

The logo for swim-teach.com is displayed in a white, italicized, sans-serif font against a blue gradient background that features a subtle wave pattern.

*the number one resource for learning to swim and improving swimming technique*

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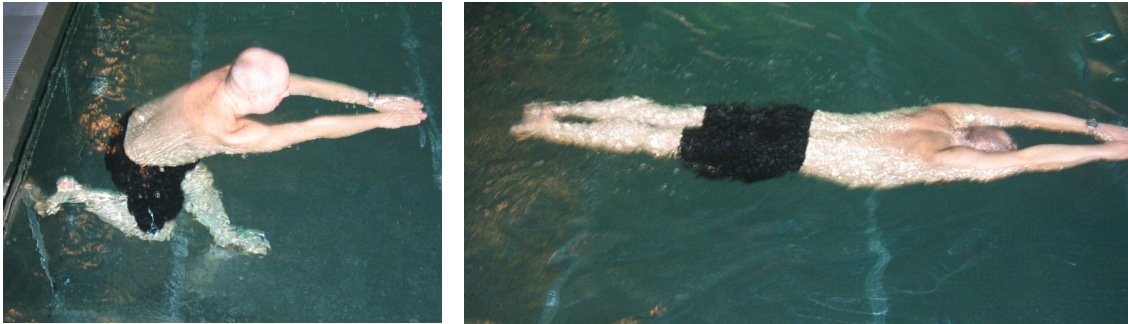
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## FRONT CRAWL: Body Position

Push and glide from standing



**Aim: to develop correct body position and confidence in pushing off.**

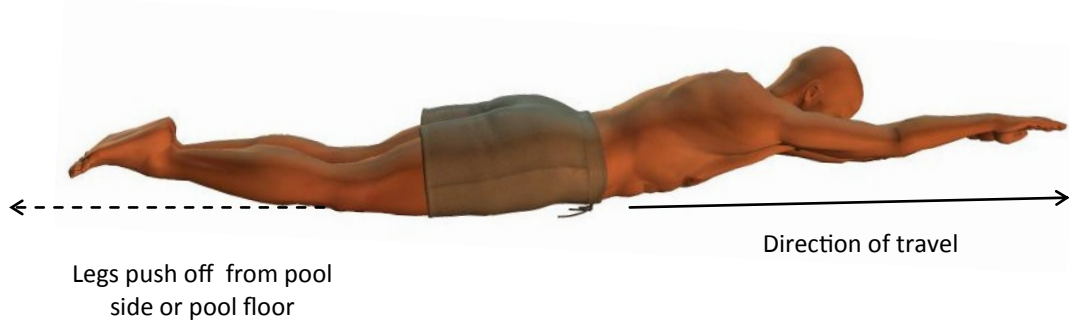
The swimmer can start with arms stretched out in front and pushes off from the pool floor or from the wall with one foot and glides through the water unaided.

### Technical Focus

- o Initial push should be enough to gain good movement
- o Head remains still and central
- o Face submerged so that the water is at brow level
- o Shoulders should be level
- o Legs in line with the body

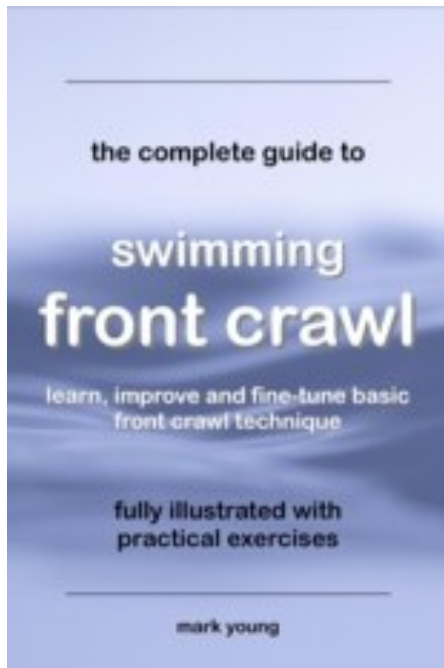
### Key Actions

- o Push hard from the side/pool floor
- o Keep your head tucked between your arms
- o Stretch out as far as you can
- o Keep your hands together
- o Keep your feet together



## Want more exercises like this one?

**The Complete Guide to Swimming Front Crawl** contains 22 of the best exercises to fine tune your front crawl technique



The Complete Guide to Swimming Front Crawl is the perfect quick-fix for anyone wanting an easy to follow, concise and simplistic guide book. For the complete beginner, this book helps to learn and understand the basic stroke, and for the established swimmer to adjust and improve. The 22 fully illustrated exercises contained in this book cover all aspects of the stroke and can help any beginner to learn and practice, and any swimmer to eliminate bad habits and fine tune their front crawl.

“A simple, yet highly detailed guide to helping anyone learn, improve and enhance their front crawl technique in easy simplistic steps”

Mark Young – author

**Mark Young** is a well established swimming instructor with over twenty years experience of teaching thousands of adults and children to swim. He has taught countless beginners from scratch and turned many of average ability into advanced swimmers. This book draws on his experiences and countless successes to put together this simplistic methodical approach to mastering front crawl swimming technique.

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