

<b>Freestyle Drills</b>	
<b>10-BEAT FREESTYLE</b>	<ul style="list-style-type: none"> <li>• extend one arm overhead (hand 6 inches below surface)</li> <li>• keep other arm relaxed at side</li> <li>• kick 10 times with body rolled onto side</li> <li>• keep face in water with eyes looking down extended arm</li> <li>• breathe after 10 kicks are complete</li> <li>• rotate to other side without taking a breath</li> </ul>
<b>10-10-3</b>	<ul style="list-style-type: none"> <li>• 10-beat freestyle: right arm</li> <li>• 10-beat freestyle: left arm</li> <li>• 3 full strokes freestyle</li> </ul>
<b>SINGLE-ARM FREESTYLE</b>	<ul style="list-style-type: none"> <li>• extend one arm overhead</li> <li>• keep other arm relaxed at side</li> <li>• stroke with one arm pausing before each pull</li> <li>• recover arm over water</li> <li>• breathe to non-stroking arm's side</li> </ul>
<b>GLIDE STROKE</b>	<ul style="list-style-type: none"> <li>• in side-float position (one arm extended in front, other arm at side)</li> <li>• make sure legs and feet are extended in a straight line</li> <li>• glide for 5 seconds</li> <li>• stroke one arm at a time, gliding after each arm-stroke</li> </ul>
<b>CATCH-UP FREESTYLE</b>	<ul style="list-style-type: none"> <li>• begin with both arms extended in front</li> <li>• stroke one arm at a time</li> <li>• keep non-stroking arm extended in front until other arm returns to front</li> <li>• keep kick continuous</li> </ul>
<b>HUMAN STROKE</b>	<ul style="list-style-type: none"> <li>• freestyle with underwater recovery</li> <li>• breathe to sides, every 3rd stroke</li> <li>• DPS on each arm-stroke</li> </ul>
<b>HYPER KICK</b>	<ul style="list-style-type: none"> <li>• streamline kicking with head up</li> <li>• rest chin on surface of water</li> </ul>
<b>ROTATIONAL KICK</b>	<ul style="list-style-type: none"> <li>• arms at sides</li> <li>• rotate your body (including your head) from side to side, back and forth</li> <li>• keep kick continuous</li> <li>• breathe every rotation or every 3rd rotation</li> </ul>

Breaststroke Drills	
NO-ARMS BREASTSTROKE	<ul style="list-style-type: none"> <li>• kick with arms at sides</li> <li>• touch heels to hands during recovery</li> <li>• breathe as heels come up</li> <li>• head/chest fall forward, feet flexed</li> <li>• feet circle outside knees</li> <li>• keep knees at 12" apart</li> </ul>
2 KICKS, 1 PULL BREASTSTROKE	<ul style="list-style-type: none"> <li>• complete one stroke cycle</li> <li>• keep hands in semi-streamlined position (hands beside each other, thumbs hooked)</li> <li>• kick a 2nd time</li> </ul>
3-UP, 3-DOWN BREASTSTROKE	<ul style="list-style-type: none"> <li>• 3 breaststroke stroke cycles</li> <li>• drop body down underwater (at least 2 feet)</li> <li>• 3 breaststroke stroke cycles while <b>underwater</b></li> </ul>
3-2-1 BREASTSTROKE	<ul style="list-style-type: none"> <li>• stretch and hold glide between strokes for 3 seconds</li> <li>• stretch and hold glide for 2 seconds</li> <li>• stretch and hold glide for 1 second</li> <li>• pull does not begin until <b>after</b> feet clap together</li> </ul>
COBRA	<ul style="list-style-type: none"> <li>• breaststroke arm-pull with flutter kick</li> <li>• breathe every stroke</li> <li>• slow scull out</li> <li>• accelerate arm-stroke through corners and out to semi-streamlined position (hands beside each other, thumbs hooked)</li> </ul>
DOLPHIN BREAST	<ul style="list-style-type: none"> <li>• breaststroke arm-pull with dolphin kick</li> <li>• come up as high as possible for breath</li> <li>• use a large dolphin kick to launch body forward and through "the wave"</li> <li>• hands should recover fast, flat, and near surface</li> </ul>

## Backstroke Drills

<b>10-BEAT BACKSTROKE</b>	<ul style="list-style-type: none"> <li>• extend one arm above head, other arm relaxed at side</li> <li>• palm faces bottom of pool</li> <li>• kick 10 times on side (shoulder should be under chin)</li> <li>• rotate to other side after 10 kicks</li> <li>• keep head, shoulders, and hips in a tight line</li> </ul>
<b>10-10-3</b>	<ul style="list-style-type: none"> <li>• 10-beat backstroke: right arm</li> <li>• 10-beat backstroke: left arm</li> <li>• 3 full strokes backstroke</li> </ul>
<b>SINGLE-ARM BACKSTROKE</b>	<ul style="list-style-type: none"> <li>• extend one arm overhead</li> <li>• keep other arm relaxed at side</li> <li>• stroke with one arm pausing before each pull</li> <li>• shoulders and hips roll as one unit</li> <li>• exaggerate roll</li> </ul>
<b>CATCH-UP BACKSTROKE</b>	<ul style="list-style-type: none"> <li>• start with both arms extended towards ceiling</li> <li>• stroke with right arm while holding left arm in start position</li> <li>• stroke with left arm after right arm returns to start position</li> </ul>
<b>SODA CAN BACKSTROKE</b>	<ul style="list-style-type: none"> <li>• kick (and later swim) backstroke while balancing a soda can on forehead</li> <li>• fill can half-full with water</li> </ul>
<b>DOUBLE-ARM BACKSTROKE</b>	<ul style="list-style-type: none"> <li>• stroke with both arms at same time</li> <li>• keep kick continuous</li> </ul>
<b>ROTATIONAL KICK</b>	<ul style="list-style-type: none"> <li>• arms at sides</li> <li>• rotate your body (not your head) from side to side, back and forth</li> <li>• keep kick continuous</li> </ul>
<b>3-3-3</b>	<ul style="list-style-type: none"> <li>• 3 strokes right-arm</li> <li>• 3 strokes left-arm</li> <li>• 3 full strokes</li> </ul>

<b>Fly Drills</b>	
<b>FALLING DRILL</b>	<ul style="list-style-type: none"> <li>• stand in shallow pool with arms at sides</li> <li>• simulate arm-stroke while standing</li> <li>• break at waist and fall forward into water (as if threading a needle)</li> <li>• do not push-off bottom</li> </ul>
<b>4-BEAT FLY</b>	<ul style="list-style-type: none"> <li>• 1 stroke fly (with a breath)</li> <li>• 2 dolphin kicks in semi-streamlined position underwater (hands beside each other, thumbs hooked)</li> </ul>
<b>SINGLE-ARM FLY</b>	<ul style="list-style-type: none"> <li>• stroke with one arm while other arm is extended in front</li> <li>• breathe forward</li> </ul>
<b>DIVE STROKE FLY</b>	<ul style="list-style-type: none"> <li>• dive down to bottom</li> <li>• touch bottom with hands first</li> <li>• push-off bottom with hands in front</li> <li>• breathe</li> <li>• keep hands extended in front at all times!</li> </ul>
<b>3 KICK FLY</b>	<ul style="list-style-type: none"> <li>• swim 12.5 yards with extra kick in the middle of the stroke</li> </ul>
<b>3-3-3</b>	<ul style="list-style-type: none"> <li>• 3 strokes right-arm</li> <li>• 3 strokes left-arm</li> <li>• 3 full-strokes</li> </ul>

<b>Breakout, Turn, and Finish Drills</b>	
<b>STREAMLINE BREAKOUTS</b>	<ul style="list-style-type: none"> <li>• begin in ready position</li> <li>• push-off in perfect streamlined position</li> <li>• begin kicking immediately (except for breaststroke)</li> <li>• accelerate kick as you go</li> <li>• extra streamline as you surface and take first arm-stroke</li> <li>• no breathing first 3 strokes (except breaststroke and backstroke)</li> </ul>
<b>STREAMLINED JUMPS</b>	<ul style="list-style-type: none"> <li>• in waist-deep water, jump as high as you can in a streamlined position</li> </ul>
<b>JUMP FLIPS</b>	<ul style="list-style-type: none"> <li>• vertical jumps attempting to complete a somersault in mid air</li> </ul>
<b>TURN WITHOUT WALL</b>	<ul style="list-style-type: none"> <li>• start from center of pool</li> <li>• turn at flags</li> </ul>
<b>1-TURN 25'S</b>	<ul style="list-style-type: none"> <li>• start from center of pool</li> <li>• sprint 12 1/2 yards</li> <li>• turn</li> <li>• sprint 12 1/2 yards</li> </ul>
<b>2-TURN 50'S</b>	<ul style="list-style-type: none"> <li>• start from center of pool</li> <li>• sprint 12 1/2 yards</li> <li>• turn</li> <li>• sprint 25 yards</li> <li>• turn</li> <li>• sprint 12 1/2 yards</li> </ul>
<b>3-STROKE GLIDE</b>	<ul style="list-style-type: none"> <li>• 3 explosive strokes</li> <li>• on 3rd stroke, lunge into a side-float position (one arm extended in front and one arm at side)</li> <li>• glide for 3 seconds</li> </ul>
<b>FINISHES</b>	<ul style="list-style-type: none"> <li>• 5 full strokes and pretend to finish on 5th stroke (extend arm to imaginary wall)</li> </ul>