

15 Easy Steps to Teaching Flip Turns

Flip Turn Progression

Step 1

1. Stand in shallow water.
2. Push off bottom with feet. (May use step or off instructor's knees).
3. Tuck knees to chest (holding with arms).
4. Stand up.

Step 2 *Students should be able to perform a somersault without the noodle using proper technique.

1. Grab Noodle at both ends and get big breath; exhale through nose.
2. Push off bottom of pool and do a forward somersault **INSIDE** the noodle.
3. Try to go straight over; don't let go of the noodle; try not to pull back or push down on the noodle; don't use your arms to help you.
4. After your somersault, stand back up & try it again.
5. See how fast you can get around the noodle.
6. Tuck your chin and look between your legs.
7. At end, noodle may be over your head.

*Do not use hands and arms; causes you to pause before the flip turn.

*Arms need to streamline.

Step 3

1. Repeat Step 2, however have the noodle touching the wall (of the pool).

Step 4

1. Repeat Step 3, with no noodle (somersault at the wall, then stand up).

Step 5

1. Stand close to wall.
2. Put the noodle behind your back and hold it at both ends; arms extended behind you with elbows locked.
3. Do a straight over somersault; don't do anything with your arms; hold onto the noodle & just flip straight over.
4. Stand up. *If done correctly, your arms/noodle should be above your head.

Step 6

1. Stand in shallow end, just beyond the flags.
2. Put the noodle behind your back and hold it at both ends; arms extended behind you with elbows locked.
3. Face in water, kick towards wall, keep arms extended behind you.
4. Two feet from wall, do a straight over summersault; don't do anything with your arms; hold onto the noodle & just flip straight over.
5. Stand up. *If done correctly, your arms/noodle should be above your head.

Step 7

1. Stand in shallow end, just beyond the flags.
2. Put the noodle behind your back and hold it at both ends; arms extended behind you with elbows locked.
3. Face in water, kick towards wall, keep arms extended behind you.
4. Two feet from wall, do a straight over summersault; don't do anything with your arms; hold onto the noodle & just flip straight over.
5. Push off wall (back glide). *If done correctly, your arms/noodle should be above your head.

Step 8

1. Do the same drill as Step 7 using Pull-Buoys.
Pull-Buoys offer more floatation than noodles.
These create weight-less hands.
 2. Do NOT speed on this drill.
 3. Too close or too far from the wall, adjust point of which you initiate your flip.
- *Use ABS rather than hands/arms to get around.

Step 9

1. Shallow end, just beyond the flags; facing the wall.
2. Hands behind you; palms facing up (no pull buoys).
3. Put face in water; kick towards wall, keeping your arms behind you & your palms up- imagine you are still holding the noodle/Pull Buoys.
4. Two feet from the wall, straight over summersault, push off wall on your BACK.
*Don't do anything with your arms.
*Keep your arms near the surface.
*If done correctly your arms should be above your head when your feet hit the wall.
*Arms go to streamline immediately.
5. If heading towards bottom or too deep, check position of your hands as you initiate the turn (you are probably dropping your hands).

Step 10

1/2-Superman

1. Push off from the shallow end of the pool, with one arm extended above your head and one arm behind you (like holding a pull buoy).
2. Eyes looking down.
3. Pull back the extended arm so both arms are behind you (palms up).
4. Kick head-first into a straight-over summersault.
5. Push off the wall on your back and streamline.
6. Look for your knees while you summersault (a tighter tuck will help you flip faster with less effort).
7. If you're too close or too far from the wall, adjust how soon or how hard you make your final pull.

Step 11

Superman

1. Push off from the shallow end of the pool, with arms extended above your head and eyes looking down.
2. Pull back with one arm, then pull back with the other arm, so both arms are behind you with palms up.
3. Kick head-first into a straight-over summersault.
4. Push off the wall on your back and streamline.
5. Look for your knees while you summersault (a tighter tuck will help you flip faster with less effort).
6. If you're too close or too far from the wall, adjust how soon or how hard you make your final pull.

Step 12

Determine foot position on the wall.

1. Hand on the wall with one hand, place your feet on the wall facing 10 or 11 O'clock, rather than straight up. (1 or 2 O'clock for the other side).
2. Sink down and do a drop push; push off not on your back, but slightly on your side.

Step 13

1. Stand in shallow end, under flags, facing the wall.
2. Swim forward (front crawl).
3. Pull one arm then the other arm; keep head-first into your tuck; go straight over but this time, just as your feet hit the wall, your feet turn slightly so that when they land on the wall, they are pointing at 10 or 11 O'clock rather than straight up.
4. Push off almost on your back; count to 4 then do a 1/4 turn/twist so you are on your side; count to 4 then do another 1/4 turn/twist so you are on your front.
5. If your feet are angled on the wall, the drive will take you to your side.
6. Stay streamlines as you dolphin or flutter into your break-out.
7. On the flip turn, look at your knees.

Step 14

1. Repeat previous steps then add 1-2 arm strokes.

Step 15~Putting it all together

1. Stand in shallow end, under flags, facing the wall.
2. Swim forward (front crawl).
3. Flip-turn, push off wall.
4. Swim one (1) length Freestyle.
5. Flip-turn, push off wall.
6. Swim one (1) length Freestyle.
7. Flip-turn, push off wall.
8. At end of glide, stand up.

Flip Turn for Back Stroke

- Preparation for doing a flip turn during back stroke begins when seeing the back stroke flags, hanging approximately five yards from the wall. This indicates that you are approaching the wall.
- Once you see the flags, you're going to use five arm strokes, or however many you have counted.
- On the 5th stroke, you're going to rotate onto your front.
- Perform one (1) freestyle arm pull into your somersault or your freestyle flip turn.
- Plant your feet on the wall.
- Push-off in streamline position, and stay on your back.
- Perform several dolphin kicks to propel you through the water.
- After the 3rd dolphin kick, surface and begin your back stroke.