

Version 1.0

Venue Handy Cross

25m

Session Teaching Distance - Front Crawl (03)

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 reinforcing push and glide 100m Back crawl to loosen Drill push and glide, ensure hands are one on the other 100m breaststroke to loosen Sets of 25m using corkscrew drill, fc to bc for turn practice 40 mins
Swim Down	100m backstroke 100m front crawl 10 mins

Feedback

Teaching Point	Feedback
Front Crawl - Practice push and glide introducing long powerful dolphin kicks from the hips	
Front Crawl - Ensure hands are one on the other whilst in push and glide	
Backstroke - Practice turning front to back through the length for backstroke turn development	