

### Drills to Teach Kids How to Dive:

#### Drill 1: Diving for rings.

Discovery Method: Tell the swimmer(s) that they are a scuba diver and their looking for lost treasure on the bottom of the ocean. The ring is the treasure and they need to dive down and get it.

Direct Method: Tell the swimmer(s) that they are going to go down head first to the bottom and grab the ring. Their body should on an angle with their feet pointing towards the surface. Their legs and arms should be straight so their body is like an arrow shooting into the water.

This helps the swimmer(s) learn directions underwater such as up and down so when they are diving they don't panic and start scrambling for the surface.

#### Drill 2: Jumping in the water feet first.

Discovery Method: Draw a circle on the water with your hand and tell the swimmer(s) that they are jumping into the cockpit of an airplane and if they miss the airplane they will fall and be squished like a pancake (make it sound fun not dangerous).

Direct Method: Tell the swimmer to jump feet first into the water with their perfectly straight like a pencil. Their legs should be straight below them and their toes should be pointed down. Their arms should be tight at their side so they whole body is straight and they slip into the water noiselessly.

This helps the swimmer(s) get used to the sensation of falling and gets them comfortable with jumping into the water.

#### Drill 3: Kneeling dive.

Discovery Method: Tell the swimmer(s) they are an arrow in a bow over a river. When they see a fish they shoot forward into the water and catch the fish then are pulled back to land by a string tied to their leg.

Direct method: Tell the swimmer(s) to kneel on the edge of the pool on one knee. Tell them to tuck their knees into their chest and do streamline position pointing forward. When you say go they lean forward and slide into the water.

This helps the swimmer(s) get used to jumping into the water head first and swimming back to the wall.

Drill 4: Two Footed and Track start dives.

Discovery Method (Two Footed): Tell the swimmer(s) they are rocket ships and they need to blast off by throwing themselves forward with two feet using their rocket ship arms and when they are in the water they're in outer space so they need to fly back to earth and land on the pool deck.

Direct Method (Two footed): Tell the swimmer(s) to curl their toes around the edge of the pool deck and put their hands in rocket ship position so their fingers are touching the pool deck in between their toes. Their legs should be bent a little bit so they can push off.

Discovery Method (Track start): Tell the swimmer(s) they are a runner so before they jump in the pool they need to get into their running position and when you say go they dive forward and start their race.

The swimmer(s) should be doing proper dives after these four drills.