

## Common Errors

Phase:	Error
Recovery Phase	<ol style="list-style-type: none"> <li>1. Use too much effort – keep this relaxed and smooth</li> <li>2. Swing the arm over the water low and wide</li> </ol> <p>Good Drill = Finger Tip Drag</p>
Entry Phase	<ol style="list-style-type: none"> <li>1. Over reaching - Arm is extended too much on entry Aim to enter in front of shoulder about 1 foot in front of body.</li> <li>2. Under reaching</li> <li>3. Incorrect hand angle</li> </ol>
Down sweep Phase	<ol style="list-style-type: none"> <li>1. Dropped elbow</li> <li>2. Maintaining arm in extended position Aim to flex the arm ~90 degrees</li> </ol>
Insweep Phase	<ol style="list-style-type: none"> <li>1. Sculling the arm in -may lead to drop elbow</li> <li>2. Bringing the arm in too Little (short insweep) or too much (long insweep)</li> </ol>
Upsweep Phase	<ol style="list-style-type: none"> <li>1. Extending arm and hand to surface</li> <li>2. Turning hand in before end of phase</li> </ol>
Kick	<ol style="list-style-type: none"> <li>1. Kicking too high</li> <li>2. Kicking too deep</li> <li>3. Bending legs too much</li> </ol>
Timing	<ol style="list-style-type: none"> <li>1. Recovering arm enters too soon or too late</li> <li>2. Not pausing with extended arm and downsweep is started too soon.</li> <li>3. Gliding too long</li> <li>4. Not enough body roll</li> </ol>
Breathing	<ol style="list-style-type: none"> <li>1. Turn head too soon or too late. Wait until recovering arm just enters water</li> <li>2. Lifting head with each breath</li> <li>3. Not returning head back to midline</li> </ol>

# Drills

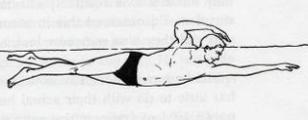
## Balance

<i>Drill Name</i>	<i>Description</i>
Downhill swim	Gently lean your head and chest forward into the water as you swim. This drill will lift your hips higher in the water.
Kick on front with arms at your side	Kick on your front with your hands at your side. Try not to use your arms at all for balance. Keep them very loose and relaxed. Lift your head to take a breath. Your hips will sink, reposition your body position after you put your head back into the water.
Kick on back with arms at your side	This is the same as kick on front except you are on your back.
Kick on side with arms at your side	Kick on your side with both arms at your side. Keep your arms very relaxed. Aim to get as much of your upper arm out of the water as possible. Example: shoulder to your wrist. Keep your head low in the water while your face is turned out to breathe.
Kick on front with arms extended out front	Kick on front with your arms stretched out in front of you. Stack your right hand over your left. Squeeze your biceps so that they touch your ears. Lift your head to breathe. Remember to kick while taking a breath.
Kick on back with arms extended out front	Kick on your back in the streamline position. Stack your right hand over your left. Squeeze your biceps so that they touch your ears.
Kick on side with arm extended out front	Kick on your side with your lower arm fully extended in front of your body. Keep your arm straight with your palm facing the bottom of the pool. Your other arm gently rests on your body. Aim to get as much of your upper arm out of the water as possible.
Kick on side, roll head	Start on your side, once balanced turn head to look down, exhale and then turn head up to breathe. Stay on your side until you are ready to turn your head again (~5 secs).
1 Stroke Roll	Start off kicking on your side with your lower arm extended. Then roll your head to look down. Pause here for 1-2 seconds and then recover your upper arm to the front of your stroke. Once your recovering hand (upper arm) is at your head start to stroke with your extended arm and roll to your other side. Kick on your side until you feel balanced and your breathing is regulated. Then repeat by stroking and rolling to the other side.
3 Stroke Roll	This is very similar to the 1 stroke roll drill except that you take 3 complete strokes and then roll to your side and kick for a full 3 seconds then take 3 more strokes and roll to your other side and kick for a full 3 seconds.

# Entry

<i>Drill Name</i>	<i>Description</i>
Stab	Stab the water at a 45-degree angle. Make entry about 4 inches in front of your head. Ensure that you fully extend your arm under water so that it is horizontal to the water surface.
Thumb down	As you enter the water rotate your hand slightly so that your thumb and pinky finger make a 45 degree angle.
Stick it	A version of the catchup drill. Start with a solid kick that continues throughout the drill. The recovery arm stops just before the hand enters the water and holds that position for 6 beats of the kick. The hand then enters the water while the other arm pulls and then comes out to recover.

# Timing

<i>Drill Name</i>	<i>Description</i>
Catch-up	Start on your front with your hands extended out in front. Right hand over left. Take one complete armstroke with the left arm, placing it over the right hand before beginning the sequence again.
Catch-up 6 kicks	Similar to catch-up except keep your hands together out front for 6 kicks before starting the next pull
$\frac{3}{4}$ Catch-up 	This is like catch-up except you start to take your stroke with your extended arm when your recovering hand is at your head (not touching your other hand as in the full catch-up drill)
Stretch up	This is like catch-up except stretch the recovering arm past the fully immobile arm before taking a stroke.
1 Stroke Roll	Start off kicking on your side with your lower arm extended. Then roll your head to look down. Pause here for 1-2 seconds and then recover your upper arm to the front of your stroke. Once your recovering hand (upper arm) is at your head start to stroke with your extended arm and roll to your other side. Kick on your side until you feel balanced and your breathing is regulated. Then repeat by stroking and rolling to the other side.
3 Stroke Roll	This is very similar to the 1 stroke roll drill except that you take 3 complete strokes and then roll to your side and kick 6 strokes (or count for a full 3 seconds) then take 3 more strokes and roll to your other side and take 6 strokes. Continue this pattern the length of the pool.

## Recovery

<i>Drill Name</i>	<i>Description</i>
Finger tip Drag	Swim while dragging the fingers through the water during the arm recovery. The elbow should be flexed so that it is pointing up and directly above the fingers, which should be dragged forward through the water in a nearly straight line beside the body.
Shark Fin	Start off kicking on your side with arm extended, once you feel comfortable, turn your head and look directly down, slowly slide your hand up toward your armpit, and slide it back down. Then turn your head to take a breath and stay on your side until you feel ready to do your next shark fin. Continue this pattern for the length of the pool. The drill gets its name as your elbow should point straight up looking like a shark fin.
Chicken Wing	Place your thumbs in your armpits and swim. This resembles a chicken wing as you stroke with your elbows.
Zipper	Similar to finger tip drag except that the swimmer slide the thumb along side of the body, toward the armpit, before reaching forward for the entry
Recovery	Kick with 1 arm extended out in front and the other arm moving slowly backward and forward from point of entry to point of takeout. The moving arm never touches the water, it is all done in the air.

## Catch and Feel Drills

<i>Drill Name</i>	<i>Description</i>
Underwater recovery	See dog paddle drill (below)
1-arm swim	Start off kicking on your side, arm extended, then roll your body so that it is flat and at the same time stroke with your extended arm. Recover your arm out front and then roll your body back to the side with your face out of the water. Stay on your side and rebalance until you feel ready to stroke again.
Dog paddle	The arms are recovered underwater as swimmers paddle down the pool dog paddle style. So stretch one arm forward and hold it in a streamlined position while you stroke with the other arm. Stroke slow where you focus on stroking correctly with one arm, after which return it to a stretched position in front and repeat the sequence with the other arm.
Fist, 1,2 fingers	Helps to teach to use arms for propulsion. Swim with the hands closed as fists. Do this drill with a pull for the arms to supply all of the propulsive force.  When you swim with 1 finger, use your index finger.  When you swim with 2 fingers, use your index and pinky fingers. Your other fingers will be curled fist-like.

## Sculling

Sculling drills are one of the best ways to improve feel for the water. These drills should be completed using a pull buoy. After you feel very confident with a pull buoy you can choose to do the sculls without a pull.

<i>Drill Name</i>	<i>Description</i>
Small circles out front	Start on your front. Traveling head 1 <sup>st</sup> . Start with arms extended out in front and then make small circles with your hands. Have your right hand move in a clockwise direction and your left moving counter clockwise. Keep the circles small and do not kick. Keep your head in the water as you scull and lift your head when you need to take a breath. You travel the length of the pool using your hands only.
Windshield wiper	Start on your front. Traveling head 1 <sup>st</sup> . Start with arms extended out in front and then bring them to shoulder level. Bend your elbows 90degrees so that your hands are pointing to the bottom. Then sweep in (hands facing each other) towards your chest, then change the direction of your hands and sweep out towards the walls back to the starting 90 degrees. Continue this sculling action for the length of the pool. Move arms quickly.
Catch to finish position	Start on your front with the arms flexed ~90 degrees and near the chest under the body (Catch position). Then push the water back with the palms and forearms of both arms back to the finish position. Pause after your push and enjoy your glide before bringing your hands (thumbs first) back to the starting position. Keep your head in the water during each push from the catch position to the finish.
Scull on Back	Start on your back traveling head 1 <sup>st</sup> and have your arms at your sides. Move your hands in small circles near your hips. Ensure that the water is being pushed back towards the wall. This can be a fast drill so be aware of when the wall is approaching. Sight the backstroke flags to indicate when the wall is near.

# Kick

<i>Drill Name</i>	<i>Description</i>
Flutter kick deck drill	Sit on the edge of the pool deck. With your toes pointed and legs extended. Keep your legs together and kick to a depth of about 2 feet. Keep toes pointed toward the opposite end of the pool. Kick the water up toward the surface, and try not to break the surface.
Streamline kick	Place one hand over the other with your fingers and wrists together. Wrap the thumb of the hand on top around the lower hand to “lock” your hands so that you can’t pull them apart. Squeeze your head between your arms. Push off the wall in this position kick to the other end of the pool. Lift your head to take a breath.
Vertical kick	Kick in an upright or vertical position in the deep end while keeping the arms crossed across the chest. To add challenge you can 1) bring your hands out of the water, 2) bring your elbows out of the water and 3) kick in the streamline position with your arms out of the water.
Kick down / Up	On one length focus on kicking up, the next length focus on kicking down.
Spiral Kick	Kick on your side for 6 kicks, roll to your front for 6 kicks, roll to your other side for 6 kicks and then roll to your back for 6 kicks. Continue this pattern the full length of the pool and rotate the opposite direction on the next length of the pool.
Right / Left / Both	Kick with just the right leg for one length, then just the left leg for a length and then both legs for 1 –2 lengths.
Straight leg kicking	Kick from the hips with straight but very relaxed legs and ankles.
Wall kicking drill	Kick for x amount of time while holding onto the gutter. Can kick on your front, and or both sides.

# Sighting

<i>Drill Name</i>	<i>Description</i>
Heads Up	Swim as they did in Bay Watch. Keep your head out of the water and sight the wall that you are swimming towards. You will need to maintain a strong steady kick to maintain a high body position.
Heads Up every 5-7 strokes	Every 5 – 7 strokes lift your head forward to take a breath and at the same time sight the wall you are swimming towards. If you are unable to get a good look where you are going, quickly take another look after 2-3 strokes.  Lift your head when your extended arm is in the catch position.