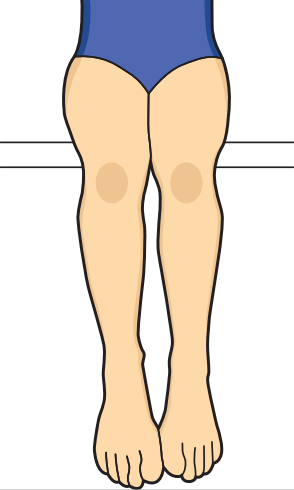
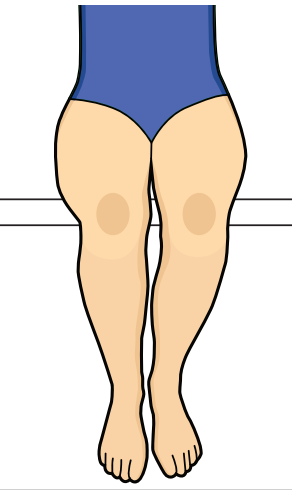
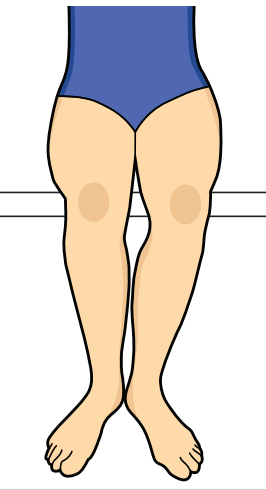
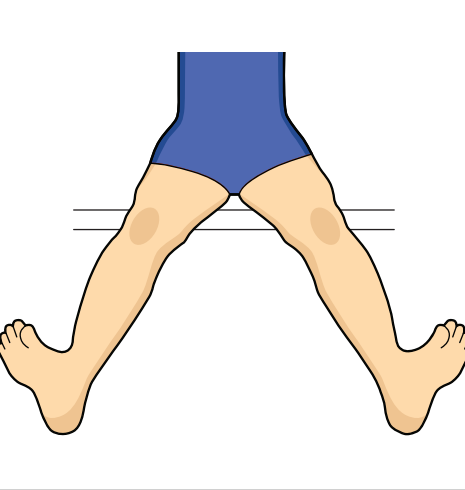


To be done on chair or the side of bed:

Student (and parent) should watch feet position carefully and do 10 reps each night correctly. At 6 seconds per repetition x 10 that is only around 1 minute!

			
<p>Position 1: Legs fully extended and toes pointed.</p>	<p>Position 2: Bend knees. Foot to leg is at 90°. Knees, ankles and big toes together.</p>	<p>Position 3: Turn toes out. Heels and knees still together. Foot to leg at 90°.</p>	<p>Position 4: Extend feet out. Must lead with big toes (not heel) and foot to leg is at 90° Inside knee aligns with outside hips. Then: sweep back to position 1 (which is where you get power) and wait 3 seconds (count 1000, 2000, 3000).</p>

Common mistakes:

- In step 2
 - Separating knees (often knees are out and ankles together almost like a diamond shape).
 - Knees toward chest instead of ankles to bottom. (In pool will often say to leave knees back)
- Into position 4
 - Leading with heels (so common it has a name and is called a screw foot). If heels are outside toes then cannot sweep feet into position and get power needed to propel forward effectively. In the pool I may move the kids legs / feet and often say "toes out, then go"!
 - Inside knee not aligned with outside hips. Too wide (I often say "nooo doing the splits") results in excessive drag. Too narrow and cannot get power when sweep back to position 1.

Why do this at home?

We often do this on the edge of the pool or beside pool (on bench seats) where the person (child) can see how feet and legs are working which allows the brain to learn the muscle coordination required but repetition over several nights can help. In the pool while doing the kick, the person (child) cannot see how feet are working and correcting once a week is not enough for some children.

Timing:

I count from starting position (1) then **one** (into position 2), **toes out** (into position 3), **two** (into position 4) **and three** back into position (1). Some teach one, two and snap (as want to emphasise and ensure get power). Some kids like the pizza technique / description where the big toe nails cut the pizza in half then turn out to trace around the circumference and I use this for power and smooth out the movement. Find the instructions that works with that child.