

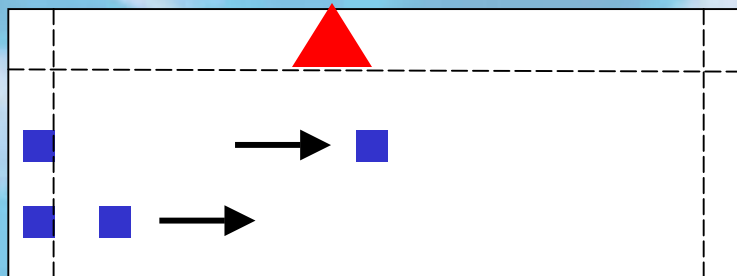
Group

Individual

Pairs

**Push &
Glide for
Distance**

GLIDING







Outcome:

- *Participants line up in pairs alongside the pool.*
- *When the coach gives the command the participants push off from the wall and hold a streamlined position for as long and as far as they can.*
- *The Participant that glides the furthest without kicking or using any other unnecessary movement is the winner.*
- *This activity focuses on the FUNdamental aspect of GLIDING whilst holding the most efficient streamlined position possible.*

Equipment Needed:

▶None

Diagram Key:

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



Push & Glide for Distance

COACHING POINTS

- ▶ *Ensure participants hold best streamline possible, with arms and hands tight together, head between arms, body straight and legs together.*
- ▶ *Must get a strong push off from the wall.*
- ▶ *Head in line with body, eyes looking just in front of hands along the bottom of the pool.*

DIFFERENTIATIONS

EASY: *Participants push and glide on the surface of the water.*

HARDER:
Participants can progress to underwater gliding, where the point that they surface is their distance achieved.

Introduce kicking for extended distance underwater after the glide has finished.

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 other obstacles.*

