

DRILL AND TECHNIQUE SESSIONS



The following points have been prepared to serve as a reminder of the skills you worked on and to provide a focus for skills to practice till your next session.

- Streamline off every push off, going at a depth of perhaps 0.5m underwater or even a bit deeper - this avoids surface turbulence, and therefore resistance and should get you from one end of the pool to the other more quickly and with one or two less strokes.
- Focus on a lower head position – this effectively changes the center of gravity of your body in the water, puts you into that arrow position and helps keep your hips and legs higher in the water. It also means that energy is not used to hold your head in a higher position and eliminates the resulting strain on your neck and shoulder muscles.
- Focus on the kick to eliminate any “bicycling” by your legs. Keeping the kick in a much more streamline position decreases the drag off your legs. The kicking action needs to start from the hips, thus engaging your core, and your kicking action needs to be more but not completely straight legged (more on this next time).
- Include kicking on your side with one arm resting on the “top” side of your body and the other extended in front of you, palm down and about 4-5 cm below water level. This will assist you with generating a feel of the water and the first part of the reach, preparing you for the catch phase of your stroke.
- Practice the 3 stroke followed by 6 kicks on the side drill.

General observation

You have good body positional awareness. It will take a bit of practice to get good at these drills so at the next session we will review what we have done, reinforce it a bit and introduce some new drills.