

# DRILLS TO IMPROVE METRICS



## Distance Per Stroke

### Sculling

#### *Drill:*

Sweeping motion of forearms and hands, side to side or figure eight depending on variation

#### *Develops:*

Stability and forearm strength

#### *Improves:*

Catch

### Single Arm Drill (Free, Back, Fly)

#### *Drill:*

One arm either down by the side or up overhead. Swim as if using both arms

#### *Develops:*

Proper form and technique

#### *Improves:*

Balance, coordination, and timing of rotations, strokes, and breaths

### Breaststroke Pull with Dolphin Kicks

#### *Drill:*

Replace breaststroke kicks with exaggerated dolphin kicks

#### *Develops:*

Pull strength and coordination

#### *Improves:*

Upper and lower body connection

