

Land Training Session One

Back Stroke

Step One (1):

- Mid-to-low back should lie evenly over the top of the ball.
- Both feet on the ground for stabilization.
- Head in neutral; face should be looking up; chin toward the sky.
- Arms down by side; palms facing in; thumbs up (we use “pinkie out-rub your ear-pinkie in”).



Step Two (2):

- Mid-to-low back should lie evenly over the top of the ball.
- Both feet on the ground for stabilization.
- Head in neutral; face should be looking up; chin toward the sky.
- Arms down by side; palms facing in; thumbs up (we use “pinkie out-rub your ear-pinkie in”).
- Begin arm movement; making a large circle with arm; keeping elbow straight.



Step Three (3):

- Mid-to-low back should lie evenly over the top of the ball.
- Both feet on the ground for stabilization.
- Head in neutral; face should be looking up; chin toward the sky.

- Continue bringing arm up toward head; thumb leading (we use pinkie leading); keep arm at 45°.



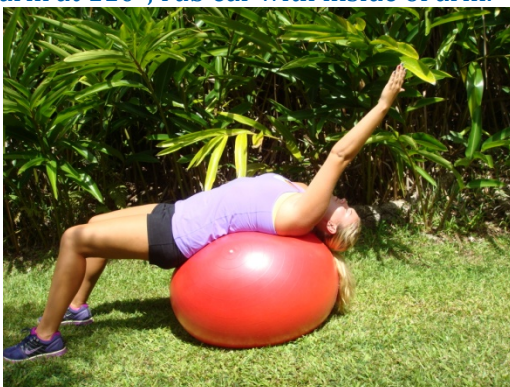
Step Four (4):

- Mid-to-low back should lie evenly over the top of the ball.
- Both feet on the ground for stabilization.
- Head in neutral; face should be looking up; chin toward the sky.
- Continue bringing arm up toward head; thumb leading (we use pinkie leading); keep arm at 90°.



Step Five (5):

- Mid-to-low back should lie evenly over the top of the ball.
- Both feet on the ground for stabilization.
- Head in neutral; face should be looking up; chin toward the sky.
- Continue moving arm in circular motion ; rotate arm so pinkie is now leading (we use pinkie leading); keep arm at 110°; rub ear with inside of arm.



Step Six (6):

- Mid-to-low back should lie evenly over the top of the ball.
- Both feet on the ground for stabilization.
- Head in neutral; face should be looking up; chin toward the sky.

- Continue moving arm in circular motion; pinkie leading.



Step Seven (7):

- Mid-to-low back should lie evenly over the top of the ball.
- Both feet on the ground for stabilization.
- Head in neutral; face should be looking up; chin toward the sky.
- Continue moving arm in circular motion; pinkie breaking the surface of the water.



Step Eight (8):

- Mid-to-low back should lie evenly over the top of the ball.
- Both feet on the ground for stabilization.
- Head in neutral; face should be looking up; chin toward the sky.
- Begin pull stage; elbow bends; hands cupped; forearm will rotate; finish motion ending at beginning location.



Step Nine (9):

- Repeat Steps 1-8 with opposite arm.

Step Ten (10): Extending the Activity~Alternating Arms

- Alternate arms without stopping.

Step Eleven (11): Extending the Activity~Flutter Kicking

- Add Flutter Kick while alternating arms.