

Barracuda Bites



The following is a list of drills and tips for each stroke.

Freestyle

- Emphasize the catch and high elbows
- Breath Bilateral (3, 5, 7, 9)
- 4 or MORE fly kicks off each wall
- Back/Side/Stomach Turns
- Warm up/ Warm down = Distance Per Stroke
- Submerge Turns

Key Drills:

- Skull (slow-correct, fast-correct)
- Catch-Up
- Finger-tip drag
- 6-beat

Backstroke

- 4 or MORE fly kicks off each wall
- Pinky Entry = CLEAN
- ROTATE (shoulder-hips-toes together)
- 2 FREE strokes – head submerged turns
- Head still
- Chin-up

Key Drills:

- One Arm (clean entry)
- Skull and underwater recovery (hold lots of water)
- Spin Drill

Butterfly

- Use chest as landing zone (like a penguin on an iceberg)
- Breath chin forward
- SIX KICKS (MINIMUM) off the wall
- Fast turns OR Flip Turn
- Break-out stroke is key (no breath)
- Breath 1 up 1 down

Key Drills:

- One arm
- Skull
- Fly on back
- Mono-Fins
- Triple Kick

Breaststroke

- Movement FORWARD instead of up & down
- Use chest as landing zone
- Over the cliff not up the mountain
- BREAKOUT STROKE

Key Drills:

- One Kick 3 pull
- One up, One down
- Stab Drill
- Tennis ball
- Fly/Breast.