

## **Front Glide to one cycle of 1-2-3 Breathe Freestyle**

### Drill-Side Glide

Description- Have the swimmer grab onto the middle of the marshmallow with one hand. Get them to lie on their side with the marshmallow stretched above their heads and the other arm at their side. Ears are glued to the shoulders and the head cannot move. Legs should be kicking with “pencil” legs.

Support- If legs are sinking, support the hips by using one of your knees to push the hips to the surface.

If the swimmer is having difficulty keeping their ear on their shoulder, place your hand on top of their head and remind them where they should put his/her ear.

If they are having difficulty staying on their side, place one hand on their shoulder and gently push the shoulder to the side.

Key Points- It is important to note that when you are trying to get the ear onto the shoulder, you have to be careful about pushing the head down. Sometimes, kids will resist and try and push against your hand. To avoid this situation, just put your hand on the head but do not push down. Instead, gently remind them where the ear has to be.

### Drill- Streamline with side glide to breathe

Description- Start out in the basic streamline glide. Make sure the faces are in the water blowing out lots of nose bubbles. Legs are kicking with pencil legs. When the swimmer has blown out all of his/her bubbles, roll the head to the side and do a side glide, bringing one of the arms to their side. Breathe and roll the face back in. The arm that is at the side will come up and over the water, straight. Resume streamline.

Support- Refer to support for side glide.

You can help the swimmer by supporting their hands with two fingers. You are not fully supporting them but giving them a sense of security.

Metaphors- Have the swimmers pretend to be rocket ships and they are flying through outer space. About every 5 seconds (have them count to 5 in their head) they need to refuel by bring one arm down (opening the hatch) rolling their head out and breathing more “fuel” in. Then bring the arm back up (closing the hatch) and resume flight.

Straight arms over- have them pretend that their hands are paintbrushes, and that they need to make a big rainbow over their heads.

Key Points- Make sure that your swimmers are actually blowing out their bubbles through the nose. It will make it way easier for them and they won't come up gasping for breath.

Drill- 3 stroke breathe

Description. Start out in the basic streamline glide. Make sure the faces are in the water blowing out lots of nose bubbles. Legs are kicking with pencil legs. Get the arms moving right away. Straight arms over the water, going back into streamline. Every 3 strokes, roll over and do a side glide. Resume swimming.

Support- Same as above

Metaphors- A fun and classic way to teach the breathing pattern using the phrase Pepsi Cola, Coca Cola, Seven Up, with Pepsi being the first stroke, Coke being the second stroke and Seven Up is when they breathe.

Key Points- Make sure that the swimmers are rolling to the side to breath and rolling their faces back in.