

## Freestyle Drills

Tuggeranong Masters Swimming ACT

# Drills are going to refine your swimming technique and make your stroke efficient

### \* Use fins in drills

- \* Good posture - lengthen neck, shoulders back, hips slightly forward
- \* Setting up for good catch - extend middle finger straight down pool, shoulders back, think elbow slightly higher than wrist, wrist slightly higher than fingers
- \* Streamline off wall - palm on hand, arms locked extended behind head

Reference: [www.effortlessswimming.com.au](http://www.effortlessswimming.com.au) (Brenton Ford) and [www.swimsmooth.com](http://www.swimsmooth.com)

Drill	Why?	How
<b>Sculling</b>	Catch Improve 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.
<b>Kicking On Side</b>	Catch Improve 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.
<b>6-1-6</b> <b>6-3-6</b>	Catch Maintaining high elbow underwater	As with kicking on side, kick for 6, stroke, change sides As above but with 3 strokes, change sides.
<b>Pause Catch</b>	Catch Improve entry get rid of dead spot	Swim F/S, before hand enters, pause slightly, then enter.
<b>Seal Wave (Double Dip)</b>	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.
<b>Finger Tip Drag</b>	Relaxed recovery	High elbows, drag fingers on water, imagine elbow is being pulled forward on a string.
<b>Almost Catch Up /Accelerator</b>	Setting up pull Rhythm	Swim bringing hands over to almost touch at front - Almost catch up – slow catch then accelerate your stroke though 2nd ½ of underwater pull phase
<b>2-2-4</b>	Catch Timing	Stroke 2 on 1 side, 2 other, swim 4 strokes normal.
<b>6 Kick</b>	Kick Lengthen stroke	6 kicks to every arm stroke – quick little kick, long slow arms.
<b>Unco</b>	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.
<b>Popov (Shark Fin)</b>	Catch Feel for water	15 sculls in front with lead hand, recovery arm bent at hip like shark fin, kicking, then change sides.