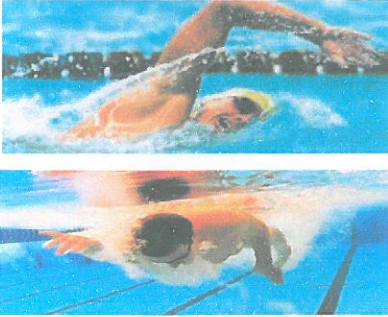


# HELPFUL DRILLS

## Head Position & Breathing

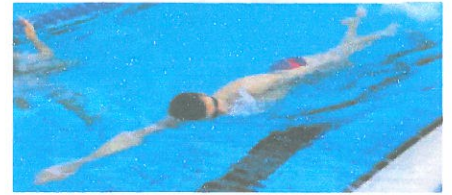


**IMPROVE:** Head & Breathing position

**DRILL:** Lateral kicking

**FOCUS:** Breathing low / close to water surface  
Not lifting forehead when breathing  
Keeping 1 goggle in the water

## Lateral kick + breathing



## Body Position



**IMPROVE:** Body position

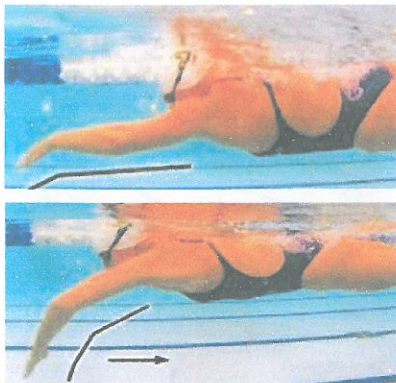
**DRILL:** Lateral kicking

**FOCUS:** Extending fingers away from shoulder  
Balance in a tilted position 45 degrees  
Opposite shoulder clear of surface

## Lateral kick + streamlined body position



## Arm Pull Catch Position

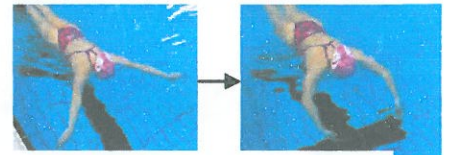


**IMPROVE:** Arm Pull Catch Position

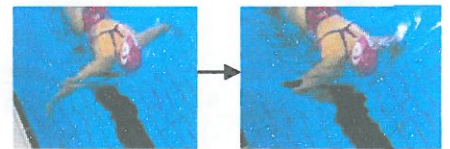
**DRILL:** Sculling & Catch Up

**FOCUS:** Fixing elbows during catch  
High elbows throughout drills  
Fingers lower than elbow

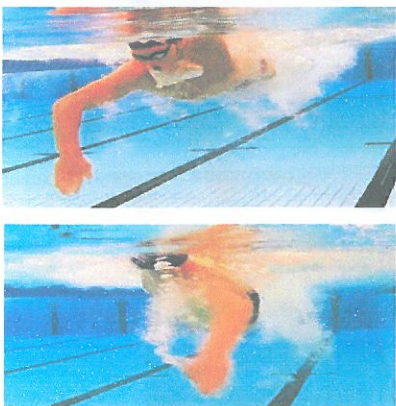
## Front Scull



## Mid Scull



## High Elbow Pull Technique

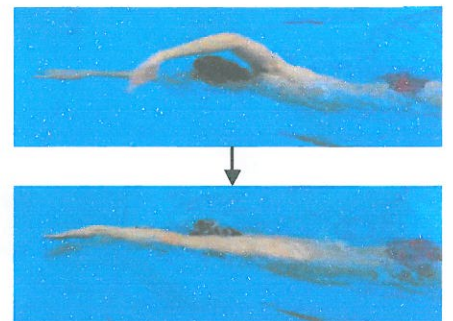


**IMPROVE:** Arm Pull (+ when breathing)

**DRILL:** Lateral kick switch (switch arm each 5s)  
Catch Up (Single arm and full-stroke)

**FOCUS:** Elbow pointing towards side of pool  
Fingers pointing towards bottom of pool  
Catch to Pull = Slow to Fast pace

## Catch Up Drill



## Efficient Arm Recovery



**IMPROVE:** Arm Recovery

**DRILL:** Finger trail

**FOCUS:** Keeping hand close to body during recovery  
Finger tips brushing surface  
Opposite arm high and in front shoulder

## Finger Trail

