

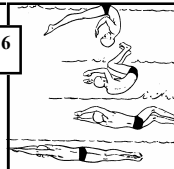
NWA: Freestyle Turns

A simple tag that can be used to reinforce skills
in developing swimmers

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Freestyle Turns

P⁶



- **Spot** the wall early ... use the **T** as a guide.
- Initiate (start) the turn close to the wall: head follows the last hand entry, down.
- Fly kick – u/w hand scull to help the feet over.
- Body in a **tight** ball position.
- Feet hit the wall vertical (heels to the bottom / toes to the surface).
- Push off on your back; rotate on to your front after feet have left the wall.
- Streamline (F/S kick or FLY-F/S combination), past the flags before first stroke.
- Do not breathe into and out of the wall .. breathe on 3rd stroke on the way out.
- Think: **Tennis Ball** (*speed into the wall ► speed out off the wall*).

Time: Swim 10m “in” ► turn ► 10m “out” cf. 20m swim (from flags to 25m)