

5 General Sculls

Basics

- Firm wrist, no body movements (no kicking)
- Hands move in "figure 8" pattern

Top Scull

- Arms extended, hands 6" below surface
- Palms at 45, sweep out to shoulders, push around corners, sweep in

Middle Scull

- Elbows bent, top arms at surface, bottom arms pointing down
- *Keep elbows in front of shoulders*

Bottom #1 Scull

- Arms at sides, scull below hips (scull where you finish your freestyle stroke)

Bottom #2 Scull

- Arms at sides, hands slide diagonally (to belly)
- Push back diagonally until arms are straight (as if finishing off a freestyle stroke)

Squiggly Lines Scull

- Arms extended
- Scull 5 times as your arms slowly move down