

## FREESTYLE DRILLS

1	<p><b>Catch-up</b> (isolate one arm, practice long stroke and long body position)</p> <ul style="list-style-type: none"> <li>• Swim like regular freestyle, except one arm is stationary, always extended forward (front arm), pointing towards the destination, while the other arm performs the stroke (working arm)</li> <li>• When the working arm moves forward ('catches up') with the stationary arm, they change places</li> </ul>
2	<p><math>\frac{3}{4}</math> <b>Catch-up</b> Just like the catch-up, except the stationary/front arm begins to work or move before the other arm fully catches up -- it begins to move after the working arm is about <math>\frac{3}{4}</math> of the way through a full arm motion.</p>
3	<p><b>Catch-up with a board</b> Just like regular catch-up, only your front hand is holding a kick board.</p> <ul style="list-style-type: none"> <li>• As the arms trade places, they hand off the board to each other.</li> </ul>
4	<p><b>Fingertip Drags</b> (promotes a high elbow recovery and makes you aware of your hand position during recovery)</p> <ul style="list-style-type: none"> <li>• Swum like regular freestyle, except your fingertips never leave the water as your arm moves forward during the stroke recovery.</li> <li>• You drag your fingers forward through the water, slightly off to the side of your body, focusing on good body roll and keeping your elbows pointed up.</li> <li>• Change how much of your hand stays in the water: fingertips, hand, wrist, even your whole forearm.</li> </ul>
5	<p><b>Fist</b> (promotes "feel" for the water. Swum like regular freestyle, except you hold either one or both of your hands in a fist)</p> <ul style="list-style-type: none"> <li>• Vary the pattern and the number of strokes that you are fisted</li> <li>• When you unclench your hand, you should notice a difference in pressure on your hand -- use this feeling to keep your hand holding water as you move through your pull pattern.</li> <li>• When you are clenched, you should also try to press on the water with the inside (palm side) of your forearm -- think of the lower arm, from elbow to wrist, as an extension of your hand. And don't forget body roll!</li> </ul>
6	<p><b>One-arm</b> (focus on one arm at a time)</p> <ul style="list-style-type: none"> <li>• Swum like regular freestyle, except only one arm is moving. The other arm is stationary, either forward (front hand) or backwards, against your side (backhand).</li> <li>• The moving hand takes a series of strokes, each arm performing a set number of pulls before they switch roles.</li> <li>• Practice this drill with the stationary arm in both positions.</li> <li>• When your stationary arm is on your side, breath toward that side (away from moving arm).</li> <li>• When your stationary arm is forward, breath away from it (towards the arm doing the work).</li> <li>• Again, time the breathing so that --as your body rolls -- your head rolls with it for a breath, then your head should return to its forward alignment.</li> </ul>
7	<p><b>Long-Axis Combo Drill</b></p> <p>Alternate four strokes of backstroke with four strokes of freestyle. Drive the rotation of your stroke from your hips. Light, easy rhythm. Don't muscle the water. This drill allows you to feel the similar rotation of backstroke and freestyle.</p>
8	<p><b>4/6/8 Kick Drill</b></p> <p>Kick on your side for a count of 4, 6, or 8 kicks (or counts). Take one full arm stroke to switch to your other side for another 4, 6, or 8 kicks....etc. While on your side, focus on correct body position. When executing the switch, begin by lifting the elbow of the arm on the water surface (top arm) and recovering it over the line of your body. The extended arm (bottom arm) stays extended to maintain a streamlined body position, until the elbow of the recovery arm has passed over your head. Then execute a quick switch to your opposite side. Use core body muscles to rotate, while maintaining a hold of the water with your bottom arm.</p>

9	<b>Polo</b> -- Swim front crawl, keeping your head out of the water. Rest your chin on the water, and keep your head still. This drill encourages a strong kick and focuses on high elbow recovery.
10	<b>Butt Touches</b> Swim normal freestyle. As your hand exits the water, touch your butt with your thumb. Drill teaches you to pull all the way through your stroke, ensuring that your hand exits next to your hip.

## BREASTSTROKE DRILLS

1	<b>Breast Pull with Flutter Kick</b> Move arms rapidly through the water with no pause. Maintain a steady flutter kick throughout drill. May be practiced with head out of or in water. Improves hand speed and arm strength for breast pull.
2	<b>Hands to Heels</b> Kicking breaststroke on back, raise the heels to touch the fingers while hands are placed behind legs. Caution not to lift the knees out of the water. Promotes efficient kick and decreasing the resistance caused by thigh.
3	<b>Count Kicks</b> Kick strongly and slowly, finishing each kick with feet together and toes pointed. Idea is to kick a specific length with minimum number of kicks. Improves distance per kick.
4	<b>Two-count Glide</b> Hold the streamlined (stretched) position of the stroke for a full count of two (one alligator-two alligator). In the breaststroke, be sure not to stop your hands under your body, but only in the extended position, then start to pull slowly so that you may accelerate your hands through the power phase (the in-sweep) and all the way through to the recovery.
5	<b>Half-Pull Breast</b> Swim breast with a pull roughly half the width of a proper breast pull. Hand action should not occur outside of the range of the shoulders. Depends primarily on kick for propulsion. Teaches proper breast pull width if pulling too wide or underneath body.
6	<b>Under Rope Drill</b> Swim across a pool with ropes, thereby being forced to dip under each lane rope while kicking. Ideally, take one stroke per lane. Improves ability to swim “wave” breaststroke.
7	<b>Breast Pull with Dolphin Kick</b> Replace breast kick with a dolphin kick, keeping same one-pull-one-kick rhythm. Gives swimmer feel for “wave” breaststroke.
8	<b>Two-Kick, One-Pull</b> Hold the streamline for a second kick in each stroke. While doing the second kick, allow your hands to separate slowly to press your head and chest lower in the water. Do the two kicks under the water and try to explode from the water when you perform the pull. This will prepare you for a more powerful in-sweep and recovery, and this drill enhances the timing and power in the stroke.
9	<b>Tennis Ball Drill</b> Place a tennis ball under your chin and swim a length of breaststroke, skipping the underwater pull out. You should be able to keep the tennis ball from popping out if your head stays in the correct position. If you raise your chin to breathe, instead of shrugging shoulders forward, the ball will pop out.
10	<b>Ankle Touches</b> Kick with your arms by your sides. Touch your heels with your fingers on each kick. Although this may be awkward, it will help to develop an even kick and teach you the correct timing for breathing.
11	<b>Kick Without a Board</b> Kick with your arms stretched out in front of you. Keep your hands together while you breathe. As you kick together, try to stretch your hands further forwards. This helps to develop a strong kick and a good streamlined position.

12	<b>Upside Down Breaststroke Kick</b> Kick on your back with your hands by your sides. Try to keep your knees under water. Focus on bringing your heels up to your hips without lifting the knees out of the water. Watch your feet sweep round together. Does the left leg do the same thing as the right?
13	<b>Progressive Pulls</b> Swim, starting with a small scull from the wrists. As you progress down the pool, begin to take larger pulls. This helps you to feel the sculling action of the stroke.
14	<b>Crossover Pulls</b> Swim, and as you stretch your arms forward, allow the hands to cross over in front of each other. This drill helps you to get a good “catch” on the water at the beginning of the arm pull.
15	<b>Underwater Breast Pull</b> The body is underwater and the head faces the bottom of the pool at all times. The underwater pull will help with the timing and emphasis of the pull. If the pull is not in a circular motion there will be a pause when the hands are under the chin. This is called the “prayer position.” The resistance forces will even be greater if the elbows move past the shoulder line. The less resistance felt and the shorter the period of time it takes to move the arms and hands forward, the better. Slowing down to pray will not help the swimmer here.
15	<b>Derek Shipp’s Famous One Breast-One Fly Drill</b> Swim one stroke of breast stroke followed by one stroke of butterfly. Concentrate on undulation of the trunk of your body. The undulation should be the same on both the breaststroke and butterfly.
16	<b>Breaststroke Combo Drill</b> Swim three strokes breaststroke pull with flutter kick, followed by three breaststroke pulls with dolphin kick, followed by three strokes of breaststroke with regular kick. Drill isolates (1) fast hands, (2) high hips, and (3) driving in a streamlined position.
17	<b>Breaststroke with Hands on Butt</b> Swim breast stroke with your hands behind your back, resting on your butt. This teaches you to focus on undulation of body and kick. You should be able to have your head pop in and out of the water just like swimming breaststroke, even though you are not using your arms.

## BACKSTROKE DRILLS

1	<b>Single Arm (R, L)</b> Single arm backstroke is always done with the opposite (nonworking) arm at your side. Allow the opposite arm to be completely relaxed, and do a half-recovery, if it feels natural. Concentrate on full hip and shoulder rotation and great body position.
2	<b>Rhythm Drill</b> Single arm backstroke alternating 2 right arms and 2 left arms. Do half-recovery with the non-stroking arm. Focus on rhythm (early hips) and body position.
3	<b>Hand Positions</b> While flutter kicking on your back, hands may be placed at side, extended up top, in the small of the back (for added lift), or pointed at the water (advanced). Allows for feel of kick in varying positions.
4	<b>Catch-up</b> Similar to freestyle catch-up, start with both hands at side to allow for rotation through shoulders. Keep kick steady at all times. Improves distance per stroke and backstroke kick.
5	<b>One-Arm Backstroke</b> Inactive arm remains at side to allow for complete body rotation. Shoulder on inactive side should emerge from water when opposite arm is pulling underwater. Allows for focus on single arm and improves rotation.
6	<b>Flick of the Wrist</b> Using one-arm backstroke, emphasize the flick of the wrist at the end of the underwater pull just before recovering/lifting hand from water. Reinforces strong follow-through.
7	<b>Over-Rotating</b> Allow head to rotate with body and move up to 90 degrees to both sides while swimming backstroke. Allows for complete rotation, even if swum incorrectly.

8	<b>3-3-3</b> Same as freestyle, 3 strokes left, 3 strokes right, 3 swim. Allows for concentration on path of single-arm and carry-over to full stroke.
9	<b>Goggles on Forehead</b> Remove goggles completely from head and swim a length of backstroke balancing goggles on forehead. Improves stability of head position.
10	<b>Kick on Side</b> Kick on your left side with your left arm stretched above your head and your right arm by your side (lie on your side). Keep face out of the water. Kick to the side. This helps to get the idea of kicking to the side -- this happens when you try to swim the whole stroke. Repeat on your right side.
11	<b>“Sixes”</b> Swim backstroke, pausing for six kicks with one arm stretched up and one by your side. Do one pull and pause again with the opposite arm above your head. Keep switching arms. This helps to build a smooth stroke.
12	<b>Double-Arm Backstroke</b> -- Swim with both arms stroking at the same time. Concentrate on little finger entry, sweeping pull, and thumb exit. This drill helps to get the idea of an “S” shaped pull pattern under the water.
13	<b>Fists</b> Swim backstroke with your palms curled into fists. This helps you to feel the water against your arm, and shows how important the arms are in the pull.
14	<b>Arm Lift Drill</b> Kick on your back with arms at your side. As you kick, slowly roll from side to side, initiating the rolls from the hips (core). As you roll to each side, the arm lifts straight up 15 to 20 degrees. Make sure the arm does not swing across the body but lifts up.
15	<b>Back Wave Drill</b> This drill focuses on timing. It helps you learn when to move the arms so that you take full advantage of the natural rotation of the body. Push off on your back in a streamline and then take one pull so that you end up with one arm at your side and one arm fully extended above your head. Lift the hand that is at your side 6 to 10 inches out of the water. Keep the other arm fully extended as you do this. You don’t have to lift the hand very far – just enough to get the feeling. Let the hand drop back gently to your side. Repeat the wave (gently lift and lower the hand) three or four times and then complete the recovery and pull so that you are on the other side. Repeat the wave on this new side. The idea is to initiate the recovery before you initiate the pull. Starts with 3 waves, then 2 waves and then regular recovery. Two reminders: 1) keep your face pointed up to the ceiling (push your head back) and 2) your recovery arm exits the water thumb up and then enters for the pull with the pinkie finger first.
16	<b>Spin Drill</b> After pushing off, sit high in the water, looking back at wall you pushed off from. Spin arms as rapidly as possible. Improves hand speed through water on backstroke. (Extremely advanced)

#### Tied-up

Swim Backstroke with band around ankles or buoy at feet. Try to keep body from fishtailing. Purpose: determines uneven stroke.

#### Peak

Kicking on back with both arms at side, roll shoulder and recover one arm to “peak” and drop back down to side. Alternate arms. Thumb should be up. Emphasis: recovery.

#### Peak with Twist

Same as “Peak,” only rotate hand from thumb up to pinky up at “peak.” Emphasis: recovery and hand rotation.

## BUTTERFLY DRILLS

1	<p><b>4 Kicks, 1 Pull</b> Take a “break” after each stroke by pausing with hands in front while taking four kicks. Take a breath with each stroke. Allows arms to rest and good for working on timing of breath.</p>
2	<p><b>One-Arm Fly</b> A great way to learn butterfly, swim one-arm fly with inactive arm out front. Breathe to the side of active arm on one-arm fly. Maintain stroke rhythm with two kicks/one pull, timing the first kick as your hand enters the water and the second kick as your hand comes out of the water.</p> <p>An alternate way of swimming the single-arm fly drill is to leave the nonworking arm at your side. This drill works on connecting the finish of the butterfly stroke with the recovery. You will have the feeling of “throwing your arm away.” Always concentrate on “getting in front” for an effortless butterfly stroke.</p>
3	<p><b>3-3-3</b> Take 3 strokes with left arm, 3 strokes with right arm, 3 complete swim. Excellent drill for warming up fly. Improves stroke coordination.</p>
4	<p><b>Underwater recovery</b> Halfway through underwater stroke, begin moving chin forward for breath. At end of underwater stroke, stop arms, get breath, and recover arms underwater while kicking. Hands stay underwater at all times. Allows for correct timing in breath and work on follow-through.</p>
5	<p><b>4-stroke Fly</b> After leaving wall, take only four strokes of fly, then swim easy free. No breathing on the four strokes and keep strokes as long as possible. Follow through with hands nearly touching under stomach. Improves overall stroke efficiency, especially ability to follow through at end of underwater stroke.</p>
6	<p><b>Derek Shipp’s Famous One Breast-One Fly Drill</b> Swim one stroke of breast stroke followed by one stroke of butterfly. Concentrate on undulation of the trunk of your body. The undulation should be the same on both the breaststroke and butterfly.</p>
7	<p><b>Pull Buoy Kicking:</b> Using a pull buoy holds you higher in the water and allows you to focus on swimming with your torso not your legs. Push off in a streamline position with your hands slightly apart. Kick from your sternum (breastbone) rather than your knees. Think about kicking with your whole body without bending your knees.</p>

### **Scooter Butterfly**

Hold kickboard with one arm, kick Butterfly, and stroke with the other arm. Keep eyes forward. Work timing and overall stroke. Purpose: undulation, thrust, and timing.

### **Two-up-Four Down**

Do two strokes Butterfly, breathe, and dive forward underwater into a streamlined position and do four kicks. Purpose: entry, dolphin action, and breath control.

**Super-Dolphin:** Over-emphasize the "dolphinsing" undulation of the stroke. During the recovery, reach up straight to the sky with your arm, and look up at your hand, Drive your upper body upwards as high as possible, and then dive forward as your hand enters out front, driving your hips upward. Feel the rhythm of the arms with the kick.

**Description:** Swim Catch-Up Butterfly to help create a high hip position relieving the strain of full stroke. This drill is swam as single arm butterfly but starting the second pull with the opposite arm just as the hands meet up at the front of the stroke.

**Description:** Kick Dolphin Legs whilst on your side. Stretch one arm down the pool above the head holding the top of a small float, keep the other arm by your side. Keep your feet together as you kick to opposite sides of the pool. This drill will help increase flexibility in your shoulders as well as condition the legs.