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| Kick (ALL REST 20s)  FINS REQUIRED | | | |
| Lane 4 | Lane 3 | Lane 2 | Lane 1 |
| Warm up 7 lengths – finish up in shallow end - a | | | |
| **2** minutes of explanation – b, c | | | |
| 3 x Torpedo Push offs with swim back - d | | | |
| 1 x Torpedo Push off then swim to end of lane - e | | | |
| 1 x 200 Freestyle, with push offs every length | | 1 x 150 Freestyle | 1 x 100 Freestyle |
| 2x100m SWIM | | 3x50m SWIM | |
| 4x50m KICK w/FINS & FLOAT | | | 4x25m KICK w/FINS & FLOAT |
| 2x100m SWIM | | 3x50m SWIM | |
| 4x 15s VK + 50m SWIM | | | 4x 5s VK + 50m SWIM |
| 2x100m SWIM | | 3x50m SWIM | |
| Off stroke cool down | | | |

Coaching Objectives

Encourage good body position and streamlining in push and glide phase off the wall.

Improve kick techniques.

Part 1

Coaching Notes

1. Observe when first stroke starts, and mark with a cone.
2. Ask what the limiting factors are, and what is the advantage of pushing off further. Should everyone get the same distance with a push off?
3. Demonstrate coaching points of torpedo push off. Hands crossed, head tucked in, Stretch your body out, engage core.
4. Get participants to go off, wait when they stop, and comment on the next participants push off.
5. Twix Challenge. Winning Male & Female get half a twix.

Part 2

Nice and simple, kicking; lots of it, lots with fins to improve their strength and endurance with plenty of non-fin swimming in between drills to keep them engaged with the water.

Key coaching points are

* Turn toes in and tap
* Soft knees and ankles
* Streamlining
* Point toes
* Kick from the hips
* Engage glutes