



# Stroke Drill Descriptions

## Freestyle Drills

### **1. Single Arm Drill (Opposite arm by your side)**

- Performed with non-stroking arm by your side
- Alternate arms/sides every 3-5 strokes OR every length of pool
- Breathe on the side of the non-stroking arm OR alternate sides every few strokes (avoid breathing exclusively to the side of the pulling/stroking arm)
- Complete your breath before your arm begins to pull back
- Connect your hip/body rotation with your arm catch and pull
- Pull your body past the point where your arm catch begins

### **2. Single Arm Drill (Opposite arm extended forward)**

- Performed with non-stroking arm extended forward
- Alternate arms/sides every 3-5 strokes OR every length of pool
- Breathe exclusively to the side of the pulling/stroking arm
- Maintain high elbow through the arm recovery (elbow higher than hand)
- Enter water with your hand slicing the water in front of you (45 degree angle)
- Exit water with your hand at your "pocket"

### **3. Fingertip Drag Drill**

- Swim your normal freestyle stroke while exaggerating the high elbow recovery
- Drag your fingertips across the surface of the water during arm recovery
- Maintain body/hip rotation

### **4. Fist Drill**

- Swim your normal freestyle stroke with a closed fist through the pull cycle
- Maintain closed fist through pull but try to avoid tensing up
- Focus on high elbow pull from the catch through the pull (don't let your elbow drop)

### **5. Catch-Up Drill**

- Begin kicking with arms extended forward in front of shoulders (hands apart)
- Perform a freestyle stroke with one arm while leaving non-stroking arm extended forward
- After arm returns to original position (both arms extended forward), repeat with other arm
- Establish high elbow catch with stroking arm while keeping non-stroking arm extended forward

## **Backstroke Drills**

### **1. Six-Beat Kick Drill**

- Swim your normal backstroke stroke
- Pause on your side with bottom arm extended forward and top arm by your side
- Continue kicking on your side while maintaining body position (body facing sideways, eyes looking straight up, chin aligned with shoulder)
- After 6 kicks on your side, take another backstroke stroke pausing on other side
- Variations of this drill include changing the number of kicks on each side (start with 12 working down to 3) and changing the frequency of side kicking (pause on side every 3 strokes)

### **2. Single Arm Drill**

- Performed with non-stroking arm by your side.
- Swim backstroke with only one arm
- Maintain body alignment (head to toes) with hip/shoulder rotation during each stroke
- Alternate arms/sides every 3-5 strokes OR every length of pool

## **Butterfly Drills**

### **1. Single Arm (Opposite Arm Extended Forward)**

- Swim with non-stroking arm extended forward
- Breathe facing forward or to the side of your stroking arm
- Coordinate kicking with hands exiting water and hands entering water
- Keep extended arm close to surface to allow better hip drive
- Alternate arms every 3-5 strokes OR every length of pool

### **2. 3-3-3**

- Take 3 strokes right arm, 3 strokes left arm, and 3 full strokes butterfly
- Swim single arm strokes as performed in Single Arm drill
- Focus on maintaining kick timing and body position through the 3 full strokes

## **Breaststroke Drills**

### **1. Two Kicks One Pull**

- Swim regular breaststroke stroke (pull-breathe-kick)
- At the end of each stroke, hold your streamline position to perform a second kick
- Look at bottom of pool during second kick
- As your feet come together at end of second kick, begin the out-sweep for your next stroke

### **2. Three Second Glide**

- Swim regular breaststroke stroke (pull-breathe-kick)
- At the end of each stroke, hold your streamline position for 3 seconds
- Look at bottom of pool while stretching forward with your hands
- Keep your head down as you begin the out-sweep for your next stroke
- Feel the water through the out-sweep and accelerate through the in-sweep until arms are in extended position

### **3. Breaststroke Pull with Dolphin Kick**

- Perform a regular breaststroke pull with a single dolphin kick (instead of breaststroke kick)
- Try to delay the dolphin kick until the recovery phase of your breaststroke pull (kicking down with your arms extended forward)