Beverly Hills High School

Freestyle and Backstroke Basics

11:30-11:55 **Turtle** **Youth Group Level 3** **Sunday**

Instructor:

SEASON/YEAR:

BEGINNING DATE:

ENDING DATE:

	PARTICIPANTS NAME	ATTENDANCE								SKILLS				EXTRAS					PASS Y/N
		DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	SL FREE KICK 1 LAP	SL BACK KICK 1 LAP	15 YD CATCH-UP FREE	15 YD BACKSTROKE	FREESTYLE BREATHES	BACK FLAG COUNT	FULL LAP FREE	FULL LAP BACK	SPRINT	
1																			
2																			
3																			
4																			
5																			
6																			
7																			
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Extra Time *Increase distances*

Challenges *Introduce different breathing patterns*

Introduce breaststroke and butterfly

LESSON PROGRESSION EXAMPLE

REVIEW FLOAT

Front & back float

Streamline kick on front and back

Rotate from front to back/back to front

Catch-Up Freestyle

Kick in SL, pull only right arm & stop in front

Kick in SL, pull only right arm & stop in front

Aliternate arm strokes, stop & kick in SL

Switch-Arm Backstroke

Kick in SL, 1 arm up/1 arm down

Kick in SL, switch arm positions and pause

*Pull and recover at the same time

Switch simultaneously w/out pausing at head or thighs

Swim

Repeat strokes until able to swim half way

Notes: