

Menu No.: 105MN-W1P1

#	m/y	Sub	Type	Details
4	25	100	Warm-up	(1)(2)Focus on correct glide position (3)(4)Focus on correct switch position
4	25	100	Drill Practice	Stand up on the way and repeat. Check the points in each drill.
4	50	200	Drill Practice	On the way: Drill Return: Freestyle (It is OK to stand up on the way for drills) Recreate the sensations you get from the drills with freestyle.
Total		400		
Drill		Prone Glide		(1)Extend the elbows and use the arms as support. (2)Stretch the armpits. (3)Shift your weight to your chest.
Drill		Kick with Both Feet Together		(1)Flex the knees down by the thickness of the knees. (2)Keep your ankles relaxed. (3)Let only the heel out of the water.

D10150-Prone Glide



[Video Example](#)

[Video Description](#)

Overview

Extend both arms to the front in the water, push off the bottom of the pool as you lean forward and glide.

Check Point

- Extend the elbows and use the arms as support.
- Stretch the armpits.
- Shift your weight to your chest.
- Point the top of the head forward.
- Keep the position of the extended hands.
- Keep the feet together.
- Acquire the leaning and stability sensations.

D10310-Kick with Both Feet Together



[Video Example](#)

[Video Description](#)

Overview

Start with Prone Glide, then repeat flexing and extending of both knees together.

Check Point

- Flex the knees down by the thickness of the knees.
- Keep your ankles relaxed.
- Let only the heel out of the water.
- Flex and extend the knees with a one-second interval.
- Feel how easy it is to keep the leg position high.