

## Land Training Session One Breast Stroke Legs (Whip Kick)

### Stroke Progression

#### Breast Stroke-Legs (Whip Kick)

##### Step One (1):

- Abdominals should lie evenly over the top of the ball.
- Both hands on the floor for stabilization.
- Head in neutral; face should be looking down and forward.
- Both legs are extended and held together; toes pointed.



##### Step Two (2):

- Abdominals should lie evenly over the top of the ball.
- Both hands on the floor for stabilization.
- Head in neutral; face should be looking down.
- Knees bend “in”; feet rise towards top of water (ceiling/sky); ankles flexed.



##### Step Three (3):

- Abdominals should lie evenly over the top of the ball.
- Both hands on the floor for stabilization.
- Head in neutral; face should be looking down.
- Knees begin to separate “out”; ankles flexed.



**Step Four (4):**

- Abdominals should lie evenly over the top of the ball.
- Both hands on the floor for stabilization.
- Head in neutral; face should be looking down.
- **Knees straighten; legs form a “V”; toes pointed.**



**Step Five (5):**

- Abdominals should lie evenly over the top of the ball.
- Both hands on the floor for stabilization.
- Head in neutral; face should be looking down.
- **Legs “snap” together; hold together for a count of 2 (glide).**



**Step Six (6): Extending the Activity~Perform both arms and legs at same time.**

- Arm movement begins the stroke; hold them in streamline position while legs kick.
- Leg movement begins when arms have reached streamline position; hold them in streamline position while the arms pull.
- Hold both arms and legs in streamline position for the glide portion of the stroke.