

Freestyle Drills

Drill	Why?	How
Sculling	Improve catch/feel for water	Pull buoy – small movements with hands - 6 sculls in front, 6 under chest, 6 flipper (end of stroke- elbows tucked into waist, alternate arms), 6 doggy paddle-underwater recovery, then swim rest of 25 F/S .
Closed Fist Drill	Improve catch /feel for water	Swim 25 m closed fist, Rub hands at pool end on rough surface, then swim 25 normal. (increases feeling on surface are of hand- helps find 'feel' of the water
Kicking on side	Catch/body position	1 arm extended in front slightly under water, other by side, take breath, then head in water, kick. *Maintain good posture and hand position in water to set up for catch
6-1-6 6-3-6	Catch Maintaining high elbow underwater	As with kicking on side, kick for 6, stroke, change sides As above but with 3 strokes, change sides
Pause Catch	Catch Improve entry Get rid of dead spot	Swim F/S, before hand enters, pause slightly , then enter
Double Dip	Catch Improve entry Get rid of dead spot	Swim F/S, hand enters water(dip in) , reverse hand to hip, then bring over and enter as normal
Finger-tip drag	Relaxed recovery	High elbows , drag fingers on water , imagine elbow is being pulled forward on a string
Almost catch up/accelerator drill	Setting up stroke Pull rhythm	Swim bringing hands over to almost touch at front - Almost catch up –slow catch then accelerate your stroke though 2 nd ½ of underwater pull phase
224	Catch, timing	Stroke 2 on 1 side, 2 other , swim 4 strokes normal
6 kick	Kick, lengthen stroke	6 kicks to every arm stroke – quick little kick, long slow arms
Unco	Body rotation , timing	1 arm stroking, 1 arm by side, breathing to non-stroking side. Roll shoulder out and in as you breathe – then dip and stroke. Swim 25 1 side, 25 normal. Swap sides