

Version 1.0

Venue Handy Cross

25m

Session Teaching Distance - Breaststroke (01)

Minnows

	Instruction
Warm Up	Warm up using f/c and breaststroke Remind swimmers to be at poolside ready for the start of session 100m breaststroke to identify the groups needs 10 mins
Main Set	50m br sets checking the arms are symmetrical Ensure the hands finish the in sweep under the chest 100m freestyle to loosen Br UW sequence drills from the wall 100m breaststroke sets - remind 2 hand touches! br kick, powerful, explosive kick through to pointed feet 45 mins
Swim Down	100m backstroke 100m front crawl 5 mins

Feedback

Teaching Point	Feedback
Breaststroke - Arms symmetrical through entire stroke, ensuring arms do NOT go further back than the chest during the in sweep. Breaststroke – Early underwater sequence, starting in the water, pushing off the wall and developing the UW sequence movements	