



### **Drills sheet**

1. **Torpedo kick** - do 1/2 length in a streamlined position kick like hell (no board), on one breath, then swim relaxed to the end of the pool.  
[https://www.youtube.com/watch?time\\_continue=13&v=zYfPuj2ui3o](https://www.youtube.com/watch?time_continue=13&v=zYfPuj2ui3o)
2. **One arm drill** – swim using one arm, the other above the head, straight. Focus on the moving arm, where it enters the water and how it pulls through the water. Remember the catch, bend the arm and pull/push the hand in line with the shoulders under the body.
3. **One arm drill with a focus on breath** - As above but the focus is on the breath. We want you to breathe by turning your head with your body and trying to look to the side. Remember the bow wave that you are aiming to breathe in, you will find this easier.  
<https://www.youtube.com/watch?v=L6R2jnYBeeA> (with an early vertical form)
4. **Scull #1** <https://www.youtube.com/watch?v=IfNaLJlzgdA>
5. **Doggy paddle** – keep the arms under water, head in the water to keep an eye on your arms. Remember to reach and roll over the barrel. Try to aim for the hands to be in line with the shoulders. Remember the smiley face on your palm of your hand and keep it facing the wall behind you. Push all the way back as far as you can go, without flicking up.  
<https://www.youtube.com/watch?v=an2LA9MNie8> no mention of reach and roll at the front, imagine you are reaching over a barrel.  
<https://www.youtube.com/watch?v=c6P2rKkEDUQ>

### Drills continued...

6. **Kick on side** - one hand above head and behind ear, keep it there, don't bring it forward to help balance, you need to balance the core and get that right so that you don't over balance when swimming. Ensure those hips are up too!

[https://www.youtube.com/watch?time\\_continue=12&v=fPoYdkCHwhk](https://www.youtube.com/watch?time_continue=12&v=fPoYdkCHwhk)

7. **6-1-6** – refocus the breath. Kick on side, shoulders and hips stacked, head facing down towards the bottom of the pool. Take one pull and roll onto the other side, breathe, then face back in the water and repeat..

<https://www.youtube.com/watch?v=N2kpe-QMAG4>

8. **Javelin Drill** – kick on side with a paddle, then swim full stroke with the paddle, breathing to the opposite side of the paddle only focus your attention on the arm in front of the body when breathing

<https://www.youtube.com/watch?v=6sjc3mX-sYs>

9. **Water polo drill** - <https://www.youtube.com/watch?v=YXIfLIMG-xo>

10. **UNCO** – One arm by the side, the other arm doing frontcrawl action, breathe to the opposite side of the working arm. Make sure you roll the shoulders on both side and you turn the head with the body when you roll to the breathing side. This helps with timing of the breathe as well as the roll [https://www.youtube.com/watch?time\\_continue=2&v=aYagyjgpzFQ](https://www.youtube.com/watch?time_continue=2&v=aYagyjgpzFQ)