

Version 1.0

Venue Handy Cross

25m

Session Teaching Distance - Front Crawl (02)

Minnows

	Instruction
Warm Up	Easy warm up using front crawl and back stroke Remind swimmers to be poolside in hats / goggles on time! Loosen up read for the teaching session 10 mins
Main Set	f/c, in 50m sets teaching DRAG drill 100m Back crawl to loosen f/c in 50m sets teaching the catch 100m breaststroke to loosen Sets of 25m reinforcing the correct arm actions above 40 mins
Swim Down	100m backstroke 100m front crawl 10 mins

Feedback

Teaching Point	Feedback
Front Crawl - Ensure that the hand recovers elbow first with the hand low on the water	
Front Crawl - Ensure hand enters the water and pushes forward to the catch smoothly and under control	