



**W&DSC**

**Advent Calendar Drills**

**1st December**

**HOW and WHY?**

* Head up FC – eyes look forward, chin on water
* Head stays still
* Kick hard or legs will drop
* Can focus on hand entry as can see!
* High elbow
* Low hand action to water
* Leading wrist in hand action
* Minimise cross over of arms
* Arms are faster and more powerful

**Water Polo Frontcrawl**