

DRILLS AND TERMS TO USE IN SWIMMING

FREESTYLE DRILLS

Blowing bubbles
Bobs
Kicking with board while blowing bubbles
Kicking on back
Laterals – both left and right
One arm with laterals between (varied time)
Catch up freestyle
Modified catch up (hands don't ever meet)
6/6; 4/4; and 12/3 drills
Modified 12/3

BREASTSTROKE DRILLS

Kicking with board
Kicking on wall with instructor help
Stroke with free kick
Stroke with fly kick
Stroke with 2 or 3 second glide
2 kick, 3 kick, or 1,2,3 kick
2 pull, 1 kick

BACKSTROKE DRILLS

Kick on back
Right arm only; left arm only
Arm-lift
Twisty
6/6; 4/4; and 12/3
Extra roll
Speed drill

FLY DRILLS

Kick with board
Kick on stomach
Kick on back
Circle – triangle/breath – recover on water (with free kick)
Kick – circle – triangle/breath/kick – recover on water
Hesitation fly

