

Body Position Drills

1. **Balance on back.** Flat on back, kicking gently head straight up.
2. **Sweet spot** - Kick on side in most comfortable “breathing” position, head up in sweet spot, arms by sides, one arm should show in the water dry from shoulder to knuckle, flutter kick within the bodies profile, chin tucked in and relaxed, no tension in neck or shoulders, relaxed with an engaged core
3. **Hand lead sweet spot** - Kick on side in most comfortable “breathing” position, head up in sweet spot, arms by sides, one arm should show in the water dry from shoulder to knuckle, flutter kick within the bodies profile, chin tucked in and relaxed, no tension in neck or shoulders, relaxed with an engaged core
4. **Fish** - Start with your sweet spot, and then rotate your head so that it is face down in the water. Stay on your side and keep your spine straight. If you are positioned correctly, your legs and hips will naturally rise to the surface of the water. Maintain a slow kicking cadence so that you are consciously aware of yourself floating in the water. If you start to sink, lean into your chest and notice how your legs and hips float again.
5. **Skating** - One arm extended with hand leading, eyes looking down, flutter kick with no urgency, roll effortlessly up to sweet spot to breath, roll like your body is inside a narrow tube, finger tip to toes long, slip through the water, relaxed but with core engaged, slip through the smallest hole in the water,
6. **Underswitch** - In skate position (one arm in streamline, one arm by side) bring trailing arm under eyes, then switch to the other side, reach over a barrel, single switch finish each switch with a breath, double, triple switch
7. **Double under switch** - switch sides twice in succession
8. **Triple under switch** - switch sides three times in succession