

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.

Teacher's 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

Teaching Points

- 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



Common Faults

- Failure to submerge the face
- Push off is too weak
- Whole body is not remaining straight
- Feet are not together

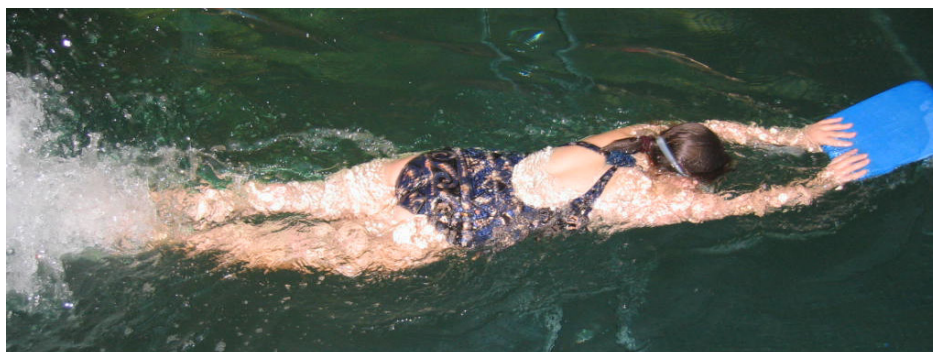
Corrective Practice

- Revert to the previous practice
- Reiterate the teaching point and practice
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FRONT CRAWL: Legs



Float held with both hands



Aim: to practise and learn correct kicking technique.

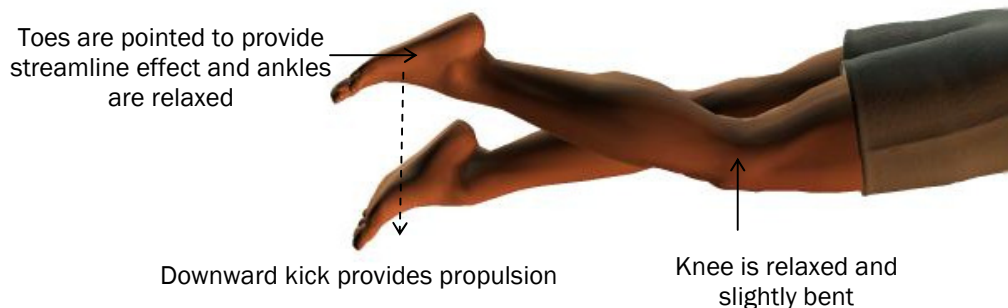
Holding a float or kickboard out in front isolates the legs, encourages correct body position and develops leg strength.

Teacher's Focus

- o Kick comes from the hip
- o Kick is continuous and alternating.
- o Legs are close together when they kick
- o Ankles are relaxed and the toes are pointed.
- o Kick should just break the water surface.

Teaching Points

- o Kick with pointed toes
- o Make a small splash with your toes
- o Kick with floppy feet
- o Legs kick close together



Common Faults

- Knees bend too much
- Feet come out of the water
- Kick comes from the knee
- Legs are too deep in the water

Corrective Practice

- Revert to earlier leg practice
- Check the body position
- Reiterate the teaching point
- Earlier body position practices

FRONT CRAWL: Arms



Single arm practice with float held in one hand



Aim: to practise and improve correct arm technique

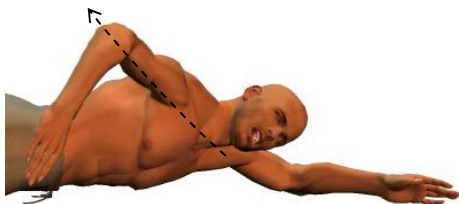
This practice allows the swimmer to develop arm technique whilst maintaining body position and leg kick. Holding a float with one hand gives the weaker swimmer security and allows the competent swimmer to focus on a single arm.

Teacher's Focus

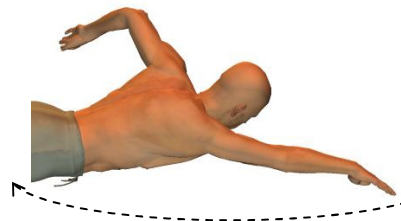
- o Fingertips enter first with thumb side down
- o Fingers should be together
- o Pull should be an elongated 'S' shape
- o Pull through to the hips
- o Elbow exits the water first
- o Fingers clear the water on recovery

Teaching Points

- o Keep your fingers together
- o Brush your hand past your thigh
- o Pull fast under the water
- o Make an 'S' shape under the water
- o Elbow out first
- o Reach over the water surface



Elbow leads out of the water first



Arm pulls back through the water towards the hip

Common Faults

- Fingers are apart
- Pull is short and not to the thigh
- Lack of power in the pull
- Arm pull is too deep underwater
- Arms are too straight on recovery

Corrective Practice

- Reiterate the teaching point and repeat
- Revert to the previous arm exercise
- Arms only to build strength
- Revert to the previous arm practice
- Repeat the static standing practice