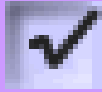


Group

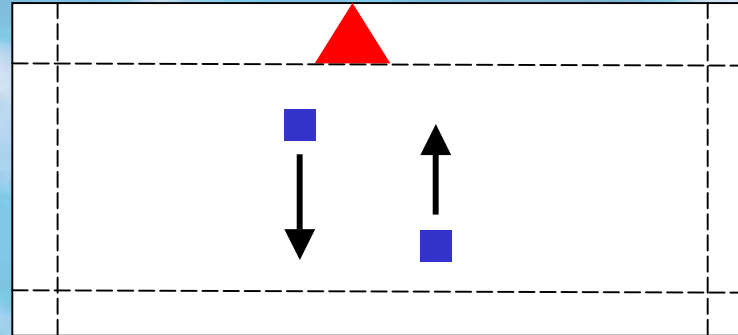
Individual

Pairs



CO-ORDINATION

Mix-Ups







Outcome:

- *Participants start in the water. The coach identifies a leg action to use along with an arm action.*
- *The coach calls for an action for the legs that is not commonly used with that particular arm action e.g.; Breaststroke legs with Front Crawl arms, Butterfly legs with Breaststroke arms etc.*
- *This activity focuses on the FUNdamental aspect of CO-ORDINATION in the water by using different actions for legs and arms.*

Equipment Needed:

▶None

Diagram Key:

-  = Coach
-  = Participants
-  = Equipment
-  = Direction



Mix-Ups

COACHING POINTS

- ▶ *Participants to maintain efficient streamline body position in the water.*
- ▶ *Timing of the arms and legs to work together in sequence to progress forwards in the water.*
- ▶ *Look for patterns where timing of breathing can fit in.*

DIFFERENTIATIONS

EASY: *Participants try Backstroke arms and Butterfly legs or Breaststroke arms and Butterfly legs.*

HARDER: *Participants can progress onto Breaststroke legs and Front Crawl arms Or freestyle legs and Breaststroke arms.*

Try speeding up actions through races.

HEALTH & SAFETY

- ▶ *Ensure the participants are aware of where others are and do not have any physical contact. i.e. – avoid pushing into others and any obstacles.*

