

Hertsmere Flyers Swimming Club



affiliated to ASA East Region

Remember all swimming strokes are slow to fast, you need a good catch position before you apply the power and then you accelerate until recovery phase where the muscles relax again.

Drill	Description of the execution of each drill	Objective
FREE Single	Swim with one arm extended, focus on soft hand entry next to other thumb, after catch fingers face bottom of pool to create early vertical forearm, then press water back and fully rotate torso to 45 degrees, reach forward and press back to create full arm extension at front and back of stroke.	Full extension, Many other uses also exist
Dorsal catch-up	Spare arm extended . Recovering arm recovers dragging fingernails along surface to join other arm which then performs the propulsive action with focus on maintaining high elbow throughout the first part of pull phase	Arm Recovery Catch Phase E.V.Forearm
444 or 666	Same as single except you do 6 left - 6 right and then 6 full strokes (or 444)	Co-ordination
Head up	Focus is on angle of hand entry followed by initial scull of hand to the high elbow position Chin on water & with still head the swimmer can monitor hand entry	Hand entry
Power Paddle	Normal stroke except recovery takes place without arm leaving the water. Use this with bilateral breathing (every 3,5 or 7), swimmers watch the technique of arm pull underwater, fingertips face bottom of pool after catch to maintain high elbow underwater, then press back fully, hand recovers flat underwater to begin process again	Hip rotation
Super Slow	Via slow recovery there is never a moment when hand is not pressing water. As the hand enters it takes over propulsion from the other hand as it finishes.	Awareness of propulsion! Control
Side Lateral	Swimmer kicks with one arm extended and one arm by side, with body at 45 degrees one shoulder out of the water, add 3, 5 or 7 strokes to drill after every 6 or 12 kicks. Eyes should be focused just under the extended hand looking forward.	Rotation, Kicking on side, core strength
Finger Tip Trail	Drag tips of finger nails through water during recovery to promote high elbow and relaxed forearm, power is off during recovery	High Elbow
Australian	Full stroke but on recovery they touch their shoulder then head then catch up. Arms done slow – legs kick fast	High elbow, co-ordination
BACK Single	Spare hand placed on opposite hip to increase roll + lean onto side, you work with one arm only. Objective is to ensure still head so that as body turns onto side for the catch the opposite shoulder comes over in line with the chin	Hip rotation
Dip The Hip	Hip rotation starts before arm recovers and as a result shoulder is in line with chin as opposite hand enters water. This drill facilitates deep catch point at start of stroke bringing large/powerful back muscles into action for power	Deep catch pt.
Both	Both arms recover together, little finger entry press with thumbs up-DURING PUSH PHASE ROLL THUMBS OVER AND PUSH TO PALMS DOWN POSITION TO FINISH STROKE before exiting water with thumbs up	Push to finish
Think straight	Focus on keeping legs straight in downward (recovery) movement & think 'flick' to get propulsive upward movement of legs. Hands on thighs.	Kick from hips
Hesitation	Fullstroke, slow arms as arm is at middle recovery rotate palm 3 times whilst straight up in the air during recovery.	Control, Awareness
Signal	Hand comes out of the water to right angle then drops to legs then the full stroke.	Control, Awareness

BRS Heals to Hands	Kick Breast stroke with glide whilst arms straight backward hands at hips. Heels touch hands & thus ensures feet are apart in recovery, encourages knees not too far apart & ensures feet come up to buttocks.	Feet apart in recovery, Good Catch
1 pull 2 kicks	One pull then ears squeezed by shoulders the swimmer kicks twice head underwater - each kick with glide. Can do 2/3/4 kicks, You must be close to surface before you start an outswEEP with the hands for breathing.	Feel propulsion
Kick & dolphin	At end of kick (in kicking or swimming) hips and heels rise to surface & dolphin which encourages lift of hips as happens in technically good Breast Stroke, At late point in kicks propulsive phase imagine that the stomach is rolling over a large barrel. Hips will go up to create undulation and wave like motion. Keep chin down	Focus hip lift Wave Undulation
Pulling OutswEEP and Inseep	Can use fins - don't kick. - Let legs almost trail along Elbows & Upper Arms brush past ribs, then little finger turns down to start in-sweep phase, palms move towards each other very fast to create lift for breathing, then recovery takes place usually with the thumbs just below the surface. You must in-sweep and recover with a lunge to keep the stroke moving forwards, there must be no flat spot in the stroke especially during breathing.	Streamlining
OutswEEP Sculling	Hands travel outwards to Y shape with palms pitched at 33 degrees outwards, then little finger down hands recover back until thumbs meet to start the process again.	OutswEEP, pitch of hand, slow outswEEP
Progression	Start with a scull arms in front with a kick, arm scull gets bigger with a kick then a full stroke with a kick, start from beginning.	Feel propulsion, pitch of hand.
FLY Single Arm	Single arm working spare in front - watch hand come out as you breathe. Ensure face in water before hand. This drill assists correct head/hands/pull/kick progression necessary in the full stroke	Stroke Rhythm & dolphin kick
Fly kick	Fins on. Do not kick but merely AGGRESSIVELY 'nod' chin onto chest & lift chin up to water surface to breathe. This produces the undulation needed in fly and as time progresses one can add the kick into this drill. Its equal and opposite reaction if you move the head the body will follow producing undulation of the hips.	Produce Dolphin undulation
31 3R	3 strokes on right then 3 left arm brushing the hips with the thumb as your hand exits the water to ensure you have finished the pull.	Stroke finish with push
Biondi	Hands start at front of stroke directly extended in front of shoulders. Wrists rotate slightly for catch then press back with high elbow as if doing double arm front crawl. Hands push very hard from navel thumbs brushing hips with arms straight. Breathe as hands leave the water. In each 'stroke' one gets hands onto navel before starting the drill. Then progress to plus 1,2 or 3 full strokes after each Biondi drill.	Correct position of Hands in breathing, acceleration, Timing, power.
Dive Fly (Porpoise)	Swimmer goes to pool floor, then pushes upwards with force from legs to jump over the surface of the water, once near the surface the swimmer does a fly arm cycle over the surface and dives back to the floor to repeat the process	Speed, acceleration, undulation over the surface.