

Subskills of Froggie

		Subskill	Subskill Code	Video URL	Order
	Barbell Kicks			1	
	Barbell Scoops			2	
	Bridge Jump			3	
	Seated Jump			4	
	Standing Jump			5	
	Underwater Glide			6	
	Self Submersion			7	
	Back Float (unassisted)			8	
	Sunken Toy Retrieval			9	
	Basic Doggy Paddle (2-5 yd)			10	
	Pop Up Breaths (5-10 yd)			11	
	Roll From Front to Back Float with Kicks (unassisted)			12	
	Freestyle 'Big Arms'			13	
	Butterfly Dolphin Kick			14	
	Breaststroke Arms and Legs			15	
	Backstroke Arms			16	
	Roll Polly Dive			17	
	Ability to Navigate and Exit the Pool			18	
	15-25 Yards			19	
	Cannon Ball			20	