

Beverly Hills High School

Advanced Freestyle & Backstroke

12:00-12:25

Stingray

Youth Group Level 5

Sunday

Instructor: _____

SEASON/YEAR:



BEGINNING DATE:

ENDING DATE:

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8
-------	-------	-------	-------	-------	-------	-------	-------

STREAMLINE INTO SWIM	FLIPTURN FROM FREE	FLIPTURN FROM BACK	FREE BREATHING PATTERN	SWIM 2 LAPS FREE	SWIM 2 LAPS BACK	BACKSTROKE FLAGS	BREAST/FLY REVIEW	SPRINTS	PASS Y/N
----------------------	--------------------	--------------------	------------------------	------------------	------------------	------------------	-------------------	---------	----------

PARTICIPANTS NAME	ATTENDANCE	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									
11									
12									
13									
14									
15									
16									
17									
18									
19									
20									

LESSON PROGRESSION EXAMPLE

REVIEW FLOAT

Front & back float
Streamline kick on front and back

Catch-Up Freestyle

Hand touch CU, thumb touch, semi CU
Breathe on the pull, keeping other arm straight
Breathing pattern 2,3,4,5,6

Under water Streamlines

Push off deep and hold a SL body (front & back)
Dolphin kick until head surfaces
Breakout: transition for SL to swim w/out stopping

Flip Turns

Summersault in place
Swim into a summersault
Swim into wall, summersault, push off
*for backstroke teach and use flags

Swim

Streamline + swim + flipturns
Two laps or more

Notes:

Extra Time *Increase distances*
Challenges *Try different breathing patterns*
 Introduce pace clock