

## SWIMMING DRILL PROGRESSION

*These drills will require a decent amount of core stability, flexibility, and smooth kicking action. You may find it beneficial to incorporate a supplementary core strength/stability conditioning program (including abdominal exercises), a dynamic/static flexibility program for arms, back, hips and feet, and kicking sets (with or without a board). You may also consider wearing fins for some of these drills that require kicking propulsion until you develop a sufficient natural kick.*

### BALANCE / ALIGNMENT (Vertically to water surface / Horizontally to direction)

- T-PRESSURE TEETER TOTTER
  - From a floating position, and arms at side.
  - Press the T (apply downward pressure) to feel the lift at your hips. Optimal position is to have your butt at the surface of the water.
  - Unload the pressure and repeat to get the sense of where your fulcrum point is (i.e. where your body balances...probably in the vicinity of your navel) and how much pressure is sufficient to adequately raise the lower end.
  - Experiment with doing this drill with arms extended.
  - Experiment with adding in a gentle flutter kick.
- KICK ON SIDE
  - No board. Down arm forward. Up arm at side.
  - Head in a neutral/balanced position. Chin neither extended up nor significantly tucked. (Maybe the slightest tucking tension to keep it stable.) When breathing, head is rotated only high enough to clear the mouth above the waterline. Try to keep an eye/goggle wet.
  - Full length of pool. Switch sides at wall.

### ROTATION

- KICK ON SIDE WITH ROTATION – ONE ARM OUT
  - No board. Down arm forward. Up arm at side.
  - Rotate and stabilize on opposite side. Initiate the rotation from the hips and assist with an armstroke. When stable in a good position on the new side, rotate back to original side and stabilize again.
  - You will need consistent T-pressure to rotate smoothly and achieve stability/balance.
  - Progression is to work up from variable number of rotations to a six-kick rotation frequency, still achieving stability after a rotation before rotating back.
- KICK ON SIDE WITH ROTATION – BOTH ARMS AT SIDES

- Rotation is initiated and led strictly from the hips/core.
- Requires good core stability and steady forward kicking propulsion.
- Kicking should be smooth enough to maintain horizontal & vertical alignment (at least a rough amount of directional control) and still create a bow wave to breathe behind.
- SINGLE-ARM SWIMMING
  - Strong side breathing. Weak side arm extended.
  - Strong side breathing. Weak side arm at side.
  - Weak side breathing (and arm at side).
- SWIMMING WHILE BREATHING EVERY STROKE
  - Full body rotation on every stroke and take a breath.
  - This is breathing every time a hand hits the water (i.e. Left/Breathe-Right/Breathe...), not every stroke cycle (i.e. Left-Right/Breathe-Left-Right/Breathe...).

## HANDS AND FEET / PROPULSION

- CATCH-UP SWIMMING STROKE
  - From a prone position, take a full armstroke with a good balanced rotation, while keeping the opposite arm extended. When the armstroke and rotation are complete and you have returned to the prone/streamlined position, do the same armstroke/rotation on the opposite side.
  - Breathe every second stroke (same side) or third stroke (alternating sides).
- SHARK FIN
  - Place a kickboard between your legs, making it look like you have a dorsal fin.
  - Touch the kickboard with each hand after it leaves the water.
  - Requires a high elbow recovery with hands close to the body and axis of rotation.
- LANELINE
  - Swim tight alongside a laneline, breathing to the laneline side.
- FIST SWIMMING
  - Swim with both hands fisted and focus on catching the water with your forearms.
  - Use a buoy to focus on the arm action. Progress later to normal flutter kick.
- DOGGIE PADDLE
  - Perform the freestyle armstroke outswEEP and insweep, then when your hand is under your chest recover it underwater and forward.
  - Use a buoy to focus on the arm action.
  - Pause the action to take breaths.