

This is a summary outline to assist coaches to find sections / ideas of interest.

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ABC of Swimming



**100% Right is 100% Right
99% Right is 100% Wrong**

FREESTYLE

Dryland Demonstration - Body Position
All drills, (all strokes) flags to flags

6:20 Hip /Shoulder / Chin Rotation Drills

- Torpedo arms folded .. rotation
- Torpedo arms streamlined .. rotation
- Hip/Shoulder/Chin rotation drills: arms by side; arms by side $\frac{1}{3}$ recovery; arms by side - catch up with full stroke

Standard F/S Drills and Linking Drills

- side lateral kick; side lateral kick and scull; mid point scull; side lateral kick - naked paddle;
- side lateral kick and scull + $\frac{1}{2}$ catch (catch-catch and stroke)
- side lateral kick: 8 kicks - exchange arms (switch)

- feet kicking too high / too low / correctly

- 9-9-7-7-5-5-3-3 (9 kicks, lateral - 9 strokes ► 7 kicks, lateral - 7 strokes ► 5 kicks, lateral - 5 strokes ...)
- 8 Kicks / 3 strokes
- 6 Kicks: 3-5-7-9 or 5-7-9-11

A stroke progression is a series of drills linked together

11:50 Slow Motion Freestyle

- Windmill drill .. breathe every stroke .. fast
- Shark Fin Drill (breathe mid way through kicks)
8 kick - 1 or 3 strokes .. shark fin ($\frac{1}{2}$ recovery)
- Russian F/S Drill
- Catch-Catch-Stroke
- Lift & Release ($\frac{1}{2}$ recovery - back (slow) ► fast stroke)

The video is an excellent summary of some of the drills swimmers can be taught (skills they can acquire).

As you watch the video you can add your own notes, and points of reference.

The notes are a starting point, and will be refined by your observations.

After all,

*It's what you learn
after you think you
know it all,
that counts*

13:20 BACKSTROKE

• Bent Arm Sculling Drills

- Double Arm Bent Arm stroke finish (double scull)
- Single & alternate arm stroke finish
- Combined: Right / Left / Double

- 17:50**
- Double Arm - mid stroke
 - Single Arm - mid stroke
 - Combined: Double Arm - Single Arm
 - Alternate single arm mid stroke to finish, with maximum trunk rotation:
2 Left / 2 Right ► 3L / 3R (deep finish)

• Hip / Shoulder / Chin rotation

- Kicking on back .. torpedo (streamlined) .. rotation
- Kicking on back .. arms folded .. rotation
- Kicking on back .. cross over arms (behind neck)
- Kicking on back .. arms by side .. rotation
- Kicking on back .. arms by side .. $\frac{1}{3}$ recovery
- Full stroke .. hip catch-up (stroke catches up at the hip)
- $\frac{2}{3}$ - $\frac{3}{4}$ catch-up at hip .. no pause on hand entry: next stroke commences when catch-up is $\frac{2}{3}$ - $\frac{3}{4}$ complete; no hesitation at any stage.

Backstroke (cont.)

21:35 Standard Backstroke Drills & Linking Drills

- Side Lateral Kick
- Side Lateral Kick and scull
- Side Lateral Kick .. pressure point scull
- Side Lateral Kick & naked paddle .. fingers pointed down / to side / below elbow
- Side Lateral Kick & Scull & Catch
- Catch-Catch-Stroke .. every 12 kicks

- 22:55** - 8 Kicks / Exchange Arms
- 9-9-7-7-5-5-3-3
- 6 Kicks: 3-5-7-9 and/or 5/7/9/11

- 25:00** - Slow Motion Backstroke
- Windmill Drill
- Vertical Arm: 3R / 3L / 3 Both Arms
 arms by side

- 26:15** - Coin (Cup) on Head
- Kick on back - holding band
- B/K Kick cf. F/S Kick
- Sculling
- Dolphin Kick

28:55 BREASTSTROKE

30:30 Breaststroke Drills

- B/R Kick on front (kick - breathe)
- Streamline B/R kick on back
- Sculling
- Pressure Point Scull .. elbows forward of shoulder
- Alternate: B/R ► FLY kick

- **Drills: B/R Kick on front**
 - 25m streamline kick + 25m @ 25% pull
 - 25m streamline kick + 25m @ 50% pull
 - 25m streamline kick + 25m @ 75% pull
 - 25m streamline kick + 25m @ 100% pull

Distance per Kick Drill .. focus on max. distance per kick

- 25m alt. B/R - FLY kick ► 25m 4 kicks (u/w) / 1 stroke
 - 25m alt. B/R - FLY kick ► 25m 3 kicks (u/w) / 1 stroke
 - 25m alt. B/R - FLY kick ► 25m 2 kicks (u/w) / 1 stroke
 - 50 full stroke ... focus: distance per kick (in all)
- Additional Drills:
 - Lane Line Progressions - across pool: 1 stroke / 1 kick per lane
 - Lane Line Progressions - across pool: 1 stroke / 2 kicks / two lanes
 - Sculling
 - Pressure Point Scull - elbows high and forward of shoulders
 - Various: - streamline kick on back
 - streamline kick on front
 - vertical kick

42:00 BUTTERFLY

Dolphin Kicking .. two phase kick (up/down); throw arms "long"

44:40 Drills: - torpedo kick: 25m front / 25m back
- arms folded - fly kick: 25m front / 25m back
with and/or without scull

- Dolphin (Biondi) drill: 4-6 kicks u/w; chin on chest;
fins to the roof / fins to the bottom of the pool
- Dolphin +1: every second time the swimmer emerges,
does a full stroke.
- Dolphin +2: every second time the swimmer emerges,
does 2 strokes (on one breath)

48:00 - Slow Motion

- 2R ► 2L ► 4 Both Arms (Michael Phelps: One Arm)

49:15 F/S to FLY: F/S strokes with dolphin kick on each hand entry

- Head Up Catch with fins .. chin on surface .. dolphin kick on each hand entry
- Head Up Catch without fins .. chin on surface .. dolphin kick on each hand entry
- R / L / Both and breathe

51:05 Streamlining

52:00 Common Faults

55:15 END