

**Freestyle kick** is very important for a strong freestyle swim. If a child doesn't have their kick mastered, there will be technical problems with how they swim freestyle.

## **Drills**

### **Kicking with an aid** - Direct Method

Tell swimmers to have arms straight out holding a kickboard or marshmallow. Their toes should be pointing in and their knees should only be bending slightly.

- Discovery Method

Explain to the swimmers that their legs are pencils that have to stay straight in order for them to work properly.

### **Streamline** - Direct Method

Tell swimmers to have both arms straight in front of them. With their face in the water, blowing lots of bubbles, and breathing to the side or front. Also with having a strong kick.

- Discovery Method

Tell swimmers to imagine that there a torpedo and that their feet are the engine powering the torpedo.

### **Side Glide** - Direct method

Tell swimmers to have one arm out in front of them with the other at their side. With kicking having “Fast feet”. Their ear should be “Glued” to their shoulder.

- Discovery Method

Tell swimmers to imagine that there a super hero saving the world! To be able to fly they have to be kicking very fast, the whole time.

**What to look for:**

- Toes pointing in (Pigeon toed)
- Relaxed ankles
- Knees only bending slightly
- Kick starting from hips
- No bicycle or knees pumping

**Key words to use:**

- Ballerina toes
- Floppy feet
- Wooden soldier legs
- Pencil legs