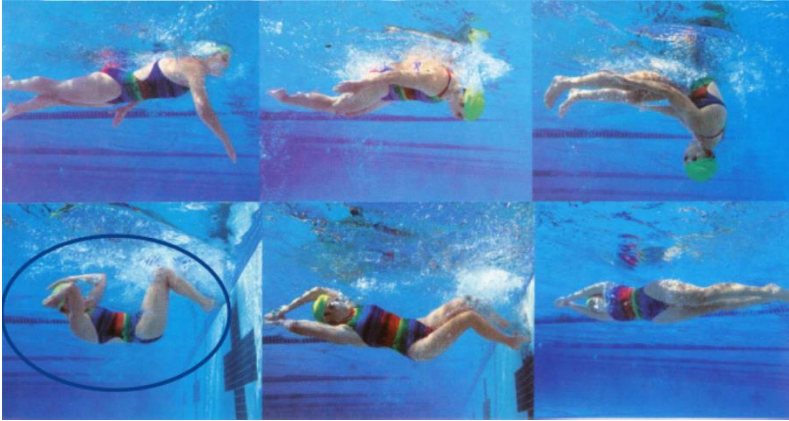


Super Saturday – Turns, Underwater

[Slides](#) from ASCA Presentations

Turns: [Quick tips](#) for each stroke

Flip Turns:



Correct and Incorrect Positions



- Common [problems](#) (big ball, twisting, delayed streamline) – extra resistance, takes longer)
- [TN Turn](#) drill – tight ball, straight flip (less resistance, quicker)
- [Mid-pool flip](#) drill – do them as tight and fast as possible (time the 25 swim - ?)
- [Holding a kickboard](#) avoid hesitation in turn (advanced version) – more basic version using 1 kickboard in each hand
- Don't look up – [using bottom T](#) for flip turns (advanced); can put a tennis ball under chin
- [In-and-out](#) flip turn drill – replicating sprint speed

Open Turns:

- Basic tips and drill progression for [open turns](#); common problems: drills – backwards flip; stationary kicking into wall, add tuck, add “elbow brother,” add “call your mother”; put legs of chair in water (don't hit seat with head, don't hit legs of chair with knees)
- [Flag turn](#) drill (mid-pool open turns)
- [Sculling IM](#) mid-pool turns
- Timed turns (advanced): Hand touch to feet touch = 0.8 seconds; hands touch to toes leave: 1.4 (slow), 1.2 (ok), 1.1 (good), 1.0 (very good), <1.0 (excellent)

Underwater Dolphin kicks:

- [Basics](#) tips for streamlines and dolphin kicks; dolphin kick drill progression

Breaststroke pullouts:

- Drill – [tight](#) “through a tube”
- The [dolphin kick](#)
- [Progression](#) of pullout: glide, separate hands, dolphin kick, pullout,
- [Analysis](#) of championship breaststroke pullout