

## Land Training Session One

### Breast Stroke Arms

#### Stroke Progression

#### Breast Stroke-Arms

##### Step One (1):

- Abdominals should lie evenly over the top of the ball if the knees can reach the ground. If not, as close as possible.
- Both knees on ground for stabilization.
- Head in neutral; face should be looking down.
- Arms: start above the head; held together; streamline position.



##### Step Two (2):

- Abdominals should lie evenly over the top of the ball.
- Both knees on ground for stabilization.
- Head in neutral; face should be looking down.
- Arms: “scoop the ice cream (from your arm pits)”; turn palms slightly out; draw a line from streamline position to armpits with thumbs; elbows begin to bend.



**Step Three (3):**

- Abdominals should lie evenly over the top of the ball.
- Both knees on ground for stabilization.
- Breathing: head/face begins lifting up as the arms/hands begin pulling.
- Arms: “scoop the ice cream (from your arm pits)” ; begin to rotate palms through the arm pits; elbows continue bend, not going past shoulder level.

**Step Four (4):**

- Abdominals should lie evenly over the top of the ball.
- Both knees on ground for stabilization.
- Breathing: head/face is up and preparing to move back down.
- Arms: “lick it (eww, it tastes terrible)” ; palms should have rotated all the way through the arm pits and are facing up with fingers pointing forward.

**Step Five (5):**

- Abdominals should lie evenly over the top of the ball.
- Both knees on ground for stabilization.
- Breathing: head/face is moving back down.
- Arms: “lick it (eww, it tastes terrible)” ; palms are facing up; fingers pointing forward; elbows facing down; arms beginning to straighten out (to streamline position).



#### Step Six (6):

- Abdominals should lie evenly over the top of the ball.
- Both knees on ground for stabilization.
- Breathing: head/face is almost all the way back down into neutral position.
- Arms: “give it to the dog”; arms begin to return to streamline position (straight out; above head).



#### Step Seven (7):

- Abdominals should lie evenly over the top of the ball.
- One (1) hand on the floor for stabilization.
- Both knees on ground for stabilization.
- Breathing: head/face is back down into neutral position.
- Arms: “give it to the dog”; arms return to streamline position (straight out; above head); hold this position for a moment before performing the leg movements.

