

Clapham Chasers - Week by Week Technical Emphasis

| Date | Technique Emphasis | Drills | Balance | Posture | Breathing | Rolling | Recovery | Entry | Catch | Grip | Finish | Timing | Pace | Kick | Scull |
|---------------------|------------------------------|--|---------|---------|-----------|---------|----------|-------|-------|------|--------|--------|------|------|-------|
| 26 May 2010 | Timing and Stroke Pace | CU; 1/2 CU; Doggie | | | | | | | | | | 😊 | 😊 | | |
| 02 June 2010 | Recovery | SA; SA+FS; HT | | | | | 😊 | | | | | | | | |
| 09 June 2010 | Posture & Balance | Side Kick; SA 44 and SA 22 | 😊 | 😊 | | | | | | | | | | 😊 | |
| 16 June 2010 | Catch & Grip | CU; CU Wide Arm; Head Up; Double & Single Front Sculling | | | | | | | 😊 | 😊 | | | | | 😊 |
| 23 June 2010 | Stroke Pace and Finish | Doggie; Doggie Head Up; Thumbs | | | | | | | | | 😊 | 😊 | 😊 | | |
| 30 June 2010 | Timing and Recovery | Timing CU, 1/2 CU, Norm; Hand Drag | | | | | 😊 | | | | | 😊 | | | |
| 07 July 2010 | Posture & Kicking | Front Side and Back Kick; Counting Kicks | 😊 | 😊 | | | | | | | | | | 😊 | |
| 14 July 2010 | Mixed | SA; SA 44; SA HT | | | | | | | | | | | | | |
| 21 July 2010 | Breathing | Head Position Play; Popeye; 3 Point Focus | | | 😊 | | | | | | | | | | |
| 28 July 2010 | Recovery / Entry & Catch | Wrong and Right - Over Rec/ Over Ext Entry; Over Glide; Hand Push; Pulling wide | | | | | 😊 | 😊 | 😊 | 😊 | | | | | |
| 04 August 2010 | Entry & Catch | Vary entry point; Hand slap; Hold before entry; Wide arm progressive; Deep catch | | | | | 😊 | 😊 | 😊 | 😊 | | | | | |
| 11 August 2010 | Rolling & Finish | Rolling ; Thumbs; Stroke Counting | | | | 😊 | | | | | 😊 | | | | |
| 18 August 2010 | Grip Feel and Pace of Stroke | Doggie; Sculling | | | | | | | | | | | 😊 | | 😊 |
| 1st September 2010 | Timing & Breathing | CU Pyramid; Breathing Technique; 123-1 | | | 😊 | | | | | | | 😊 | | | |
| 8th September 2010 | Overall Stroke Wrong / Right | Recovery/Entry/Glide/Catch (Crossing/ Pace)/ Finish | | | | | 😊 | 😊 | 😊 | 😊 | 😊 | | 😊 | | |
| 15th September 2010 | Breathing | Head Position Play; Popeye; 3 Point Focus, Hypoxic | | | 😊 | | | | | | | | | | |
| 29th September 2010 | Catch & Grip | CU; CU Wide Arm; Head Up; Double & Single Front Sculling | | | | | | | 😊 | 😊 | | | | | 😊 |
| 5th October 2010 | Balance & Kicking | Torpedo Progression/ Kicking | 😊 | 😊 | | | | | | | | | | 😊 | |
| 12th October 2010 | Recovery / Entry & Catch | Wrong and Right - Over Rec/ Over Ext Entry; Over Glide; Hand Push; Pulling wide | | | | | 😊 | 😊 | 😊 | 😊 | | | | | |
| 27th October 2010 | Stroke Pace and Timing | Doggie; Doggie Head Up; CU; Stroke Timing Pyramids | | | | | | | | | | 😊 | 😊 | | |
| 10th November 2010 | Recovery & Entry | Recovery Drills / Shoulder Up fo entry | | | | | 😊 | 😊 | | | | | | | |
| 17th November 2010 | Posture & Kicking | Front Side and Back Kick; Counting Kicks | 😊 | 😊 | | | | | | | | | | 😊 | |
| 24th November 2010 | Finish | Stroke Length Thumbs/ Stroke Counts/ Golf | | | | | | | | | 😊 | | | | |
| 1st December 2010 | Balance and Recovery | Advanced Balance Drills and Arm Control on Recovery | 😊 | | | 😊 | 😊 | 😊 | | | | | | | |
| 8st December 2010 | Grip and Stroke Pace | Wide Arm; Front Scull | | | | | | 😊 | 😊 | | | 😊 | 😊 | | |