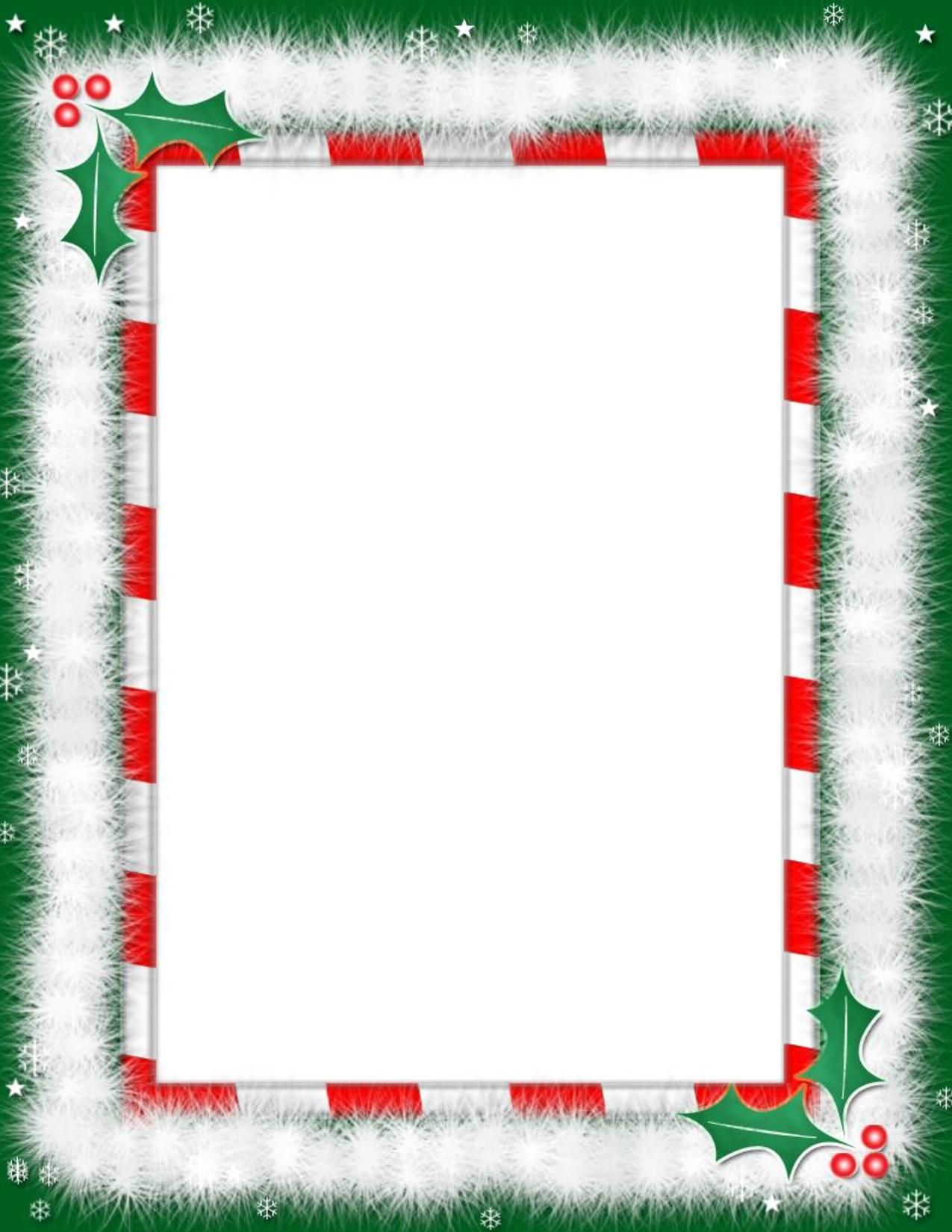
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**Backstroke vertical catch up**

**HOW and WHY?**

* Fins on to help keep body position up
* Head position still and high
* Kick hard to strengthen kick as well
* Engage core and keep hips up
* Keep one arm up vertical and straight
* Body rotation as reach up vertical
* Single arm round – strong under water pull action
* Swap arms each arm cycle

This is a hard drill!

**W&DSC**

**Advent Calendar Drills**

**2nd December**