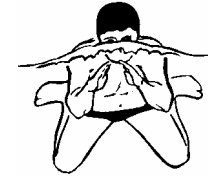


# An Introduction to Breaststroke Kick



Not "the" way .. merely "a" way (based on the strategies of Bill Sweetenham)  
**Consistency .. Regularity .. Only Perfect Practice Produces Professional Performances (P<sup>5</sup>)**

50 repetitions will establish a good (or bad) habit  
 '000's to change a habit

Various B-R Tags and visuals are available in support of, and, to extend skills.  
*If it feels "easy", you may be doing it wrong (incorrectly) !!!*

A (firm) band can help the swimmer associate the "correct" feeling with the "correct" movement" .. mild discomfort should be expected initially.

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1



- 1: Sit upright, knees together, ankles together (hold knees together if necessary).
  - 2: Turn the feet out to approx. 45°; hold for 3-5 seconds
  - 3: Return toes together.
- Repeat x 10

Easy drill, but must be done precisely; while watching TV?

5

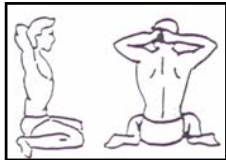


### B-R Kick .. Wall Drill

Feet shoulder width apart .. streamline stance; heels on the ground (maintained throughout) .... slide down the wall, lowering butt, touching insides of the knees; maintain contact between hips, back of head and back of hands and the wall throughout.

*Down Slow .. Up FAST*

2



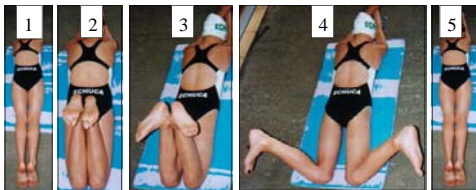
"Strong, upright position"; feet turned out, knees together  
 Stop if you feel any knee pain.  
 Hold position for (at least) 30 seconds.  
 (Some may sit on kickboard(s) initially ... body weight taken on hands)

6



**B-R Kick on back** with board; straight arms, thumbs on top of the board:  
 "Head Back .. Hips Up .. Toes Up"  
 x 10-15 Kicks

3



- 1: Streamline on front; 2: Knees together, feet up, toes "down"; 3: Turn toes out; 4: Kick back outside the knee (Knees remain close together, inside the kick); 5: Feet close to streamline starting position.
- "Feel" the movement: 10 repeats

7



**Streamline B-R Kick on Back**  
 "Head Back .. Hips Up .. Toes Up"  
 x 10-15 Kicks

4



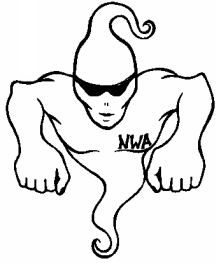
**Consistency** of instruction critical .. **always** use the same directions (why?) I use:

1. "Feet down, ankles & knees together, toes up"
2. "Squeeze your feet up the wall" .. maintain contact between lower leg and the wall, toes up
3. "Kick" .. I like to also have the toes come up together out of the water pointing at about 45° towards the far side of the pool .. hold for 1 second

My cue to the swimmers: "Head Back .. Hips Up .. Toes Up"

It is **critical** to:

1. Apply simple tasks that **all** swimmers can do, and, do **at the same time**.
2. Repeat often, (every session), with Junior and Intermediate standards .. such drills are something they can **all** do together → self-esteem.



# Diving .. An Introduction

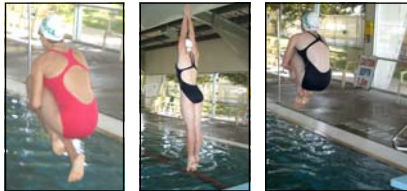
Not “the” way .. merely “a” way (based on the strategies of Bill Sweetenham)  
**Consistency .. Regularity .. Only Perfect Practice Produces Professional Performances (P<sup>5</sup>)**  
 Keep it Simple .. Keep it Progressive .. Keep it Achievable  
 Lot’s of repeats ... achievement promotes self-esteem and confidence

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**An eyeful  
 is better than  
 a mouthful**

Various Diving / Starts Tags and visuals are available in support of, and, to extend skills.

## 1. Pin Drop cf. Bomb (off the side, end, and block) .. Why?



2-3  
 Pin Drops / Bombs  
 It’s fun  
 for all ages;  
 be creative  
 Scores: -/10

Helps teach an awareness of splash v. no splash entry

## 2. Kneeling Dive (off the side .... end ... block)



Keep head down; may gently place hand on back of head to remind swimmer - Cue: *roll into the water*; streamline and kick to surface + 6-8 F-S arms strokes; first breath, stroke 3.

## 3. Half-Kneeling Dive (off the side .... end ... block)



Keep head down; knee of rear leg elevated; *roll into the water* .. Legs straight, toes pointed; streamline and kick to surface + 6-8 F-S arms strokes; first breath, stroke 3.

## 5. Standing Dive off the side ... end.



Keep head down; roll into the water .. legs straight, toes pointed; streamline and kick to surface + 6-8 F-S arms strokes; first breath, stroke 3.

**There are many other cues and strategies that can be / need to be linked into this basic model .. it’s a starting point. not an end point.**

## 6. Starting Dive off the Block



**ALWAYS** use correct starters’ instructions:  
 Whistle / Take Your Marks / GUN

**Experiment** with both **Grab** and **Track** Starts .. teach both; trial both .... select what is best for each swimmer.  
**Every Swimmer is an Experiment of One**



**The Start  
 The Positives ???**

Thanks to Jacqui, Morgan, Annie, Peta and Kate; Coaches: check out the video/DVD

The progression may take several sessions .. do not proceed to the next step until the current step (skill) is mastered ... persist; Head Down (between elbows) on entry; make a hole in the water ... disappear through the hole. All swimmers lose their goggles .. head down ... encourage and persist.