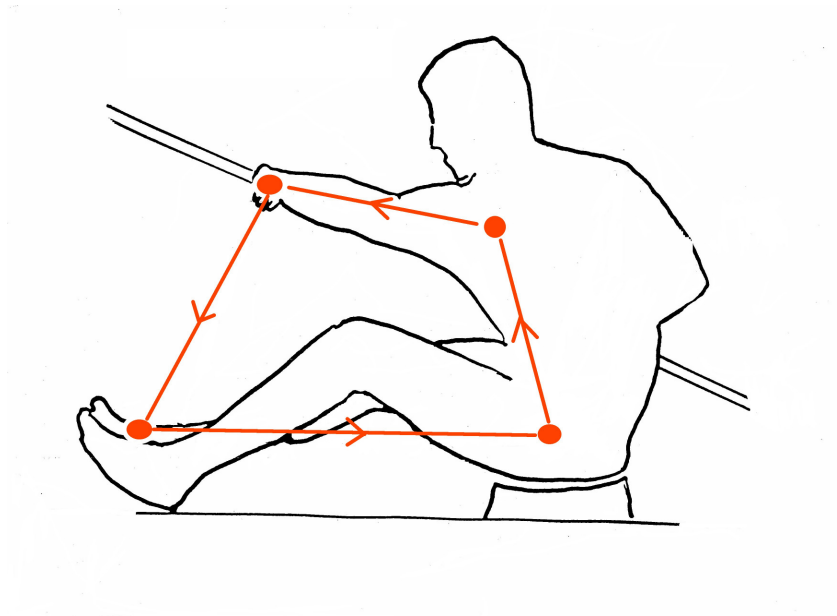


## Developing the Top Arm Connection

**The Top Arm is pushed forward as the trunk rotates but remains connected to the movement of the trunk structure**





## Key Teaching Points

- Make a good connection between the stroke side foot and opposite (top) hand, compressing the shaft
- Keep the top arm as part of trunk structure
- Make both arms and trunk work together

## Images the coach can use

- Keep the strong eggshell structure

## Practices to use

- Paddler puts the stroke side foot on the coaches' foot and presses down. With the opposite (top) hand push against the coach's hand and feel the connection.