



Script:

- Lock your thumb
- Squeeze your ears
- Look down

Build a streamline habit.

Repeat this script every day, and if possible every attempt.

Enforce even small mistakes with feedback and correction.

Aim for mastery in each of the three things for streamline.



Lock your thumb

Wrap your top hand's thumb around the outside of your bottom hand.

Ensure a strong squeeze to prevent hand from slipping off.

Especially good for diving. We lock the thumb to avoid slippage and make squeezing ears easier.



Squeeze your ears

Press into your top hand's thumb as you flex your arms to squeeze your ears with your elbows just behind the head.

Arms go over the ear and back of head.

Avoid "squeezing your eyes" with elbows. Further back is better.



Look Down

Keep your spine in line and flat by flexing your back and stomach. Stretch.

Point face perpendicular to the bottom, or surface.

Face aims same direction as belly button.

Swimming Skills Of The Game

Yan Bai



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