

DAY 1 - KICKING ON YOUR SIDE



Guidelines for practices:

- Distances are in yards or meters
- Rest is up to you. The point of the practices isn't to get totally out of breath (although this may happen on some of the drills anyway!). Take enough rest so that you can do each drill properly.
- [Click here](#) and use the contact form to email us at any time with questions.
- Have fun!



LEARNING OBJECTIVES: A smooth, consistent kick that allows you to rotate your hips and stay balanced on each side.

WARM UP: 300 yards or meters free of your choice

Set #1: 12x25's kicking on your side. (as in pictures)

- ▶ With your hips rotated to the side, and your shoulders parallel, keep your head still and continue looking at the bottom of the pool.
- ▶ Extend one arm out in front.
- ▶ When you need air, rotate all the way onto your back, take a few good breaths, and repeat.
- ▶ Do odd number lengths on the right side, even lengths on the left.

Now you're getting the feeling of being on your side in the water!

 DO'S	 DON'TS
<ul style="list-style-type: none"> ▶ 2 to 6 kick per stroke ▶ Limited knee bend ▶ Loose ankles ▶ Consistent on both sides 	<ul style="list-style-type: none"> ▶ Lifting the feet ▶ Bending the knees ▶ Sinking feet ▶ Kicking hard

COMMON MISTAKES:

Excessive knee bend - This is the most common kicking mistake. You will use more energy than is necessary. To cut down on bending your knees, practice kicking in a vertical position, arms crossed. You will start to become aware of how much you actually need to bend your knees, and the exact muscles you need to use to keep your head above the water.

Inflexible ankles - This is often due to running a lot. Your feet can actually act as anchors! To correct this, stretch your ankles daily and use the short fins, or Zoomers when kicking or doing drills.