

## EETC Swim Drill List

Drill	Body Position	Legs	Arms	Breathing	Timing	Open Water	Purpose	Coaching Points
Kick on side with fins							Develops alignment , posture and hand setup position for the catch phase	Kick on your side at 90 degrees and take your lower arm out in front, middle finger pointing to the end of the pool, and rest your top arm by your side. Lower arm should be in catch position and not crossing over- elbow higher than wrist, wrist higher than finger , breath minimising head rotation. Shoulder blades back and together.
Pull Buoy							Body rotation and focus on catch , pull ,recovery phase	A Pull Buoy is held between your legs as high as it will go. This allows you to turn off your leg kick and isolate your upper body Rotation Development. The tendency when swimming with a pull buoy is to become very flat in the water with limited body rotation. By focusing on body roll whilst using a pull buoy we encourage elements of stroke technique which develop good body rotation - like an engaged core and good alignment. Snaking Hips. The isolation of the upper body highlights any core control issues a swimmer may have in their technique. It's very common to see a swimmer snake down the lane when using a pull buoy. By encouraging the swimmer to stretch through the core we encourage body roll and remove snaking from the stroke.
Paddles							Purpose dependant on paddle type i.e. Finis Freestyler , Finis agility's etc..	Two types of paddle are recommended. Finis Agility, they have several advantages over a conventional resistance paddle: <ul style="list-style-type: none"> <li>• The three dimension shape, a natural thumb position and lack finger strap means the hand sits in a very natural position as you swim with very little pressure applied to the fingers</li> <li>• The strapless design means that a light constant palm pressure must be kept on the paddle at all times (Finis terminology: 'Palm Positive'). A poor catch or pull technique will result in the paddle coming loose or falling off!</li> <li>• The Agility increases the working area of your hand to increase resistance on the water but the paddle is not so large as to apply too much force through your shoulders, which would risk injury.</li> </ul> Finis Freestyler- -this paddle works to improve your hand entry and alignment in the water and are designed to fall off your hand if used incorrectly giving you immediate feedback on your stroke
Unco							Rythm and timing in the stroke and good body rotation	A one arm drill with the resting arm by your side as if in your pocket. Perform the full stroke with the active arm . As you stroke breathe on the opposite side on every stroke ( so if your stroking with your left arm breathe on the right). You must concentrate on both sides - think about dipping your dead shoulder back into the water to emphasise the roll.
Hypoxic (every 5 or 7)							Promotes good breathing technique including smooth consistent exhalation in the water	The use of a restricted breathing technique every 5 or 7 strokes allows the swimmer to focus on a deeper and consistent exhalation whenever the head is in the water .Bubble, Bubble, Breath!! Aim to stay calm and allow yourself time to focus on the symmetry of your stroke.
Spotting/ Sighting							Direction / alignment during OW swim	Encourage bi-lateral breathing to improve symmetry of the stroke allowing the swimmer to swim straighter, good exhalation to reduce anxiety and CO2 buildup, lift your head just enough (to avoid legs sinking and increase drag) to sight forwards (crocodile eyes) and then roll your head to the side to breathe
Deep water starts							Good position to help fast OW start	Perform scull #1 drill but minimise forward propulsion to stay in same position, when prompted to start immediately initiate strong effective stroke and strong leg kick.
Drafting							OW swim efficiency	Directly behind a faster swimmer - try to get as close as possible to the person in front without touching their feet because this is annoying, risk you receiving a kick, and slowing them down by pushing on their feet. Arrow head to the side and within the wake of a faster swimmer - This method of drafting gives the largest benefits. Swimmer in front creates a v shaped wake, position your head somewhere between their head and chest, adjust your stroke rythm to synchronise your stoke timing with theirs. Avoid clashing arms which will slow you both down. Breath towards the swimmer in front to keep in position. If you get dropped jump on to their feet.
6/1/6, 6/3/6, 6/5/6							Develops alignment , posture and hand setup position for the catch phase	Kick on your side at 90 degrees and take your lower arm out in front, middle finger pointing to the end of the pool and rest your top arm by your side. Lower arm should be in catch position and not crossing over- elbow higher than wrist, wrist higher than finger 6 kicks on one side, perform 1,3 or 5 strokes and swap on to the other side, breath and perform 6 kicks, repeat. Shoulder blades back and together.
Popov							Helps develop your body rotation and high elbow recovery (not essential if the swimmer is a swinger swim type)	Kicking on your side as 6/1/6 drill but without pause, slide your recovering arms thumb up your side smoothly to your armpit and back down again to your thigh. Then smoothly up your side again this time entering the water at the front of the stroke to swap sides. Breath before repeating .Keep the movement smooth and relaxed...
Broken Arrow							Helps with shoulders/ upper back flexibility and focuses on a good hand entry into the water	Kick on your side at 90 degrees and take your lower arm out in front and rest your top arm by your side. Without delay take top hand and raise vertically over head and pause for 2 secs. This is your 'arrow'. Break arrow by bending at elbow and spear into water in front of your head. Rotate onto other side, breath, return your head to the water and repeat the above. Up - Break-spear in - breath! Up - Break-spear in - breath!
Scull #1 & Scull#2							Helps develop 'feel for the water' and the initial catch position	Use a pull buoy, head out of water, scull left and right in front of head. Come slightly wider than shoulder and bring hands together so they nearly touch. Constant pressure on palm with fingers lower than wrist and wrist lower than elbow Palm should be slightly backwards at all times to gain forward propulsion. The Scull #2 drill as Scull #1 but arms in mid phase of pull directly under shoulders. Bend elbow at 90-100 degrees and raise chest. Finger tips pointing to the bottom of the pool.
Torpedo kick							Torpedo kick reinforces kicking technique and helps leg sinkers	Push off hard from the wall , one hand on top of the other, top thumb around side of lower hand. Reach as high and tall as you can. Turn toes inwards brushing together , squeeze backside, stretch through the core , tilt pelvis up slightly. Breath by performing one breaststroke or freestyle stroke as required.
Corpse Kick							Helps develop rolling body as one through the water	Use fins with both arms by side. Perform six kicks on front, rotate to left 90 deg, 6 kicks head facing down, rotate head to the ceiling to breath, return to face down for six kicks before rotating to right 90 deg for six kicks.
Sink Downs							Promotes good breathing technique including smooth consistent exhalation in the water minimising CO2 build up	At the deep end of the pool tread water. When you are ready take a breath in and let yourself sink. As soon as your head is in the water start exhaling strongly through either your nose or mouth, whichever you prefer. Make sure you are exhaling straight away. If you are not exhaling immediately, or you are not exhaling strongly enough, you won't sink - or you will sink a bit but then surface again. The idea is to be able to sink straight down to the bottom of the pool and stay there exhaling until you are ready to push off the bottom and come back up.
Javelin							Helps rotation , alignment, greater awareness of a good catch whilst breathing. Opens up the 'bad' side of your stroke and develop the timing of breathing to that side	Wearing fins, grab a single paddle and place it on one hand - a conventional strapped paddle is fine but the Finis Freestyler is great for this purpose as it is arrow shape and the keel gives you feedback on your alignment. Push off and kick on your side with the paddle on the lower hand outstretched in front of you. This is like the conventional side kicking exercise except you are wearing the paddle on the lead arm. Make sure you are at 90° on your side with your rear hand placed gently on your thigh. Repeat on other side
Doggy Paddle							Develops catch and feel for the water	Use a pull buoy and start performing stroke and recovery under the water . Slip hands forward fingertips first as easily as you can . Emphasise 'reaching over the barrel!' bending your elbow right at the front of the stroke. Keep the lead hand constantly in motion , either extending forwards, tipping over and catching the water or pulling backwards. The drills mantra is 'reach and roll'!!
Central Snorkel							The use of central snorkels helps to improve lung capacity, technique and body position	Ask swimmers to keep their head low and focus on the entire catch, pull and finish phases of each arm stroke through the water.
Bands							Promotes good rythm and timing in the stroke and makes the swimmer generate momentum, increases stroke rate and avoids dead spots in the stroke	Try to keep legs as high as possible, increase stroke rate and focus on a good catch and propulsive pull phase

The majority of the drills are on video at the following link - <https://www.youtube.com/playlist?list=PL4E9E0DA838E532FF>