

## **Freestyle Stroke Drill**

**Step 1 – Right Arm Only, Long Dog Paddle. Push off on stomach, left hand at thigh. Reach right hand as far forward as possible, stretch. Pull right arm through sweep searching for “good water”, finishing at thigh. Recover right arm underwater, with fingertips leading recovery under the body. Breathe to the left, use strong flutter kick.**

**Step 2 – Repeat for left arm, same as Step 1.**

**Step 3 – Long Dog Paddle, Both Arms (alternating). Combine Steps 1 & 2 into an alternating stroke. Breathe *bi-laterally*, and remember to stretch and finish. Let the shoulders roll with the stretch and finish.**

**Step 4 – Same as Step 3, only now begin the recovery with the elbow. Lead the elbow out of the water, then slip the arm back under for the forward recovery underwater (*that being the “Long Dog Paddle”*).**

**Step 5 – Same as Step 4, only now recover the elbow high until the wrist breaks the surface. Then slide the hand forward, just below the surface (3-6”). *Feel the lift.***

**Step 6 – Same as Step 5, only now recover the elbow until just the fingertips drag the water alongside the body. Touch the thumb to the shoulder, then reach forward.**

**Step 7 – Progression; Repeat each of Steps 1-6 for three strokes.**

**Step 8 – Sprint Freestyle.**

## **Backstroke Stroke Drill**

- Step 1- Dolphin off of wall, palms overlapped with arms stretched overhead. Use fingertips to foil to surface, then flutter kick remainder of length.**
- Step 2- Kick flutter, with arms at side. Exaggerate shoulder roll and push water toward feet using only wrist flexion (the wave).**
- Step 3- Kick flutter, head held still. Extend one arm perpendicularly, expose the shoulder and hold for three (3) kicks (fly the flag).**
- Step 4-Same as Step 3, only alternately drop the elbows below the surface at 9:00 and 3:00 o'clock positions. Emphasize bending elbow "up" when pushing water past feet (arm wrestling).**
- Step 5- Same as Step 3, only super-pronate the arm so that the arm so that the palm contacts the surface flat (10:00 & 2:00). Rotate the shoulders to place the hands under the body, then pull (flat hands).**
- Step 6- Tuck the body with knees to chest, shoulders and head as high as possible. (sit in the bucket). Kick shallow, quick flutter, and spin the arms as rapidly as possible (scum buckets)**
- Step 7- Repeat each of steps 1-6 for three (3) strokes. (Progression).**
- Step 8- Sprint Backstroke**

## **Breaststroke Stroke Drill**

- Step 1 – Push off wall on back, arms extended together, and stretched out over the water. Point toes of left foot (plantar) and keep left leg stretched along mid-line of the body. Kick right leg, ONLY! Drop heel, turn toes out and reach the foot wide. Then kick the leg up to the surface, hyper-extending the knee at the end of the kick, and GLIDE! (Right Leg Kick)**
- Step 2 – Same as step 1, only stretch right leg and kick left leg, ONLY! (Left Leg Kick)**
- Step 3 – Push off walls in steps 1 and 2. Kick legs alternately, right left, right, left. (Eggbeater)**
- Step 4 – Push off wall on stomach, hands extended to thighs, fingers pointing out. Raise heels to palms, clutch and hold for a 1 count. Then, kick the feet of the hand hold and glide. Breathe just before the kick, while hands are holding heels. (Heel to palm)**
- Step 5 – Push off wall, take “down pull and recover”, then – pull with hands only, DO NOT USE ARMS. Use a normal breaststroke kick. The kick will take longer than just the hand pull, DO NOT RUSH. Concentrate on the hands, pitch the water out, catch it in the hands and press it together. Pitch thumbs down, catch little finger down, and then GLIDE! While the legs squeeze. (Pitch and Catch)**
- Step 6 – Push off wall as in step 5. Push the hands to “push-up position”, flexing upper body up out of the water. Hold position with figure-8 sculls for a 3 count, then reach hands forward under the water surface. Bring body forward with a dolphin motion, kick legs in a dolphin kick. (Scull Up & Dolphin)**
- Step 7 – Repeat each of steps 1-6 for three strokes. (Progression)**
- Step 8 – Sprint breaststroke.**

## **Butterfly Stroke Drill**

- Step 1 – Push off wall on side, bottom arm extended, top arm with hand at thigh. Kick dolphin kick on side, directing water to first one side wall, then back to directing water to first one side wall, then back to opposite side wall. Concentrate on using stomach and butt to move hips, opening the knees as the legs kick forward and closing off the knees as they kick back.**
- Step 2 – Swim fly using right arm only. Stay on breast with double dolphin kick, extend left arm to the front, and breathe straight ahead. (Right Arm Only)**
- Step 3 – Same as step 2, only extended right arm and pull left arm only. (Left Arm Only)**
- Step 4 – Push off wall, then stroke right arm only, three times; both arms three times; left arm only, three times; both arms three times; then again: right arm only x3. (3x3x3)**
- Step 5 – Same as step 4, only stroke by twos: 2 right, 2 both, 2 left, 2 both, 2 right, 2 both, 2 left, 2 both. (2x2x2)**
- Step 6 – Same as step 4, only stroke by ones: right arm, both arms, left arm, both arms, right arm. (1x1x1)**
- Step 7 – Repeat each of steps 1-6 for three (3) strokes. (Progression)**
- Step 8 – Sprint butterfly.**