



MATP Aquatics

Drill 1: Leg Kick

- While laying down on your back, lift your leg up and then bring it back down flat. Have someone help you go through the movement by supporting your leg up and down if needed.

Drill 2: Arm Stroke

- Practice your range of motion with arm circles. Go as big or as small as you would like. Have someone assist with the circular motion if necessary. Do both arms or one at a time.

Drill 3: Kicking

- While laying on your stomach, bring your foot up towards your back by bending at your knee and then bring it back down. Alternate your legs. Have someone help you bend your knee if needed.