

Freestyle technique

<https://www.youtube.com/watch?v=5HLW2A11Ink>

Watch the video and use the following prompts to describe the freestyle technique. Then check with the soundtrack.

Place hand into the water

Fingertips, palms, wrist, elbow

Pull down

Forearm, other hand

When pulling

Point fingers

Elbow

Pull your body

Underneath your body

Extend the arm

Push backwards

Bend your arm

Arm exits the water

Bend elbow

Towards the ceiling

Keep arm relaxed

Forearm enter the water