

Loading Down

- Everybody needs the practice
- Deck simulation of rebound

water motion

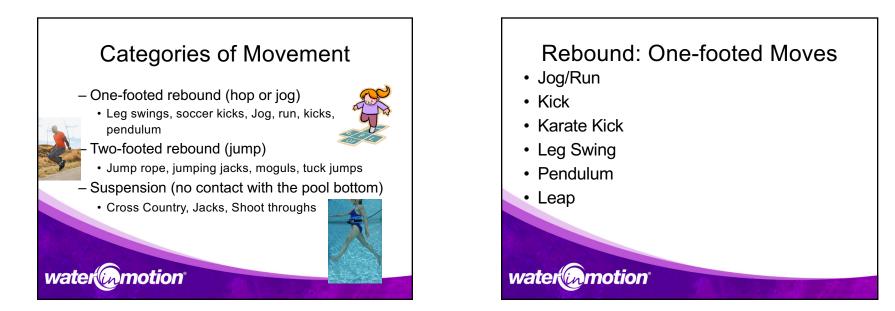
• Visual cue is the most effective



Loading Down Practical

- Bend your knees/lower your center of gravity (when students land on the bottom of the pool)
- Lift your body/rise up on the balls of your feet (when students are up in the water)
- Shift your body weight slightly forward
- · Limit full rebound demo to 2-4 beats of music
- Be safe by using a mat

water motion



Rebound: Two-footed Moves

- Jump
- Jumping Jack
- Cross Country



Neutral/Suspension Moves

- Cross Country
- Jack
- Flutter kick
- Seated kick
- Shoot-through

Practice and Evaluation

- Practice each basic move, referring to the chart in the article and pictures
- · Video yourself performing each basic move
 - Watch your video and evaluate the accuracy of your moves
- Video yourself teaching WATERinMOTION®
 - Watch your video and evaluate the accurarcy of your moves

water motion

