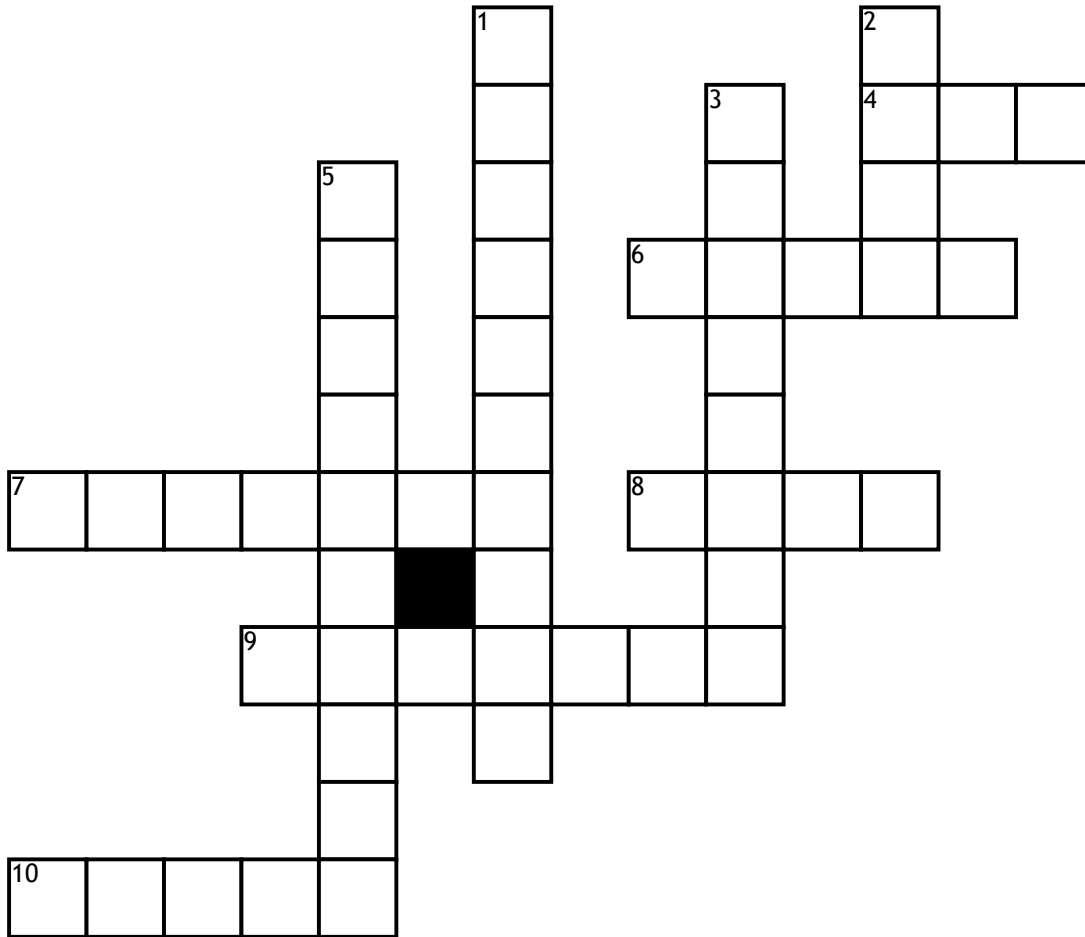


# Breaststroke



**Across**

- 4. Palms face this direction on the out sweep.
- 6. When the feet finish the kick our hands should be in \_\_\_\_\_ of us.
- 7. Elbows should be near the \_\_\_\_\_ of the water during the catch and pull.
- 8. Feet should do this at the end of the kick
- 9. Use this kick as a drill to help accelerate and feel a fast arm recovery.

- 10. Hips should do this as they begin the kick.

**Down**

- 1. You know your kick is wrong if your knees pull \_\_\_\_\_ you.
- 2. During the out sweep and catch our eyes should look here.
- 3. Breaststroke arms move slow to fast in a \_\_\_\_\_ motion.
- 5. We want to start and stop the breaststroke stroke cycle in this position.