

# Swim Drills-Technique



## 6 Kick Switch

Purpose: To teach swimmers effective side-to-side rotation

Description: Rotating to one side, swimmer kicks on side with head down for 6 kicks. After 6 kicks, swimmer slowly rotates to the other side while kicking and complete 6 kicks on the opposite side. Continue alternating every 6 kicks all the way down the length of the pool.



## 6 kick Switch with 3 Strokes

Purpose: To help swimmers gain confidence in proper form for rotation while mimicking as close to a natural stroke as possible

Description: A next procession from 6 kick switch; swimmer kicks on side for 6 kicks, then takes 3 regular freestyle strokes, then takes 6 kicks on opposite sides all the way down the length of the pool.



## Finger Tip

Purpose: To practice proper pull form of elbows high

Description: Athlete keeps fingers in the water on the reach phase of the stroke, essentially “dragging” their fingers across the water from their hip past their head during the recovery portion of the stroke.



## Catch Up

Purpose: To teach swimmers to hold a long, efficient stroke

Description: Swimmers reach far forward into the water upon entry, lightly tapping the opposite hand (which stays in place until the opposite hand lightly taps it).



## Drain Pipe

Purpose: Neuromuscular activation drill that prepares athletes for successful entry in the water

Description: Swimmer enters water with high elbow, then brings hand back out, then enters back into the water. By focusing on high elbow and strong body rotation, swimmers practice strong entry while maintaining long distance with their stroke.



## Fist

Purpose: To engage the forearm in a strong, efficient pull

Description: Swimmer holds both hands into a tight fist for the entire stroke as opposed to an open, extended palm, which forces swimmers to work on a strong, early vertical forearm pull.



### Single Arm Recovery Freestyle

Purpose: To learn proper shoulder and hip rotation; teaches a swimmer to snap from the hips to engage them into the power of the stroke

Description: The swimmer's opposite arm is at the side which allows for the swimmer to focus on hip/shoulder rotation when pulling with the other arm that is in regular freestyle position.

## Swim Drills-Sighting



### Tarzan

Purpose: To help athlete learn how to lift head up while swimming to improve sighting ability

Description: Swimming keeps chest and head out of the water, which requires a strong, steady kick



### Alligator Eyes

Purpose: To practice and improve sighting

Description: Swimmer slightly lifts face up to the bridge of the nose/lower goggles to practice sighting while swimming



### Eyes Closed

Purpose: To understand which direction an athlete may go off course and use this information to make corrections as needed

Description: Swimmers count one lap of their stroke lengths (ex: 17 strokes per 25 yds) with their eyes open. Swimmer then swims one lap with their eyes closed directly down the middle of the lane, opening before they reach their stroke count to avoid collision with the wall. If a swimmer veers more to the left, then the swimmer should incorporate increased sighting to the right side. If a swimmer veers more to the right, then the swimmer should incorporate increased sighting to the left side.



### Targeted Sighting

Purpose: To practice efficient sighting and help an athlete identify if s/he has drifted.

Description: Coach holds up a bright object (such as a kickboard). Coach changes position of the kickboard while the swimmer's head is underwater (ex: moves kick board to the left, right, above, or below his/her face). The swimmer is looking to identify that object's location when s/he sights.