

Drill	Description of the execution of each drill	Objective
Free Single	Swim with one arm at side using other for propulsion breathing to working arm side. Focus should be on leaning/inclining shoulder of working arm to an angle of 45 degrees (body on side) before hand starts press with the focus on maintaining a high elbow throughout the 1st part of pull	Full extension
Dorsal catch	Spare arm extended . Recovering arm recovers dragging fingernails along surface to join other arm which then performs the propulsive action with focus on maintaining high elbow throughout the 1st part of pull phase	Good recovery
444 or 666	Same as single except you do 6 left - 6 right and then 6 full strokes (or 444)	Co-ordination
Head up	Focus is on angle of hand entry followed by initial scull of hand to the high elbow position Chin on water & with still head the swimmer can monitor	Hand entry
Dog Pad	Normal stroke except recovery takes place without arm leaving the water. I use this with bilateral breathing (every 3 or 5) to facilitate them being able to watch the technique of arm pull underwater	Hip rotation
Super Slow	Via slow recovery there is never a moment when hand is not pressing water. As the hand enters it takes over propulsion from the other hand as it finishes	Awareness of propulsion/ Control
Back Single	Spare hand placed on opposite hip to increase roll/lean onto side you work with one arm only. Objective is to ensure still head so that as body turns onto side for the catch the opposite shoulder comes into contact with chin	Hip rotation
Hip shoulder chin	Hip rotation starts before arm recovers & as a result shoulder is on chin as opposite hand enters water. This drill facilitates deep catch point at start of stroke bringing large/powerful back muscles into action for power	Deep catch pt.
Both	Both arms recover together little finger entry press with thumbs up- DURING PUSH PHASE ROLL THUMBS OVER AND PUSH TO PALMS DOWN POSITION TO FINISH STROKE before exiting water with thumbs up	Push to finish
Catch up	Arm recovery alternate whilst spare hand is @ side. Focus is on hip rotation , deep catch , shoulder coming to touch chin at ‘catch point’ and finally on the push phase practiced on ‘both’ drill Recover when both hands @ side	Feel propulsion
Think straight	Focus on keeping legs straight in downward (recovery) movement & think ‘flick’ to get propulsive upward movement of legs. Hands on thighs. Knees straight on downward movement and flexed/bent on upward flick	Kick from hips
Br. Heals to Hands	Kick Breast stroke with glide whilst arm straight backward hands at hips. Heels touch hands & thus ensures feet are apart in recovery , encourages knees not too far apart & ensures feet come up to buttocks	Feet apart in recovery
1 pull 2/3/4 kicks	One pull then ears squeezed by shoulders the swimmer kicks twice head underwater – each kick with glide	Feel propulsion
Kick & dolph.	At end of kick (in kicking or swimming) hips and heels rise to surface & dolphin which encourages lift of hips as happens in technically good Breast Stroke	Focus hip lift
Rub Ribs	In pull use fins - don’t kick. Elbows /Upper arms rub ribs palms “clap” & swimmer breathes with hands high on chest under chin. Fast lunge forward	Streamlining
Fly single	Single arm working-spare in front – watch hand come out as u breathe Ensure face in water before hand This drill assists correct head/hands/pull/kick progression necessary in the full stroke	Stroke Rhythm & dolphin kick
Fly ki ck	Fins on. Do not kick but merely AGGRESSIVELY ‘nod’ chin onto chest & lift chin up to breathe. This produces the undulation needed in fly & as time progresses one can add the kick into this drill	Produce Dolphin undulation
3L 3R	3 strokes on right then 3 left arm Focus on thumbs entering first and thumbs brushing the hips below the costume line to ensure each arm stroke is completed and not shortened as is often the case	Stroke finish with push
Biondi	Hands do not go in front of shoulder line. Hands push very hard from navel thumbs brushing hips with arms straight. Breathe as hands leave the water. In each ‘stroke’ one gets hands onto navel before starting the drill	Correct position of Hands in breathing