

Drills:

1. Fingertip drill:

Purpose:

- Develop high elbows
- Developing a quick turnover
- Emphasizes body roll

How to do this drill:

- a. Push off the wall, face down, arms extended, looking at the bottom of the pool.
- b. Begin a freestyle stroke.
- c. During the recovery phase of the stroke, keep the fingertips in contact with the surface of the water. You should feel your fingertips “dragging in the water as they recover.
- d. Repeat through out the drill set on the right and left arm pull.

2. Catch-up drill:

Purpose:

- Practice a long stroke
- Feeling acceleration in the arm stroke
- Developing a high elbow underwater arm stroke

How to do this drill:

- a. Push off the wall, face down, arms extended, looking at the bottom of the pool. Your arms should be aligned in front of your shoulders, not in front of your nose. Establish a continuous flutter kick, which should be maintained throughout the drill.
- b. With your right arm, still extended and aligned, perform a single freestyle arm stroke with your left arm. With your fingertips and palm pitched down slightly, press back on the water, not down. Keep your elbow and firm as your forearm follows your hand.
- c. From this position, your right arm is extended in front of you and your left arm is at your side. Feel the length of your stroke. Return the left arm over the water to the starting point, so both arms are fully extended.
- d. Repeat with the right arm.

3. Streamline Kick (Superman):

Purpose:

- Develop horizontal body position
- Develop a bilateral breathing pattern
- Developing a more efficient kick

How to do this drill:

- a. Push off the wall in a streamline position.
- b. Engage in a continuous flutter kick, use buoyancy (downhill swimming and head position) to bring feet to the surface, not a more powerful kick. Make sure the toes are pointed and relaxed.

- c. When you need to take a breath, complete a freestyle pull on your right side, breathing to the side. Return the right arm to the streamline position. The next time you need to take a breath, complete a left side pull and breathe on the left side and return to streamline position and repeat.
 - d. Try to relax and extend each breath as long as possible.

4. R/L single arm pull:
Purpose:
 - Practicing the roll into and out of the stroke
 - Accessing your core strength
 - Transferring power from your core to the limbsHow to do this drill:
 - a. Push off the wall in a stream line position, preparing to do freestyle, engage your core. Perform 5 freestyle strokes with your right arm only, leaving your left arm extended and aligned in front.
 - b. As your arm approaches your hip in the 5th stroke, begin to engage the left arm in the freestyle pull.
 - c. Leave your right arm in front and extended while the left arm completes five freestyle strokes.
 - d. Repeat to the end of the pool.

5. Side kick:
Purpose:
 - Engaging the correct muscles for flutter kick
 - Learning to conserve energy and develop balance
 - Experimenting with foot pitchHow to do this drill:
 - a. Push off the wall with left shoulder perpendicular to the bottom of the pool and left arm extended out and in line with the body. Your right arm should be either resting on your thigh or right behind your thigh. Your head will be positioned on the left shoulder, face in the water or you can turn your face upward, looking at the sky or the ceiling, breathing normally.
 - b. Kick for a 4 count then roll over the right side, right shoulder perpendicular to the bottom of the pool and left arm resting on your thigh. Kick for a 4 count on the right side then roll over the left side again and repeat.

6. Fist Drill:
Purpose:
 - Learning to feel the water with the forearm
 - Understanding the importance of a stable, high elbow
 - Appreciating the role of the handHow to do this drill:
 - a. Push off the wall, preparing to do a regular freestyle. Before the first stroke, form closed fists with each hand, completing each pull, push and recovery with a closed fist.
 - b. Keep your elbows high.

- c. Accelerate the underwater stroke.
- d. Adapt your stroke to the handless paddle.

7. Sculling:

Purpose:

Developing a feel for the water

Learning to hold on to the water

Practicing changing hand pitch

How to do this drill:

- a. Lay in the water face down, you can submerge your head slightly or you can leave it out of the water. You will want to either use a pull buoy or you can do a slight flutter kick during the drill. Adjust your hands so that they are completely submerged under water.
- b. You are going to move your hands in a figure eight motion, alternating thumbs up when moving your hands outward and thumbs down when they are moving inward.
- c. You should be moving in a forward motion. You can also put your hands under your belly and propel forward. In addition to this you can move your hands to your sides and attempt to scull forward as well.