

'QUICK DIPS' FOR BUSY TEACHERS

ROTATION PRACTICES AND SEQUENCES (1)

WHY? Front Crawl and Backstroke are both **LONG ROTATION** or **BODY ROLL** strokes. (The propulsive power of the arms is increased if the swimmer's body rolls around the long axis.)

Starting with simple 'log rolls', teachers use progressive practices like this to 'imprint' balanced and controlled body rotation, until it feels natural for the swimmer to roll their upper body by the time they start to build the more complex actions of the two strokes.

Outcome: *Push and glide on front, add an alternating kick to travel at least 5 metres having rolled from front to back while holding a streamlined body Position.*

Activities / Practices and Progressions	Teaching Points (Looking for...)
<p>Review/assess(Show me):</p> <p>Star floats and pencil floats on front</p> <p>Review star float front, to pencil float on back</p> <p>Review flipping from front to back floats and back to front floats; narrow and wide.(Show me)</p>	<p>"Gently"... face down into wide shape: big breath before you start....hold the shape steady: move smoothly and slowly from wide shape to thin shape (like a pencil, rocket, lolly stick etc) and back to star float. Now try pencil float on its own: long thin shape- legs and feet together, arms together...</p>
<ul style="list-style-type: none"> • Push and glide from wall on front • Push glide- add alternating kick on front • Push glide, kick on front and rollover into a star float on the back <p>(Try push, glide and kick on your side.....try push and glide and kick down to the bottom of the pool....</p> <ul style="list-style-type: none"> • Push glide kick on front, rollover onto back and kick in streamlined shape. <p>TOP TIP: To start with, try allowing swimmers to sweep both arms under and back to their sides to assist the roll; progress later to keeping the arms extended for those who can.</p> <p>Extension: As above but after 12 kicks(or enough time to get your breath) roll over onto the front again.....and keep kicking....</p> <p>NEXT? PROGRESSION TO TRYING FRONT CRAWL ARM ACTION WITHOUT BREATHING AFTER THE PUSH, GLIDE, KICK, BEFORE ROLL..</p>	<p>Back/bottom against the wall ; big breath and face in before you go: straight arms, squeeze your ears, thin sharp shape; push off from wall; long legs, feet together, pointy toes, stay flat and long on the water...<i>How far can you go?</i></p> <p>Add a kick: fast feet, small splash, floppy ankles/feet; kick from your seat/bottom; brush your big toes together...</p> <p>As you roll: Blow out hard(explosively); <i>Can you start the roll with your hips?</i></p> <p>Now....keep chin up – eyes looking at ceiling: tummy button up, stretch long...squeeze ears.....or keep arms by your side; fast feet; knees under....Big breath</p>