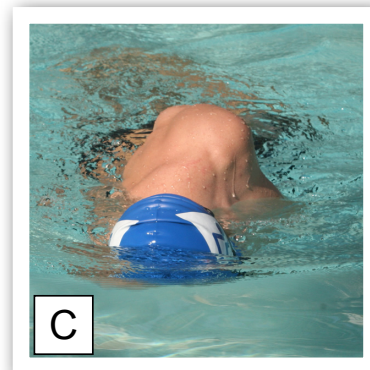
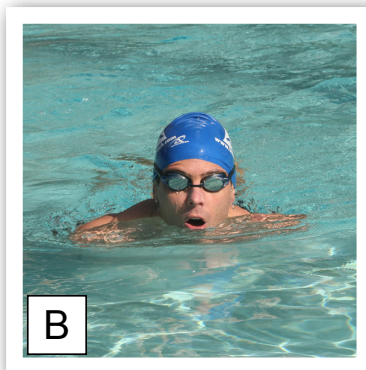
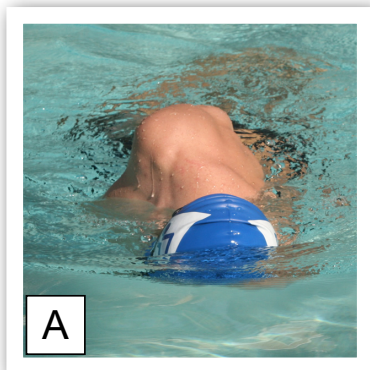


DAY 3 - HIP ROTATION



Now that you've got the head position in order, it's time to work on your rotation through the water.

LEARNING OBJECTIVES:

- ✓ These drill sets will help you to feel how you use your feet to rotate your hips.
- ✓ Get off of your stomach and on to your sides. In freestyle, you never want to actually be swimming on your stomach.

WARM UP: 400 choice



Set #1: Do some vertical kicking: Kick flutter kick (freestyle) in place (make sure your pool has deep enough water!) for 20 seconds at a time, with 15 second breaks in between. Do 4 rounds of this. Then do 4 more rounds where you rotate a quarter turn to your right, and then immediately back to where you started. Notice what you use to get this turn- hips and feet, and not shoulders.

Set #2: 8x25's. With your hands at your sides, kick flutter with your head down. Rotate completely from one side to the other with your hips (90 degrees on one side to 90 degrees on the other side), without moving your head. When you need air, breath in front of you, and immediately bring your head back down into position. Feel free to use fins on this drill.

Set #3: 4x200's. The first 50 is kicking with your head down, on your side (as in Practice #1). The second 50 is Shark Fin drill (as in Practice #2). The third 50 is kicking with hip rotation. And finally, do the last 50 freestyle, and keep in mind the rotation from side to side.

COMMON MISTAKES:

- Swimming too flat- not enough hip rotation, using a lot of kick to propel through the water
- Over-rotating- in freestyle, hips should not be rotating all the way to 90 degrees with each stroke. Everyone is a little different, but the idea is to rotate enough to glide and execute your pull.
- Head moving- when rotating hips, it is easy to let your head move around. Make sure to keep it still, as where your eyes go, your body will likely follow.

 DO'S	 DON'TS
<ul style="list-style-type: none"> ▶ Arms at your sides (for the drill) ▶ Use feet and quadriceps muscles to rotate ▶ Look at the bottom of the pool while rotating 	<ul style="list-style-type: none"> ▶ Shoulder Rotation ▶ Head movement (except when breathing) ▶ Over-rotate on breath