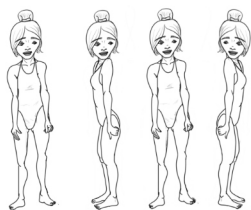


Rotation:

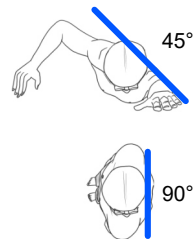


Rotate the hips, and the shoulders will follow.

Freestyle is considered a Long Axis drill; your body rotates along your spinal axis, or your spine.

Focus your instruction on the hips.

Beginners will want to move their shoulders, but this doesn't effectively move the trunk.



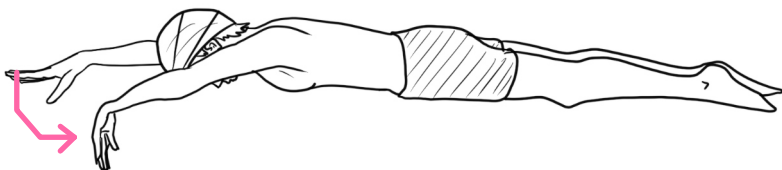
Exaggerate the angle drilling, roll subtly when swimming.

Doing drills at 90° to the surface of the water will over-exaggerate the rotation during swimming.

Hip angle to the surface during freestyle should not exceed 45°.

Drill more than 45° to get in the habit of using the hips to anchor the stroke and maximize your swimming strength.

Underwater Pull:

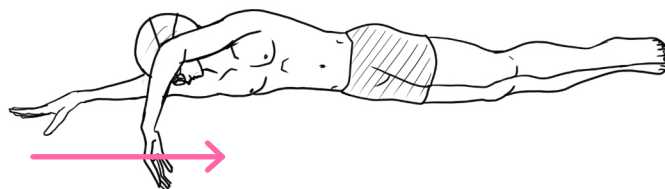


Palm down. Anchor. Pull

Coupled with a good hip rotation, anchoring the hand and forearm in front of the shoulders creates good "front quadrant swimming."

Emphasize the hook at the top after position 11, like pulling up over a ledge, and rotate through the arm pull.

As the hands get to the hips swing out.



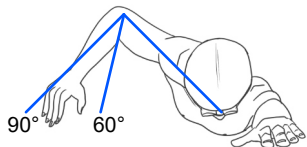
Hand and forearm down. Pull with a high elbow.

Use multiple drills like "Zombie Position 11," 1 arm only, Ready Catch Pause, and others to reinforce this anchored arm stroke.

Begin pulling and pushing against the water immediately after the hand enters it in position 11.

Full extension and reach, then immediate pull engaging the forearms and the pectoral muscles.

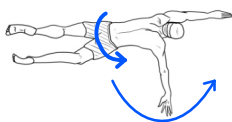
Recovery and reaching:



Swing wide; no zips.

Throw the hand wide like a compass between 60 and 90 with the elbow as the hinge.

Avoid zippering next to the torso as it hyper-extends the shoulder.

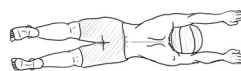


Rotate and toss

Finish the stroke in 11.

Rotate the hips with the swinging arm.

Arm recovers over the water wide returning to position 11 as the hips rotate down with that arm.



Reach to 11.

Beginners: Finish in a distinctly clear Position 11 with both arms before next stroke.

Advanced: Start next arm pull just before recovering arm gets to 11.



Quick breath.

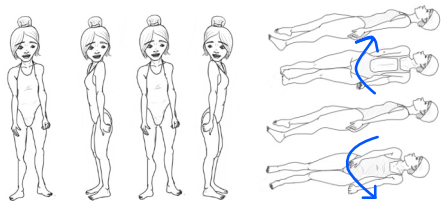
Sneak in a quick breath as the arm pulls back.

Breath should be complete by the time arm swings back into position 11.

Common Mistake: Late breath. Start on pull to fix.

Follow this formula for your lessons: Activity, Activity, Challenge

HLBw/R:



Head Lead Balance with Rotation.

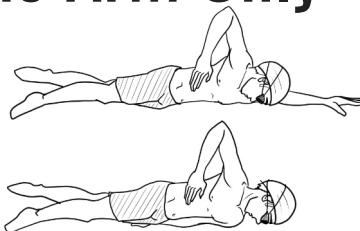
This is a drill to work on the body rotating.

The head remains still either looking at the bottom or at the ceiling.

Rotate everything but the head to 90° of the surface, then rotate the other way. The belly button will aim at both walls.

Drive the rotation from the hips. Avoid talking about the shoulders. If the hips rotate, the shoulders do too.

One Arm Only:



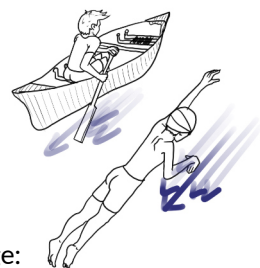
Combine HLBw/R with a single arm swimming freestyle.

This is a kicking and rotation drill as much as HLBw/R and simply adds a single arm moving.

The arm moves with the hips. As the hips rotate down, the same side arm extends to position 11.

As the arm pulls, rotate the hips so that when the arm recovers the same side hip is above the water.

Swim Flat Canoe



Challenge:

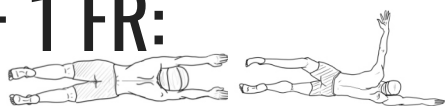
Swim freestyle as flat as you can. Be like a canoe paddling your arms.

This is the **WRONG** way to swim, but in doing something obviously incorrect we can learn how to do it well.

Keep your back flat and swim a 25 moving your arms without letting the hips roll or rotate along the spine.

Coaches/Instructors grade each attempt.

Position 11+ 5 K + 1 FR:

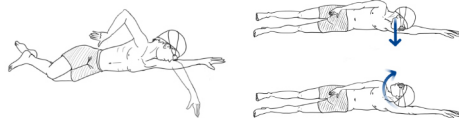


Kick in position 11 for 5 freestyle kicks and then continue kicking and do a single freestyle arm stroke.

Repeat for whatever distance you'd like. Can be done as a 3 x SL, and as 25's.

Focus on the arm that isn't doing the stroke to remain in Position 11. Strong Kick required.

3 FREE + 18 K

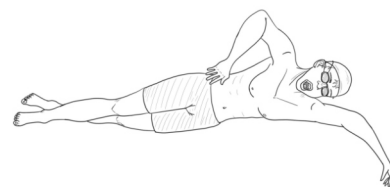


Swim 3 strokes of freestyle, then get on your side, laying on your arm with your nose inside your stinking armpit, looking down.

Kick on your side for 18 flutter kicks.

Breathe by rotating the head. Repeat.

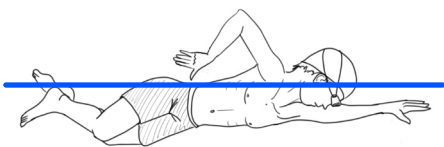
Olympic Swim:



Swim your regular freestyle with excruciating slow speed.

Move the arms slowly, glide, have a strong kick. Flow through the water with the effortless grace of an Olympic swimmer.

Fingertip Drag:

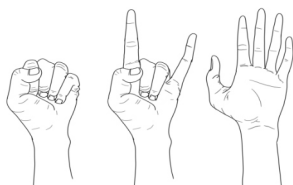


This drill is to help work on a high elbow.

When the hand recovers, or goes over the water drag the fingertips, or **JUST THE NAILS** over the top of the water.

Tickle fingers over the water surface while reaching up to position 11.

Fists, & 0,2,5



Fists Drill and 0, 2, 5 Drill:

These drills focus on the arm pull motion and how the vertical forearm aiming down pulls water.

Focus on long arm extensions and feeling the press of water against the wrists.

Breath Every 3:

As your swimmers practice and improve their arm strokes focus on the body position.

A rotating hip and maintained posture with excellent perpendicular to the bottom head position will go a long way to creating excellent freestyle.

Encourage breathing to any side at first but as you continue introduce breathing to both sides, or every 3 so as to balance out the stroke.