



# Kicking with Pointed Toes

## OVERVIEW

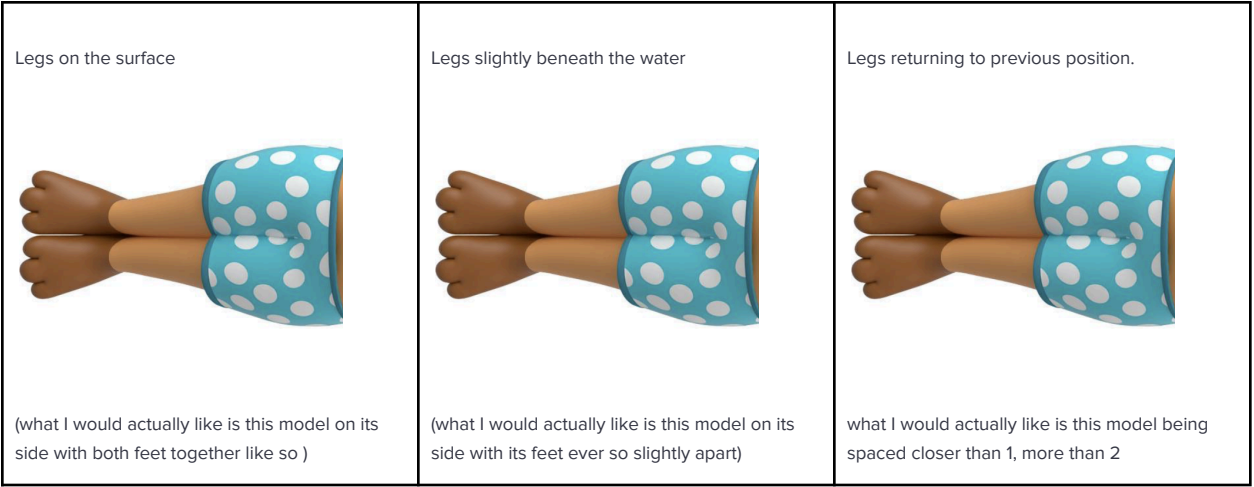
When swimming it is vitally important for swimmers to point their toes as much as we can. Having swimmers practice straight toes outside of class can be one of the most efficient ways to improve.

## GOALS

- 1. To have swimmers keep their toes as straight as possible when they are swimming.
- 2. Practice secondary skills that help people learn to kick: Straight legs, and Small kicks

### What a kick should look like in pictures:

A student ought to place both legs on the surface of the water while holding a kickboard. Regardless of the position of a leg kicking it should always have the toes pointed.



---

## Homework that will assist technique:

### In the Water

#### Ballerina Games

Have the swimmer hold something; a table, a bar, a ledge at shoulder height and see if they are able to go onto the pointed toes. Often a phrase “stand up as tall as you can” or on “ballerina toes” makes this pretty foolproof and can only be beneficial.

#### Kicking on back with board

Have the swimmer hold something; a table, a bar, a ledge at shoulder height and see if they are able to go onto the pointed toes. Often a phrase “stand up as tall as you can” or on “ballerina toes” makes this pretty foolproof and can only be beneficial.

### Out of the water

#### Footlift up:

Have the swimmer hold something; a table, a bar, a ledge at shoulder height and see if they are able to go onto the pointed toes. Often a phrase “stand up as tall as you can” or on “ballerina toes” makes this pretty foolproof and can only be beneficial.

#### Walking on Tippy Toes

Have the swimmer hold something; a table, a bar, a ledge at shoulder height and see if they are able to go onto the pointed toes. Often a phrase “stand up as tall as you can” or on “ballerina toes” makes this pretty foolproof and can only be beneficial.