Lead Arm Kicking Drill

(This is for reference only, and is ment to supplement the techniques, drills and mechanics offered during the lessons and clinics. This not ment to replace any teachings of stroke instruction.)

Emphasis on:

Body posture - **relaxed**
Hand / arm position - palm facing down - **relaxed**
Hand / arm orientation - **relaxed**
Head / neck position - neutral position and **relaxed**

Hand / Palm Orientation:

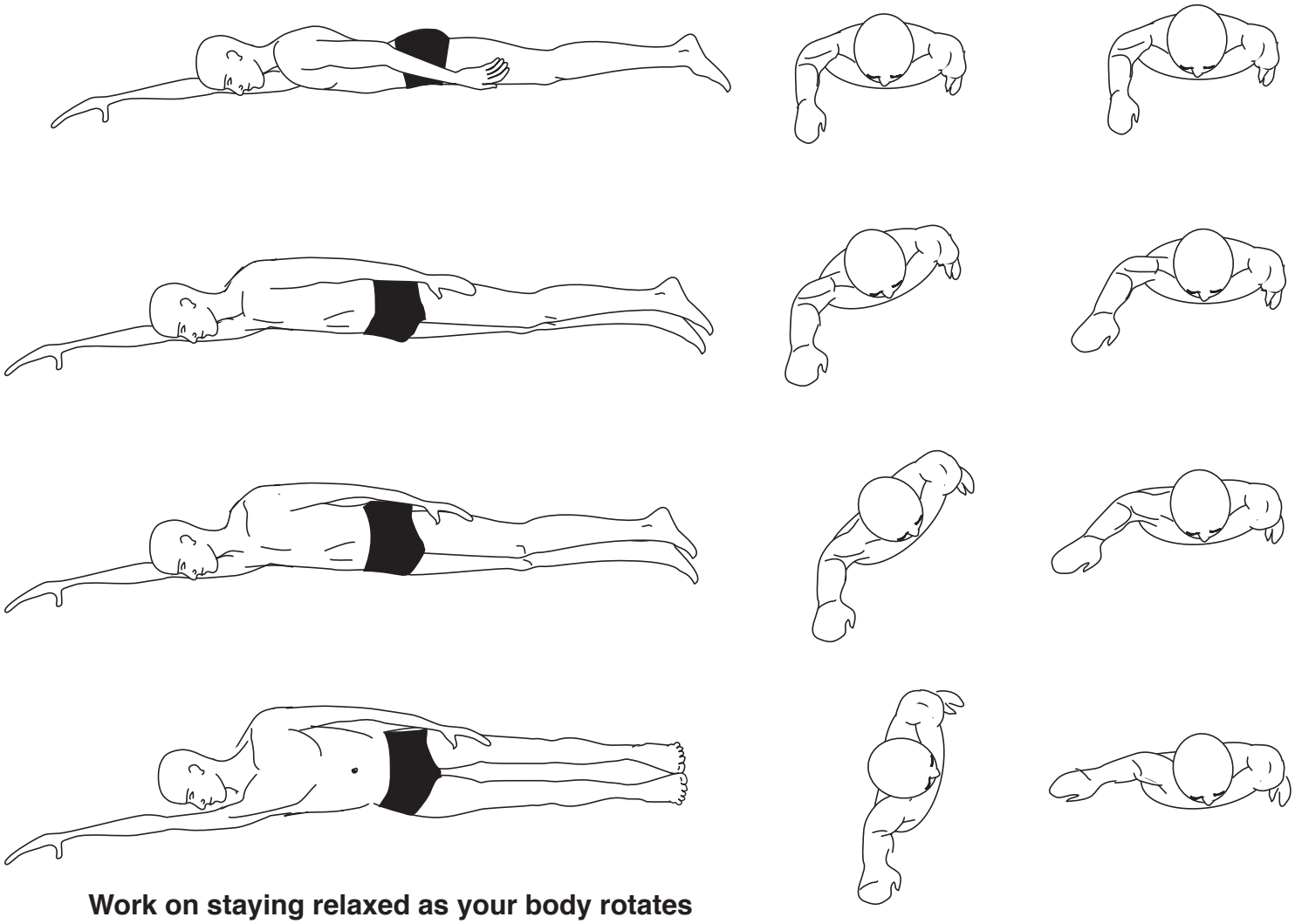
Index finger points to where you want to go
Hand relaxed
Slight spaces between fingers
Palm faces to bottom of pool
Arm is extended just enough to be straight (**relaxed not tense**)

Rotation initiates from the (**relaxed)** hips - (**relaxed)** shoulders follow hips

Drill seen from side view

Rotation around center axis

If you take away the rotation from the images on the left, notice the changing orientation of the palm / hand / arm.



Work on staying relaxed as your body rotates