

Tumble Turn Progressions

Freestyle

Standing tumble practice - 'be tight'

Swimming - 2 arms and tumble, repeat for a length

Hands on wall, tumble and push

Swim into wall, tumble and land feet on wall

Swim into wall, tumble, push off on back

Swim into wall, tumble push off turn over and swim (3 dolphin kicks if capable)

Backstroke

Swimming - 2 arms, 3rd arm roles over and tumble

Learn Flag Count and take one arm off.

Swim into wall role over, tumble and land feet on wall (this needs repetition)

Swim into wall role over, tumble and push off on back

Swim into wall role over, tumble, push off and swim (3 dolphin kicks if capable)

Other Activities That Can Help

Rocket jumps

Rocket jumps and half turns

Backstroke Push Offs

Do some streamline back kick before

Practice pushing down and even sitting on floor

Push down lean back, look up and push off streamlined

Backstroke Touch Turn (for IMs)

Hand on wall practice, knees up and spin

Swim into wall counting arms from the flags hand on wall spin and push.

Breaststroke Pull Out

On surface full length - pull downs

On surface full length - pull down and kick arms forward

Push off underwater and pull down

Push off underwater, pull down and kick arms forward

Relay Changeovers

Watch the swimmer touch the wall before going

Swimming in the water needs to make sure they finish on a full stroke.