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FITNESS

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Swimming Drills

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Drill Application

PROBLEM: Ineffective kick

DRILL: Vertical Kick Drill

- Kick a normal freestyle (flutter) kick, with your body in a vertical position. Keep hands at side and experiment with feet wide, narrow, slow, fast, bent knee, straight knee. Find the best way to keep your chin above the water. For swimmers with very weak kick, hold on to the side of the pool and experiment. Progress to letting go for a few seconds at a time.
- Once this is accomplished, practice rotating 90 degrees by using your core and kick to initiate the movement.

PROBLEM: Dropping Elbow on Catch

DRILL: Fist Drill

- Swim regular freestyle with a closed fist for a half length, then open your hand and feel the increase in power.
- Use normal to fast arm speed and do not use fins. Concentrate on pulling with the forearms.

PROBLEM: General Stroke Mechanics

DRILL: Single Arm Drill

- Keep one arm extended out in front and use the other to stroke. "Reach, Catch, Crank, Snap, Line."
- Drill allows you to focus on the dynamics of pulling, on arm at a time. Use fins with this drill.

PROBLEM: General Stroke Mechanics

DRILL: Catch-Up Drill

- Each arm takes a full stroke, coming to rest in the forward position, before the other arm starts its pull.
- Good for working on rotation and timing of your stroke. Hold for 2 seconds, then 1, then touch and go.

PROBLEM: Short Finish

DRILL: Flicker Drill

- Aggressively accelerate the hand at the end of the stroke, brushing your thumb against your thigh. Hand

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Swimming

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exits explosively and "flicks" water behind you. Do half lap of Flicker, half lap swim. Keep the acceleration and thumb-to-thigh, lose the flicker.

- Finishing your stroke, every stroke is critical. When swimming, always brush your thumb against you thigh. This is adds 3-4 inches to every pull, but requires more tricep endurance.

PROBLEM: "Wind-milling"

DRILL: Finger Tip Drag Drill

- Drag your finger tips along the water during the arm recovery. Also, work on the "Line" portion of your stroke.
- Helps the "Line" and relaxation of your recovery.

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