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# The Swimming Drill Book

**list of drills for swimming - pocono family ymca** - list of drills for swimming butterfly drills (fl) name description (rd lb fl) right down left back swim fly with right arm only 25 then 25 with left arm. breathe to the side and work on raising the hips to the surface. do not allow the swimmer to turn it into a free drill. works on coordination and timing. (2,2,2 fl) 2,2,2, up to 4,4,4 **teaching freestyle basic progressions through advanced drills** - teaching freestyle basic progressions through advanced drills steve haufler . head coach orinda country club . outline . 1. teaching beginning freestyle ... • easy swimming over a long period of time • maintain at faster speed • maintain when tired • maintain in competition . top 10 freestyle stroke flaws **swim smooth's drill cheat sheet** - swim smooth's drill cheat sheet drill%purpose key%points mantra **swim drill descriptions - tri-fyt** - swim drill descriptions technique drills are critical to improvement in swimming. whether you are a beginner or a former collegiate all-american, you need to do them. the number-one key to improvement in swimming is increasing your efficiency in the water: using less energy to make greater forward progress. building swim-specific **key skills & drills for age group coaches - usa swimming** - speaker profile started "teaching" swimming in 1975, at the age of 15. began coaching in 1978, at age 18 and have never looked back! have coached with four great swim clubs starting at: southeast family ymca, fort wayne, in 1983-87 fort wayne aquatics, fort wayne, in 1988-2003 mecklenburg aquatic club, charlotte, nc 2003-2007 **total immersion tips for efficient freestyle swimming** - total immersion tips for efficient freestyle swimming hide your head lead with the top of your head, not your forehead feel water flowing over the back of your head much of the time see the bottom directly under you, and not much that is forward of you swim downhill lean on your chest until your hips and legs feel light **the 100 best swimming drills pdf - book best seller ...** - each drill is explained step by step and accompanied by comprehensive diagrams. drill feedback charts are included to help swimmers identify problems and make modifications. underwater and surface photographs give swimmers optimal images to emulate as they practice. the 100 best swimming drills is an excellent resource for swimmers at **16-week swim training plan preview** - protocol to determine your swimming pace zones using a time trial test protocol to determine your swimming pace zones using a graded swim test description of swimming drills full 16-week training plan with three workouts per week \*\*\* terms of use **aquatic safety drills - safe-wise** - red cap drill: this drill will assist in distressed swimmer recognition, within the 10-20 second timeframe, in a dark water environment. the drill will activate the aquatic emergency action plan and clear the swimming area. **an active shoulder warm-up for the competitive swimmer** - an active shoulder warm-up for the competitive swimmer george t. edelman, mpt, ocs, mtc april 8, 2009 athletes often stretch with the misconception that they will increase muscle flexibility, reduce the risk of skeletal muscle injury, and improve performance. stretching has been well accepted among the swimming community. **backstroke: teaching progressions & drills** - backstroke: teaching progressions & drills david durden head men's swimming coach. progression body position kicking single arm swimming ... spin drill. backstroke swimming w/ paddles fins & buoy. vertical catch-up backstroke. spin drill & double arm backstroke. in their own words jacob pebley **beth winkowski associate head coach dynamo swim club usa ...** - beth winkowski associate head coach dynamo swim club usa swimming webinar 2015. the history of butterfly ... a simple drill progression **freestyle swim drills - coach karen buxton** - freestyle swim drills . single arm: keep one arm in front while you stroke with the other arm. this drill allows you to work on your "pull." be sure to breath toward your pulling arm. think about reaching over a barrel—bent elbow in the beginning of the pull to initiate a powerful pull. after a length, switch arms. **ready, set - goal! beginner swimming program** - ready, set - goal! beginner swimming log sunday monday tuesday wednesday thursday friday saturday week 1 swim \*any 2 days of week skipping a day in between workouts (ie. tuesday, thursday ) resistance train \*any 2 days of program training program training

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