breathing	One: 11, Y, Eat, and Reach + One, BR Kick after. 2 events
3 Back Strokes + turn over and front flip	2 Fly strokes with: ∗ No Kick ∗ Kick ∗ Breathe on 2nd stroke
5 free strokes with 1 breath • Must be on stroke 2,3,4	Two: 11, Y, Eat and Reaches • No Kick • No Breath

How to use the Short Distance Cheat Sheet in Lanes

● Black circle = Swimmer

■ Green Arrow = Item 1

■ Yellow Arrow = Item 2

■ Red Arrow = Stop, move to other side of lane

■ Blue Arrow = Return to line along lane line

Backstroke Flags

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