

Goals:

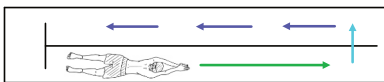
- Comfortable freestyle arms reaching to position 11 with each stroke.
- Freestyle breaths to the side without lifting or struggling. Focus on kicks and body position strength.
- Do lots of reps of streamline + free and SL + BK to master the strokes.
- Use longer distances as tests.

Activity 1:

Streamline + 3 FREE + Flip

3 x Streamline then do 3 free without breathing. Then do a front flip.

- Attempt no breathing
- Focus on good SL underwater and good arms above.

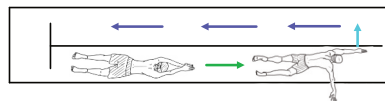


Activity 2:

Streamline to flags + 3 BK

3 x Streamline underwater on back.

- Stay in SL to the flags.
- After the flags, do 3 BK strokes counting when thumb exits the water.

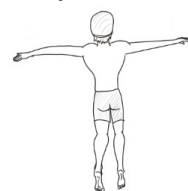


Challenge 1:

Push off the wall in Airplane

Push off the wall in airplane position on the

- surface
- underwater



See who can go the farthest without kicking or breathing!

Activity 3:

Swimming!

Do a 50 FREE or BK.

If you have FINS use them.

Rest as often as needed.

GOAL:

- Do the whole distance without stopping.

Activity 4:

Streamline + 5 FREE + Breath

3-5 x Streamline underwater, then at the surface do 5 free strokes. Must take 1 breath during the 5 FREE.



Challenge 2:

Lay on the bottom

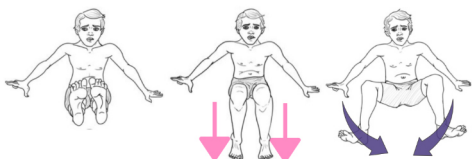
Get to the bottom of the pool, put your belly button, 1 big toe, and your nose all on the bottom at the same time;

- for 2 seconds
- for 5 seconds

Activity 5:

BR Kick on the side

Do 10 slow breaststroke kicks while sitting on the side.



Activity 6:

Streamline + 5 FREE + Breath + Flip

3-5 x Streamline underwater, then at the surface do 5 free strokes. Must take 1 breath during the 5 FREE.



Challenge 3:

Splash the deck

Facing the wall, make waves high enough to splash the deck (rise over the edge).

- Hands must NOT go above the surface. Create waves UNDERWATER to make splashes.

Safety Tips:

Use shallow water as much as possible.

Pay attention to fatigue and struggling to breathe. Don't require long swimming if participant is weak.

Be in the water as often as possible. Swimming to you instead of the flags can help build confidence.

Activity 7:

Position 11

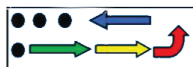
Do 2 x 25, or 4 x 25 of Position 11.



Use fins if possible.

Review 3 things to a good SL and a good Pos. 11 together. Have swimmers repeat to you.

Activity 8:



5 x SL + Position 11 for 5 kicks + 1 FREE

Streamline, then at the surface kick in Pos. 11 for 5 kicks, keep kicking and do 1 FREE arm stroke, keeping other arm in 11. Stop. Return to wall and repeat.



Challenge 4:

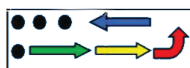
Flip without using hands

Start in a front float. Hold for 3 seconds.

With hands tucked into waist (not used) do a front flip.

If any arm or hand motion helps, it is a "fail."

Activity 9:

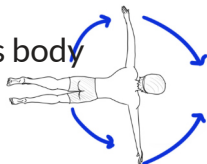


3 x SL + 1 Fly Arm stroke

No Kicking.

Streamline underwater. At the surface do 1 fly arm motion. Just the motion.

Okay if it pushes body backwards.



Activity 10:

50 FLY Kick



1 x 50 Fly Kick.



Use fins if possible.

If swimmers strong increase to 2 x 50, or more.

Challenge 5:

Position 11 underwater on +

Put 2 hands underwater on the horizontal line of the + mark on the wall (in a lane). Keeping body in Pos. 11, with elbows straight, do 20 kicks staying in Pos. 11 underwater.

BONUS: Put head against the wall only, arms in soldier and do 20 licks.

Activity 11:

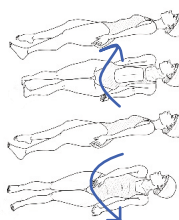
2 x 25 FREE Drill: Fists

Swim free with your hands in a fist. Push with forearm.



Activity 12:

2 x 25 HLBw/R



Head Lead Balance with Rotation.

Start on BK.

Head does not move. Hips rotate to 90°
Hips drive rotation. Kick to move.

Challenge 6:

Create your own!

Invent your own challenge!

- What skill do you want to work on?
- What is something fun to do?

Now, make it harder. Put a roadblock in front of it like... no breathing, eyes closed, etc.

Goals:

- Build confidence through longer distances and build endurance.
- Introduce drills to promote stroke mastery. Move beyond sloppy and wild and move towards control.
- Strictly enforce streamline. If you see someone NOT streamline, stop them and correct one of 3 things.

Activity 1:

1 x 100 IM Kick

No board. 1 length of each stroke. All kicks in soldier position.

- On free turn the head to the side; can rotate body.

Activity 2:

2 x 50's

Can be instructor's choice. FREE, Back, BR, or FLY. Or kicking w/ or w/o fins.

Same or different strokes.

Challenge 1:

Question of the Day:

What stroke(s) does position 11 work on?

Correct: Do 10 kicks in Position 11 then do 3 front flips.

Wrong: Do a 50 Position 11 w/ FINS

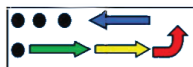
Activity 3:

5 x SL + 2x (5 Kicks in Position 11 + 1 FREE)

Do everything inside the () two times.

Look for strong position 11 with straight arms and a powerful kick. Arm stroke only moves 1 arm. Other stays in 11.

Activity 4:



Streamline + 5 FREE + Breath

3-5 x Streamline underwater, then at the surface do 5 free strokes. Must take 1 breath during the 5 FREE.



Challenge 2:

Belly Button and Toes up

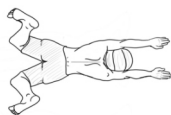
Keep your belly button and 10 toes above water for 4 seconds.

No touching other things, people, or bottom.

Activity 5:



3 x SL + 2 BR Kicks



Stay in streamline the entire time. Best if remain underwater, but not required.

Focus on correct kick that makes swimmer move.

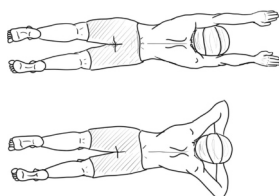
Activity 6:



5 x SL + 2x (11. Eat. 11)

Do the breaststroke arm MOTION, not a swim.

Focus on elbows high, scoop to the mouth, then back to 11.



Challenge 3:

3x Both arms at same time BK

Without a push off the wall, do 3 double arm backstroke strokes to the flags (from the wall) w/o kicking.

At the wall do a knees tucked backflip.

QofDay Answer: All of them!

Safety Tips:

Use shallow end or where swimmers can stand if possible. Pay attention to fatigue and struggling to breathe. Don't require long swimming if participant is weak.

Be in the water as often as possible. Swimming to you instead of the flags can help build confidence.

Activity 7:

5 x SL + FLEX

Review on the deck first.
Hold streamline throughout.
Enter flex position after push off the wall.



Activity 8:

5 x SL + Lift and Flex

Start in Streamline, lift the feet by bending the knees.
Once bent, flex feet. Pause in that pose 2 seconds.



Challenge 4:

Push off the wall with BR feet.

Put the inside of your feet against the wall, like you would for BR kick.

Push off the wall, using the INSIDE of your foot.

Get 5 yards without kicking in soldier, and do again in SL.

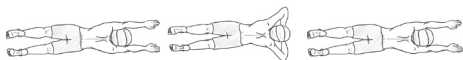
Activity 9:

5 x SL + 2x (11, Eat, 11)

No Kicking. Not swimming. Do the arm motion.

Streamline underwater, do the arm motions of 11, Eat, then 11.

Elbows stay high.



Activity 10:

5 x SL + 1 x 11, Eat & Breath, 11

Add a breath during the "eat" portion.

Head raises with "eat" and goes back under on returning to 11.

No kicking. SL underwater, 11, eat and breath, 11 on the surface.

Challenge 5:

Do 11, Eat, 11 on your back

Floating on your back, do 11, Eat, 11 over and over with either flutter kick or BR kick to get you 5 yards.

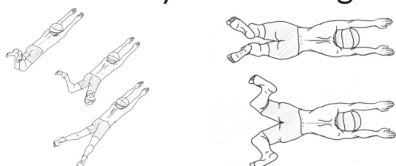
SUCCESS = face always staying above water, and 11, Eat, 11 done correctly.

BONUS: Do underwater!

Activity 11:

3 x SL + 2 BR Kicks

Demonstrate BR kick on land first. Then have someone that "knows it" demonstrate in the water. Stay in SL during kicks.



Activity 12:

5 x SL + 1 BR arm w/ a breath + 1 BR Kick in 11

Streamline underwater. At the surface do 1 x (11, Eat & Breath, 11), then when back in 11, do a breaststroke kick.

Arms with a breath, then kick and GLIDE!

Challenge 6:

Create your own!

Invent your own challenge!
- What skill do you want to work on?
- What is something fun to do?

Now, make it harder. Put a roadblock in front of it like... no breathing, eyes closed, etc.

Goals:

- Excellent Freestyle: Side breathing, strong kick, long reaching arms.
- Develop mastery through drills, challenges, and endurance building sets; 50's, 100's.
- Strictly enforce streamline. If you see someone NOT streamline, stop them and correct one of 3 things.

Activity 1:

1 x 100 IM Kick

No board. 1 length of each stroke. All kicks in soldier position.

- On free turn the head to the side; can rotate body.

Activity 2:

2 x 50's

Can be instructor's choice. FREE, Back, BR, or FLY. Or kicking w/ or w/o fins.

Same or different strokes.

Challenge 1:

Question of the Day:

What does "bilateral breathing" mean?

A: Breathing to both sides. Bi = both, lateral = side.

Correct: 25 FREE w/ FINS

Wrong: 50 FREE w/ FINS

Activity 3:

Streamline + HLBw/R 3x

Head lead balance with rotation.



Spin on spine while doing flutter kick.

Head remains aimed down.

Activity 4:

Streamline + 3x 1 arm only FR

3-5 x Streamline underwater, then at the surface do 3 free strokes only using 1 arm. Must be the same arm. Other arm remains in soldier position.

Basically, HLBw/R + 1 arm of FR.

Challenge 2:

Flip 1st + SL on BK past flags

Start facing the wall. Do a front flip, push off on your back in streamline, and stay underwater until you pass the flags.

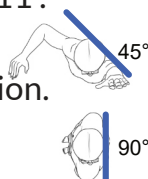


Activity 5:

6 x 25 FREE w/ FINS

Swim freestyle. Use fins to focus on breathing and arms reaching to position 11.

Emphasize hip rotation.



Activity 6:

2 x 100 FREE Kick w/ kickboard

No fins. Work endurance.

Let swimmers go together and talk if you want. Should be a refresher and endurance builder set.

Challenge 3:

3x Handstand, flip, SL jump

Handstand with both legs together for 2 seconds.

Front flip without touching ground.

Plant feet w/ whole body underwater, jump into streamline, belly button must break surface.

Safety Tips:

Use shallow end or where swimmers can stand if possible. Pay attention to fatigue and struggling to breathe. Don't require long swimming if participant is weak.

Be in the water as often as possible. Swimming to you instead of the flags can help build confidence.

Activity 7:

5 x SL + FLEX

Review on the deck first.

Hold streamline throughout.

Enter flex position after push off the wall.



SL + Flex

Activity 8:

5 x SL + Lift and Flex

Start in Streamline, lift the feet by bending the knees.

Once bent, flex feet. Pause in that pose 2 seconds.



Lift & Flex

Challenge 4:

Push off the wall with BR feet.

Put the inside of your feet against the wall, like you would for BR kick.

Push off the wall, using the INSIDE of your foot.

Get 5 yards without kicking in soldier, and do again in SL.

Activity 9:

5 x SL + 2 FLY arms

Short distance. Focus on POWERFUL kick.

Sneak arms in.

Must breathe on second stroke.



Activity 10:

4 x 25 FLY w/ FINS

Focus on streamline with good kicks.

Look for hips rising and driving the body motion.

Strong kick = strong FLY.

Arms in 11 = hips near surface.

Challenge 5:

SL + 2 FLY under & on back

Like a backstroke SL, push off underwater.

While under, and on back, do 2 full fly strokes without touching the surface.

Must be "legal" fly. No breaths.

Activity 11:

3 x SL on BK to flags + 3 BK

Start back strokes AFTER the flags.

Practice for stroke counting.



Activity 12:

2 x 100 Backstroke

Streamline underwater, on your back.

Count 3 strokes after the flags, then put hand in position 11 to touch the wall.

Kick & Rotate hips & "Thumb, hi, pinky, push."

Challenge 6:

Create your own!

Invent your own challenge!

- What skill do you want to work on?
- What is something fun to do?

Now, make it harder. Put a roadblock in front of it like... no breathing, eyes closed, etc.

Goals:

- Build endurance
- Run like a swim team practice
- Refine good habits
- Warmup, Drill, Distance, Skills
- Strictly enforce streamline. If you see someone NOT streamline, stop them and correct one of 3 things.

Activity 1:

1 x 100 IM Kick

No board. 1 length of each stroke. All kicks in soldier position.

- On free turn the head to the side; can rotate body.

Activity 2:

2 x 50's

Can be instructor's choice. FREE, Back, BR, or FLY. Or kicking w/ or w/o fins.

Same or different strokes.

Challenge 1:

Question of the Day:

What strokes does position 11 work on?

Answer: All of them!

Demonstrate each stroke on deck and pause in pos. 11 for emphasis.

Activity 3:

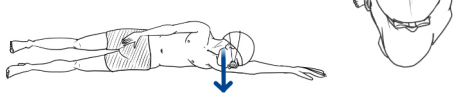


Streamline + 3 FR + 18 K on side

Focus on hip rotation with each arm stroke.

During 18 Kicks be totally on the side, hip down/hip up.

Bottom arm extended.



Activity 4:

4 x 25: Drill / Swim x 25

FR Drill on 1st and 3rd 25. Drill 3FR + 18K on side repeating.

2nd and 4th 25s are swim Free.

Focus on hip rotation and tucking arm to head on reach.

Challenge 2:

Dolphin jump

Start in the corner of the pool where the wall meets the floor.

Jump like a dolphin/rainbow. Apex of dolphin jump should be over T mark. Glide past flags. No kick. No arms.

Activity 5:

1 x 200: Fly K / BK x 25

With or w/o fins.

Fly kick down hands at hips, back swim back.

Focus on kick. Hips.

Activity 6:

6 x 25: Fins. 2 Fly then Free rest

Streamline with fly kick. First 2 strokes are FLY. Breath on #2.

Rest of the 25 is freestyle swim.

Focus on fly technique.

Challenge 3:

Around the world in SL underwater

Streamline underwater past the flags.

Must do 2 fly kicks on each side of body: stomach, L side, back, R side. Remain in SL throughout.

Safety Tips:

Use shallow end or where swimmers can stand if possible. Pay attention to fatigue and struggling to breathe. Don't require long swimming if participant is weak.

Be in the water as often as possible. Swimming to you instead of the flags can help build confidence.

Activity 7:

BR Pullout Progression

1. Streamline. No kick.
2. Pull down; hands to hips.
3. Sneak up hands towards SL.
4. BR kick shoot hands to SL.

3 x Step 1.
3 x Step 1 & 2
3 x Step 1 & 2 & 3
3 x Step 1 & 2 & 3 & 4

Activity 8:

4 x 25: BR 2 strokes CH rest

Begin each 25 with 2 breaststroke strokes; include the underwater breaststroke pullout.

After 2 BR strokes swimmer can choose any stroke rest of the way. FR, BK, BR, FLY.

Challenge 4:

BR Feet Streamline Push

Partner streamline push, but the person in streamline must use a BR kick push.

Partner pushing should hold inside of streamliner's feet.



Activity 9:

8 x 25: IM. Fly, BK, BR, FR

Fly is 2 strokes Fly kick the rest of the 25.

Swim BK, BR, FR.
BR: do underwater breaststroke pullout.

Activity 10:

4 x 50: Drill / Swim

Do all 4 the same stroke.

Drill ideas:

Fly: 1 arm only.
BK: HLB/w R ½ way, Fists other
BR: 2 K in SL + 1 arm pull.
FR: 0, 2, 5 Fingers drill. 3 strokes with fists, 3 with 2 fingers open, 3 strokes with all 5.

Challenge 5:

Swim to ½ way limited strokes.

With a streamline and no KICKING get to ½ way:

- with only 3/5 FR strokes
- with a single Underwater breaststroke pullout (w/ kick).
- with only 3 FLY arms.
- with 5 BK strokes.

Activity 11:

3 x SL + 1 Fly + 1 BR

Do SL with fly kicks, Then take one fly stroke and then do 1 full breaststroke stroke.

Focus on body movement at hips.
Stomach and hips should drive the arms and kicks.

Activity 12:

2 x 100. 1= CH 2= FREE

First 100 should be all out sprint. As fast as possible.

2nd 100 is recovery swim. Start 10 seconds after done with first one.

Challenge 6:

Create your own!

Invent your own challenge!

- What skill do you want to work on?
- What is something fun to do?

Now, make it harder. Put a roadblock in front of it like... no breathing, eyes closed, etc.