

Front Crawl Progressions

Front/Side Glide (Body Position)
Roll Back to Front (Coordination)
Roll Front to Back (Coordination)
Roll Side to Front (Coordination)
Roll Front to Side (Coordination)
Continuous Rolls (Coordination) Side-Front-Side-Front-Side...
Arms/Legs (Coordination)
Flutter Kick with alternate arm action
Pyramid Swim (Coordination)
Breathe-Roll-Switch Arms-Roll-Breathe
1-2-3 Breathe (Coordination) 3 arm circles, breathe
Reduce Pause in Breath (Coordination)
Arm Entry Forward of Head (Mechanics)
Pull Past Hips (Mechanics)
Arm Entry in Line with Shoulder (Mechanics)
Bent Arm Recovery (Mechanics)
Low Bent Arm Pull (Power)
High Bent Arm Pull (Power)

Back Crawl Progressions

Back Glide with Kick - hands at side (Body Position)
Back Glide with Kick - hands on tummy (Body Position)
Back Glide with Kick - one arm up, one arm down (Body Position)
Back Glide with Kick - arms over head (Body Position)
Back Kick with shoulder roll (Coordination)
Alternate Arm Action - 1,2, switch (Coordination)
No Pause on Arm Action (Coordination)
Straight Arm Recovery (Mechanics)
Arm Entry at 11 and 1 o'clock (Mechanics)
Pull Past Hips (Mechanics)
High Bent Arm Pull (Power)

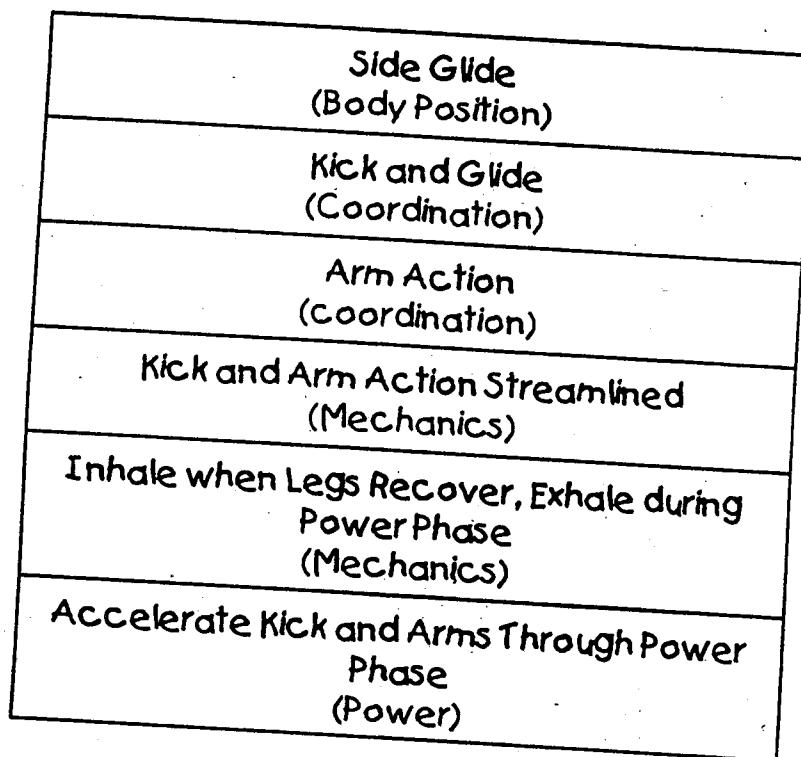
eaststroke Progressions

Stationary Front Glide Position -slanted (Body Position)	
Stationary Front Glide Position -bend legs & kick (Coordination/Mechanics)	
Double Kick and Glide (Coordination/Mechanics)	
Hands in front, Face In -breathe-face in-kick-glide (no arms) (Coordination/Mechanics)	
Arms Only - tiny pull, elbows high (Coordination/Mechanics)	
SNAP Drill	
- open hands, lift head and say SNAP, head down, close hands (Coordination/Mechanics)	
Whole Pull	
Standing as above, repeat above drill using whole pull (Coordination/Mechanics)	
Glide with Arms Only -pull (small, elbows high)-breathe (when hands separate)-face in(hands recover)-glide (Coordination/Mechanics)	
Add Kick	
-glide-breathe-face in-kick-glide x2 NO PULL (Coordination/Mechanics)	
Kick/Pull	
-same as above, have candidates add pull where they think it should go x2 (Coordination/Mechanics)	
Chicken Kick	
-kick hands with ankles (Power)	

Elementary Backstroke Progressions

Back Glide (Body Position)	
Whip Kick - on edge (Coordination/Mechanics)	
Whip Kick - lie on deck (Coordination/Mechanics)	
Whip Kick - in water with kickboard (Coordination/Mechanics)	
Whip Kick with kickboard-tiny push (Coordination/Mechanics)	
Whip Kick with Kickboard - widths (Coordination/Mechanics)	
Whip Kick without Kickboard (Coordination/Mechanics)	
Chicken Kick - kick hands with ankles (Power)	
Arms Only - back glide, thumbs to armpit, scull out, scull in, glide (Power)	
Arms/Legs Together (Power)	
Arms and Legs Accelerate (Power)	

Sidestroke Progressions



Butterfly Progressions

Body Position
Coordination
Mechanics
Power

Dolphin Dives (Body Position)
Wave Motion (Body Position)
Dolphin Kick - underwater (Coordination)
Dolphin Kick - at surface (Coordination)
One Arm Pull - Left (Coordination)
One Arm Pull - Right (Coordination)
One Arm Pull Combo -3 right-3 left (Coordination)
The Triple Triple -3 right - 3 left-3 double pulls (Coordination)
Double Arm Pull (Coordination)
Add Breathing (Coordination)
Add Kick -kick at top of keyhole and again at bottom (Coordination)
Kick Pattern -1st kick is strong, 2 nd is lighter -legs together, toes pointed, symmetrical (Mechanics)
Bent Arm Pull - keyhole (Power)