

(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.)

## Sculling

- Explanation of sculling - Not a kicking drill!
- The goal is to hold water
- Lateral sweeping movements - No recovery phase
- Axis of rotation is at the elbow much like a Propeller of a plane or boat
- Elbow to fingertip is the "Blade" of the arm
- Sweeping motion much like windshield wipers - Approx. 12 inch side to side movement
- Add pitch of hands (Queen of England wave)
- Press out: Thumb slightly down / Press in: Thumb slightly up

### 1<sup>st</sup> position

"The catch phase"

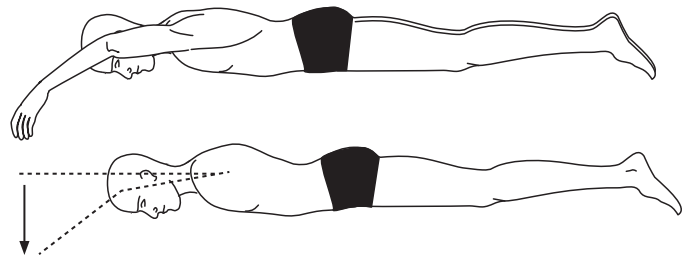
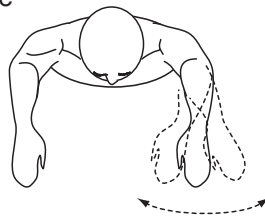
Start with arms Extended

Bend at elbows 15-20 degrees down - elbow is the pivot point

Each arm (blade) moves only 12 inches side to side

Windshield wipers

Use core body to stabilize



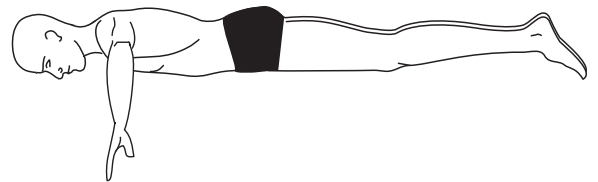
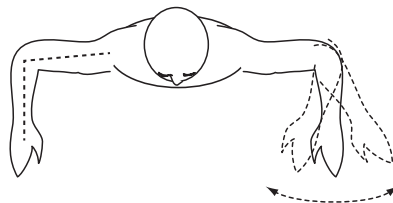
### 2<sup>nd</sup> position

The "InswEEP" phase

Point of great leverage

Everything at shoulder level - elbow is the pivot point

Use core body to stabilize



### 3<sup>rd</sup> position

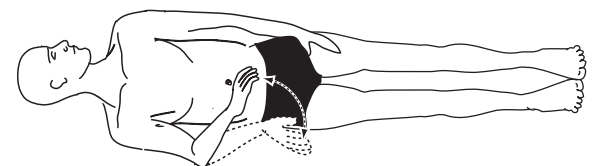
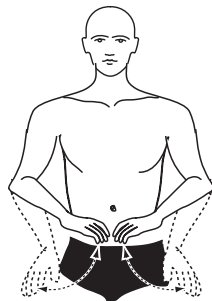
The "outsweep" phase

Pressing from bellybutton to hips

Lateral range of motion - elbow is the pivot point

Allow wrists to extend

Use core body to stabilize



single arm on the side