



Drills

DRILL 1 (A)

NAME: SCULLING

OBJECTIVE:

- Improve hand speed.
- Learn to catch more water
- Improve bodyline position.

EQUIPMENT:

N/A

STROKE KEY:

Freestyle and/or Walking

COACHING POINTS:

- Doing a fast kick is essential while swimming sprints.
- To do this drill float on the surface with your arms in a streamline and doing no kick, then start by kicking as fast as possible.
- Feel how the kick should originate from the hips all the way down to your feet.
- Then after 5-seconds add arms and swim to the other side.
- Still kicking with as fast as possible.

VARIATIONS:

Just like the original drill, however, do the drill FAST! (Sprinting)

DRILL 1 (B)

NAME: FIST SPRINTS

OBJECTIVE:

- Help you rotate (spin) faster for freestyle sprinting.
 - Catch the water faster and how important it is to such with the entire arm.
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DRILL 2

NAME: ONE ARM STROKE

OBJECTIVE:

- Improve balance.
- Help with rotation.
- Focus on one arm at a time.

EQUIPMENT:

N/A

STROKE KEY:

Freestyle

COACHING POINTS:

- Swim freestyle with only one arm, your non-working arm should be extended resting on your side or out in front for balance.
- Breathe to the opposite side of the arm doing the stroke.
- When you stretch your arm forward breathe and rotate to get your shoulder out of the water.

VARIATIONS:

Like the one-arm drill, but keep the non-working arm in front. This time you will breathe to the side of the arm doing the stroke and provide good body balance

OBJECTIVE:

- Improving your reach
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DRILL 3

NAME: CATCH UP

OBJECTIVE:

- Help your distance per stroke.
- Improve hand entry so it does not cross over.
- Have a better glide.
- Helps develop a balanced body position.

EQUIPMENT:

Pull Buoy or 'other' item as a tool to keep arm extended and release to opposite arm at the catch-up.

STROKE KEY:

Freestyle

COACHING POINTS:

- Do one normal arm stroke; keep the other arm still in the front waiting for the arm doing the stroke to catch-up.
 - Once the arm doing the stroke reaches the arm in the front, do a stroke with the opposite arm.
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DRILL 4(A)

NAME: CLOSED FIST

OBJECTIVE:

- Help you use the whole arm to improve pull.
- Get a better feeling for the water.
- Increase your distance per stroke.

EQUIPMENT:

Tennis Ball

STROKE KEY:

Freestyle

COACHING POINTS:

- Closed fist freestyle, but swim with fists closed using a tennis ball and/or just simply holding a clinched fist on each hand.
- The swimmer will feel like they are not pulling any water at this point.
- Focus on grabbing water with forearms and upper part of arms. By doing this the swimmer will improve their catch and will feel how important the entire arm is to pull effectively.

A swimmer will increase their strokes per length when having their fists closed, but once the hands are opened, the power of the pull that is initiated with the hands will be felt. This will eventually help increase the distance per stroke.

VARIATIONS:

Just like the original drill, however, do the drill FAST! (Sprinting)

DRILL 4(B)

NAME: FIST SPRINTS

OBJECTIVE:

- Help you rotate (spin) faster for freestyle sprinting.
 - Catch the water faster and how important it is to such with the entire arm.
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DRILL 5(A)

NAME: ZERO KICK/FAST KICK

OBJECTIVE:

- Improve your kick reaction.
- Kick speed & explosiveness.
- Have a more efficient kick.

EQUIPMENT:

N/A

STROKE KEY:

Freestyle

COACHING POINTS:

- Doing a fast kick is essential while swimming sprints.
- To do this drill float on the surface with your arms in a streamline and doing no kick, then start by kicking as fast as possible.
- Feel how the kick should originate from the hips all the way down to your feet.
- Then after 5-seconds add arms and swim to the other side, still kicking as fast as possible.

VARIATIONS:

Another way to improve the speed of a kick is to get it out of the water and kick as fast as possible without worrying about traction or bending knees too much. Focus on moving legs fast – see drill 5(b).

DRILL 5(B)

NAME: OUTKICK

OBJECTIVE:

- Kick speed and explosiveness.
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DRILL 6

NAME: STROKES AND GLIDES

OBJECTIVE:

- Bilateral breathing with freestyle.
- Improved rotation
- Make a stroke more effective.

EQUIPMENT:

N/A

STROKE KEY:

Freestyle

COACHING POINTS:

- Gliding is an important part of a stroke, especially in distance over a 100m.
 - Doing 3 strokes and gliding for about 6 kicks will help improve gliding technique and the gliding position.
 - The position of hands and head adjust when there is frontal drag.
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DRILL 7

NAME: THREE STROKES SWITCH DRILL

OBJECTIVE:

- Working on better balance.
- Strong kick.
- Develops bi-lateral breathing.

EQUIPMENT:

N/A

STROKE KEY:

Freestyle, Backstroke, and Butterfly

COACHING POINTS:

- Extend left arm straight out in front of and hold it there.
- Take three strokes with the right arm.
- Roll hips, and then extend the right arm straight out and take 3 strokes with the left.
- Repeat.

This freestyle, backstroke, or butterfly drill helps with balance, and in the case of freestyle, bilateral breathing.

Concentrate on a steady, strong kick doing this drill.





DRILL 8

NAME: BREASTSTROKE KICK DRILL

OBJECTIVE:

- Encourages a narrow, propulsion kick.

EQUIPMENT:

N/A

STROKE KEY:

Breaststroke

COACHING POINTS:

- Push off the wall and pull your arms to your side.
- Leave arms at your side and kick the length of the pool, touching your fingertips during the recovery.

Tip: A wide breaststroke kick may feel stronger because legs will then encounter more resistance than with a narrower kick which focuses more energy on propelling the body forward.





DRILL 9

NAME: BREASTSTROKE DRILL

OBJECTIVE:

- Encourages flexibility in kick.
- Work to keep knees parallel with the rest of the body.

EQUIPMENT:

N/A

STROKE KEY:

Breaststroke

COACHING POINTS:

- Float on your back with hands under rear end and practice doing breaststroke kicks.
- On each kick, try to bring your feet back so they touch your hands, keep knees from breaking the surface of the water.

Not all swimmers will have flexible knees and ankles. The key to having an effective breaststroke kick is less about flexibility and more about positioning.

VARIATIONS:

- A dryland drill is to practice lying flat on the ground on your stomach with arms stretched out in front of your head in a streamline position.
- Now try to do a breaststroke kick. Notice that the knees are forced to stay parallel with the rest of the body because the ground is in the way.
- This is a very important point, because, many breaststroker's "drop their knees down" on each kick, which is natural, but if knees are not forming a 90-degree angle with the rest of the body, the knees are then essentially acting as a wall of resistance on every kick.





DRILL 10

NAME: ONE-ARM FLY DRILL

OBJECTIVE:

- Timing on 'fly' kick to create less stroke stress.

EQUIPMENT:

N/A

STROKE KEY:

Butterfly

COACHING POINTS: This drill is good at working 'fly' kick timing and allows the swimmer to get the feeling of the 'fly' stroke with relatively little stress.

- Leave the left arm extended in front.
- Pull butterfly with the right arm.
- Do a dolphin kick as the right arm is finishing the stroke and another as it enters the water
- Now leave the right arm extended and pull with the left arm.
- Continue the alternating pattern.
- Breathe to either or both sides as in freestyle.

VARIATIONS:

- Two right-two left
 - Two right-two left-two full
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DRILL 11

NAME: BACK DOLPHIN DRILL

OBJECTIVE:

- Working abdominal muscles by avoiding over bending knees.

EQUIPMENT:

Fins (if required)

STROKE KEY:

Butterfly

COACHING POINTS:

- Push off wall on back, arms at sides.
- Begin gentle dolphin action, high in the body and allow it to gather force as it travels down to feet.
- Try to kick the water upward enough to make a small boiling effect over feet.
- Drop legs down and then up again.
- Create a rhythmic up and down motion with legs that extends a little more than a foot deep.
- Use the entire length of legs and trunk for dolphin on back.
- Head should be almost still as the core and legs move.
- Keep head from bouncing so face submerges (make sure knees are not coming out of the water too much. This will produce a wave of water over face).
- Sweep the water upward and downward, rather than closer to the body than father away.

VARIATIONS:

- Extend arms overhead.
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Games

Games are fun activities that can be included in your program. Ensure games are suitable for the ability of the swimmer.

Games can be an extension part of the skills you are having your swimmer practice in their session and usually conducted at the end of the session.

- Kick relays- develop kick action in all strokes
- Relays - all strokes
- Water polo - this will encourage treading water/using sculling actions
- Tunnel ball - helps develop submersion - exhaling

