

### The Drills

- All drills are done with fins on your feet and a board in your hands. As you feel more confident drop the board first then, later, the fins.
- Take your time with them. At first they will feel very awkward but you will slowly become more comfortable. Also, go slow and rest whenever you need to rest in order to keep the exertion level low. You learn best when exertion is low.
- Remember: You are training your brain and nerves more than your muscles. Keep your workouts short and, if possible, frequent as that is how the brain learns quickest. But, be patient!

- **Kick**

- Kick with board

- Kick up and down the pool nice and relaxed, resting whenever you need to rest.
    - Focus: *From the hip, knee straight, point the toes*



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- **Body position and rotation**

- Side Swim Head Up

- Directions: Gently kick while on your side and head horizontal. Go down with one arm, back with other.
    - Focus: *Water washing over bottom goggle.*



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- Side Swim Head Down

- Directions: Identical to head up drill but head is facing down in water. Keep face down as much as possible rotating head only when you need to breathe.
    - Focus: *Eyes straight down*



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- Tap Drill
  - Directions: Same as above drills but tap hand on hip 3 times then reach forward to tap outside corner of board, quickly returning to side swim position. As you reach forward don't look forward for the board, rotate head straight down.
  - Focus (pick one at a time):
    - *Bottom goggle when breathing + eyes straight down when not breathing (don't look forward)*
    - *Tap corner of board, shoulder width apart.*



- **Stroke**

- One Arm Drill
  - Directions: Holding tail of board, continually stroke with one arm, turning your head to breathe to the stroke side with each forward movement of the stroking arm.
  - Focus (pick one at a time):
    - *Lead arm points straight down lane*
    - *Head rotates properly from breathing to head down*
    - *One of the three phases: finish/recovery, entry/extension, catch/pull*
  - [Click here for video.](#)



- **Swim with fins**

- Leave this till later. We have our Start Smart swimmers to these drills and many others for 6 weeks before actually swimming. You don't have to wait 6 weeks but do wait till you know you can execute the above drills well and with some comfort. Don't start putting up walls and a roof till the foundation is solid!
- Directions: Try now to put it all together, stroking slowly with alternate arms.
- Focus: Keep it simple and focus principally on keeping that horizontal head position.
- Once comfortable, drop the fins. Be ready to slow down a little but stay relaxed and keep that head low.

- **A Final Note**

- Swimming can be very technical if you want it to be and our coaches can certainly help you there. This package was to help you get started to enjoy a lifetime of the mental and physical benefits of swimming. *Stay Calm and Swim On!*