

## EGGBEATER BOOSTS

Eggbeater boosts are a nice progression after having learned the eggbeater kick. Beginning in eggbeater, the knees come into the chest so that they are close to the chest, then in an upward explosion movement the body boosts up using a whip kick, before sinking under the water or returning back to eggbeater. This can start in an underwater position or in an above water position in eggbeater (remember these techniques should be performed with good posture and proper form – otherwise it is a waste of time as you will be training bad techniques and swimmers will not understand the drill). To train this movement one must really focus on the whip kick.

- Like mentioned in the eggbeater category try the progressions : 30sec. Flutter kick, 5 sec. Rest, 30 sec. Whip kick, 5 sec. Rest, 30 sec. Eggbeater, 5 sec. Rest, 30 sec. Eggbeater boosts. Repeat 2-3 times.

- On stomach do lengths of whip kick, arms out stretched above the head, focusing on the kick and making it powerful (can be done with flutter board)

- Hold onto the wall and do whip kick – focusing on power, one strong kick with maximum power

- Face in water, back on the surface, start in a crouched position (similar to that of the starting position in vertical in the water – only have this position horizontally placed with feet on the wall) back flat, using one solid push, have the swimmers push off the wall – focusing on one powerful push. This should provide an idea to the swimmers of the power necessary to push and obtain height.

- Try doing eggbeater boosts with weights.

- Have swimmers going in groups of two and give each other feedback on posture and height level (is their bathing suit out? Is there skin showing?) – this will help encourage swimmers to get max. Height and create a real focus on height

- Do push-ups on the wall. Facing the wall with hands on the edge do one whip kick while pushing up on the wall until the arms are straight. This way swimmers can focus on the push needed by the arms (it is similar to pushing yourself out of pool – like a push-up) REMEMBER POSTURE!

- Break down the boost – begin with squeezing arms to the side and focus on the eggbeater and whip kick. Next cross the legs and do a little scull and the big push with the hands. Put the two together

- Put tape on the leg or bathing suit, can swimmers get the tape out?

- Play a water polo game – this will help with eggbeater and the goalie will have some practice at eggbeater boosts

- Going into a vertical position, have the swimmer try to make it to the bottom of the pool doing eggbeater boosts.

- Do power jumps on land. Have them start in a crouched back catcher's position and in one explosion jump as high as they can.

- Attach tubing to waist of the swimmers have one swimmer hold onto the tubing to practice dead weight resistance.

REMEMBER REWARD THOSE WHO ARE DOING IT WELL. HAVE THEM DEMONSTRATE TO THE REST OF THE SWIMMERS AND ANALYZE HOW WHAT THEY ARE DOING DIFFERES FROM WHAT THE OTHER SWIMMERS ARE DOING.

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