

**HOW and WHY?**

* Hold wall and float with straight legs behind
* On whistle push back away from wall and glide
* On second whistle explode swim back into wall to do turn
* Progress to sculling backwards
* Allows for explosive strokes and fast rotation on wall
* Need to engage core so don’t sink on push and glide and also maintain streamline body position

**Reverse push and glide/scull into turn**

**W&DSC**

**Advent Calendar Drills**

**9th December**