



Technique Coaching Record

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				😊					😊				