



**SASO Drill List
2019-20 Season**

Freestyle

Otter Groups

Superman kick-arms extended in front of shoulders/kick on stomach-focus on body position
Kick on side-arm extended in front of shoulder-palm down-focus on kick and body position
Shark fin-kick on side-high elbow-hand outside of shoulder-focus on kick and recovery position
One arm-opposite arm extended in front of shoulder-focus on high elbow catch-pull/push
Catchup free-one arm at a time-opposite arm extended in front of shoulder

Competitive Groups

One arm free-swimmer keeps opposite arm on side-breaths away from working arm
Three-quarter catchup free-begin stroke when other arm is even with elbow
Touch free-focus on relaxed arms with recovery-specific to guide hand into high elbow catch
Catch-up free with knuckle paddles-hand goes over the front of the paddle-press with forearm

Backstroke

Otter Groups

Kick-arms on side-focus on head and body position

Kick-one arm straight to sky-focus on body and head position

6 kick switch-kick and count to 6 with one arm in sky

Torpedo backstroke-6 kicks on each side-arms on side

Goggle drill-goggles on forehead-balance

Competitive Groups

Kick holding both arms out of water

Breakout drill-kick dolphin to flutter with designated number of kicks

2 right/2 left/2 stroke-arms in a catchup position

Catchup back-catchup back-arms out of water above shoulders

Breaststroke

Otter Groups

Breast kick in streamline position-with breathing (can also be done with kickboard)

Breast wall kicks (breast kicks with hands against wall)

Breast kick on back

2 kick/1 stroke breast

Breast arms with flutter kick

Breaststroke with pull-bouy

Competitive Groups

3 kick-1 stroke/2 kick-1 stroke/1 kick-1 stroke

3/2/1 timing drill (3 second glide, two second glide, 1 second glide)

Breast arms with dolphin kick

Extension Drill-focus on timing and extension

Butterfly

Otter Groups

Head lead fly kick-arms on side

Superman fly kick-arms extended

Fly kick on back-arms on side

Dolphin dives

Butterfly arms with flutter kick-work on recovery pattern

3 strokes from wall

Competitive Groups

Fly kick on side-focus on balance

One arm fly with straight arm recovery

Stoneskipper-fly with underwater recovery

2 right/2 left/2 regular strokes