

Land Training Session One

Front Crawl

Stroke Progression

Front Crawl

Step One (1):

- Abdominals should lie evenly over the top of the ball.
- One (1) hand on the floor for stabilization.
- Both legs/feet on ground for stabilization.
- Head in neutral; face should be facing down; eyes look forward and down.
- One (1) arm: extends, straightening; finger tips first.



Step Two (2):

- Abdominals should lie evenly over the top of the ball.
- One (1) hand on the floor for stabilization.
- Both legs/feet on ground for stabilization.
- Head in neutral; face should be looking down.
- One (1) arm parallel to ground; elbow bent; hand cupped.



Step Three (3):

- Abdominals should lie evenly over the top of the ball.
- One (1) hand on the floor for stabilization.
- Both legs/feet on ground for stabilization.
- Head in neutral; face should be looking down.
- One (1) arm: begin recovery phrase; elbow “pops up” towards sky; fingers pointing down.

**Step Four (4):**

- Abdominals should lie evenly over the top of the ball.
- One (1) hand on the floor for stabilization.
- Both legs/feet on ground for stabilization.
- Head in neutral; face should be looking down.
- One (1) arm: begins to pull down from above head to shoulder level; elbow “pops”.

**Step Five (5):**

- Abdominals should lie evenly over the top of the ball.
- One (1) hand on the floor for stabilization.
- Both legs/feet on ground for stabilization.
- Head in neutral; face should be looking down.
- One (1) arm: elbow is at height of “pop up”; forearm and finger tips angled down.



Step Six (6):

- Abdominals should lie evenly over the top of the ball.
- One (1) hand on the floor for stabilization.
- Both legs/feet on ground for stabilization.
- Head in neutral; face should be looking down.
- One (1) arm: forearm angled in towards face; begin pulling towards chest/torso.



Step Seven (7):

- Abdominals should lie evenly over the top of the ball.
- One (1) hand on the floor for stabilization.
- Both legs/feet on ground for stabilization.
- Head in neutral; face should be looking down.
- One (1) arm: middle of pull; just above chest level; elbow out and slightly pointing up.



Step Eight (8):

- Abdominals should lie evenly over the top of the ball.
- One (1) hand on the floor for stabilization.

- Both legs/feet on ground for stabilization.
- Head in neutral; face should be looking down.
- One (1) arm: middle of pull; chest level; elbow out and slightly pointing up; fingers pointing down.



Step Nine (9):

- Abdominals should lie evenly over the top of the ball.
- One (1) hand on the floor for stabilization.
- Both legs/feet on ground for stabilization.
- Head in neutral; face should be looking down.
- One (1) arm: end of pull; forearm and palm facing up; fingers pointing towards feet.



Step Ten (10):

- Repeat Steps 1-9 with opposite arm.

Step Eleven (11): Extending the Activity~Alternating Arms

- Alternate arms without stopping.

Step Twelve (12): Extending the Activity~Flutter Kicking

- Add Flutter Kick while alternating arms.

Step Thirteen (13): Extending the Activity~Rhythmic Breathing.

- Rhythmic Breathing: blow bubbles out on arm stroke before taking breath; arm pushes back, head starts to turn to get ready for breathing; head turns to side; take breath; face turns back into the water as the arm finishes the recovery phase.