

To help our swimmers transition from one group to another we use the same common language and teaching procedures across all of our groups. We write a lot of our instructions/workouts on white boards use common abbreviations as well. Below are some of our most used abbreviations and stroke drills which we add to when we learn of new examples that we feel fits our program well.

**FR-** Freestyle

**BK-** Backstroke

**BR-** Breaststroke

**Fly-** Butterfly

**IM-** Individual Medley

**BO (X)-** Break out, the x is the amount of stroke cycles, for example BO2 is underwater breakout and 2 stroke cycles.

**U h2o-** underwater

**EZ-** easy

**OTB-** Off the block

#### Butterfly Drills

1 arm other arm at side mimic swimming fly **ADVANCED** works on body position, strength of core and kick!

**2/2/2** - 2 strokes together, 2 right arm 2 left arm, repeat- work on timing of stroke

Variations included 1/1/1 2/1/1/2 etc

**Flutter Butter** (FB) - butterfly arms freestyle kick- work on driving the hands/body forward

**Body Dolphin** (BD) - butterfly undulations arms in front at side- working on the rhythm of the kick

#### Backstroke Drills

**Roller coaster kick** (RC) - flutter kick on back with arms shoulder width apart - working on the kick while maintaining good body position and engaging the core.

**Paint the ceiling** with or without rotation - backstroke kick, arms at side. Slowly raise one arm and "paint" the ceiling. Can be done with or without rotation - working on body position and strong kick

**3/2/1 or 2/2/2** - 3 strokes with r arm 2 with left 1 with right 3 with left etc- working on rotation

**Spin drill** - sit up in a chair spinning arms as fast as you can for 10-15 meters - working on tempo/hand speed of the stroke.

**Triple switch** (3x) - 3 accelerating strokes into 8ks ez and repeat- working on rotating and tempo of stroke. Can also do 5x, 7x different variations.

#### Breaststroke Drills

**Triple kick** (3xK) - 1 breaststroke pull with 3 really fast kicks - working on heel speed of the kick

**Flatback Disconnected** (FBBR) 1 pull extend into flat back wait 1 second before 1 kick returning to flat back. - working on the kick and pull separate from each other and making sure to get into ideal body position.

**Flutter Breast** (FBR/flubber) freestyle kick with breaststroke pull - working on driving the hands forward

**Dolphin Breast** (DBR) dolphin kick with breaststroke pull - working on getting undulation into the stroke while maintaining forward movement.

**Three up Three down** (3/3\3) Three regular strokes then three strokes below the surface (don't dive down) the idea is to feel how much harder it is to do it under water.

#### Freestyle Drills

**Piano Kick** (Piano) - flutter kick on front with arms shoulder width apart. Take one arm stroke when you need to breath - working on the kick while maintaining good body position and incorporating the breath through a roll

**Hinge Drill** - Starting in piano position alternate "hinging" at the elbow to work on catch.

**Long arm doggie paddle** (LADP) - either head up or head down, swim like a dog underwater recovery! Working on catch and pull. With or without rotation.

**Single Arm** (RA/LA) - single arm freestyle - working on rotating all the way through even when not taking a stroke and timing of the breath. Can do with arms at side or in front. At side breath away from stroking arm, arm in front breath with stroking arm.

**FISTS** - swim with closed fist. Works on feel for water with forearm/EVF. And helps emphasize how important the hand is!

**Triple switch** (3x) - 3 accelerating strokes into 8ks ez and repeat- working on rotating through, driving the hips and tempo of stroke. Can also do 5x, 7x different variations.

**Superman catch up** Straight arm over the shoulder swimming with one arm out in front until the other arm recovers. Works staying in the front quadrant, opens up the shoulders.