

THE 100 BEST SWIMMING DRILLS

BLYTHE
LUCERO



**-IMPROVE YOUR STROKE TECHNIQUE
-DRILLS FOR FREESTYLE, BACKSTROKE
BREASTSTROKE & BUTTERFLY
-NO MORE INJURIES!**

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SPORT

THE 100 BEST SWIMMING DRILLS

DEDICATION

To the many members of the many venues of the Swimming Technique class, whose ongoing passion for better swimming has inspired me all these years.

THE 100 BEST SWIMMING DRILLS

Blythe Lucero



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Introduction

As long as I have been a swimming coach, I have shied away from the “self help” approach to swimming improvement. The reason is that I believe there is no replacement for an experienced eye observing a swimmer’s stroke in action. While a particular stroke may seem right to a swimmer doing it, analysis by a coach can provide valuable insight about subtle, but important stroke flaws that are present. Unchecked, the swimmer can end up practicing and perfecting flawed technique. Without intervention, stroke flaws may be repeated over and over again, becoming habit. This can slow progress, cause frustration with the sport, and, in some instances, eventually lead to injury.

A coach’s input is important. By looking beyond what seems to be even a picture perfect stroke, to the heart of swimming efficiency, a coach can identify problem areas and teach the swimmer to avoid poor stroke habits through correct practice. One of the ways coaches encourage correct practice is with swimming drills. Specific drills, targeting specific aspects of the stroke, help the swimmer practice correct technique and relearn ingrained swimming patterns. Once stroke flaws are identified, the swimmer can use stroke drills to address problem areas, and successfully practice on his or her own.

So, the purpose of this book is not to encourage coachless swimming, but to give you tools to work on stroke problems identified by your coach. And while the quest for better swimming is universal, every coach has his or her favorite drills. There are many paths to swimming efficiency. Out of the thousands of swimming drills that have been developed by coaches and swimmers over time, these represent this coach’s 100 favorite. Study them. Know their purpose. Try them. Practice them, and practice more. But above all, ask your coach for feedback. There is nothing more valuable than that.



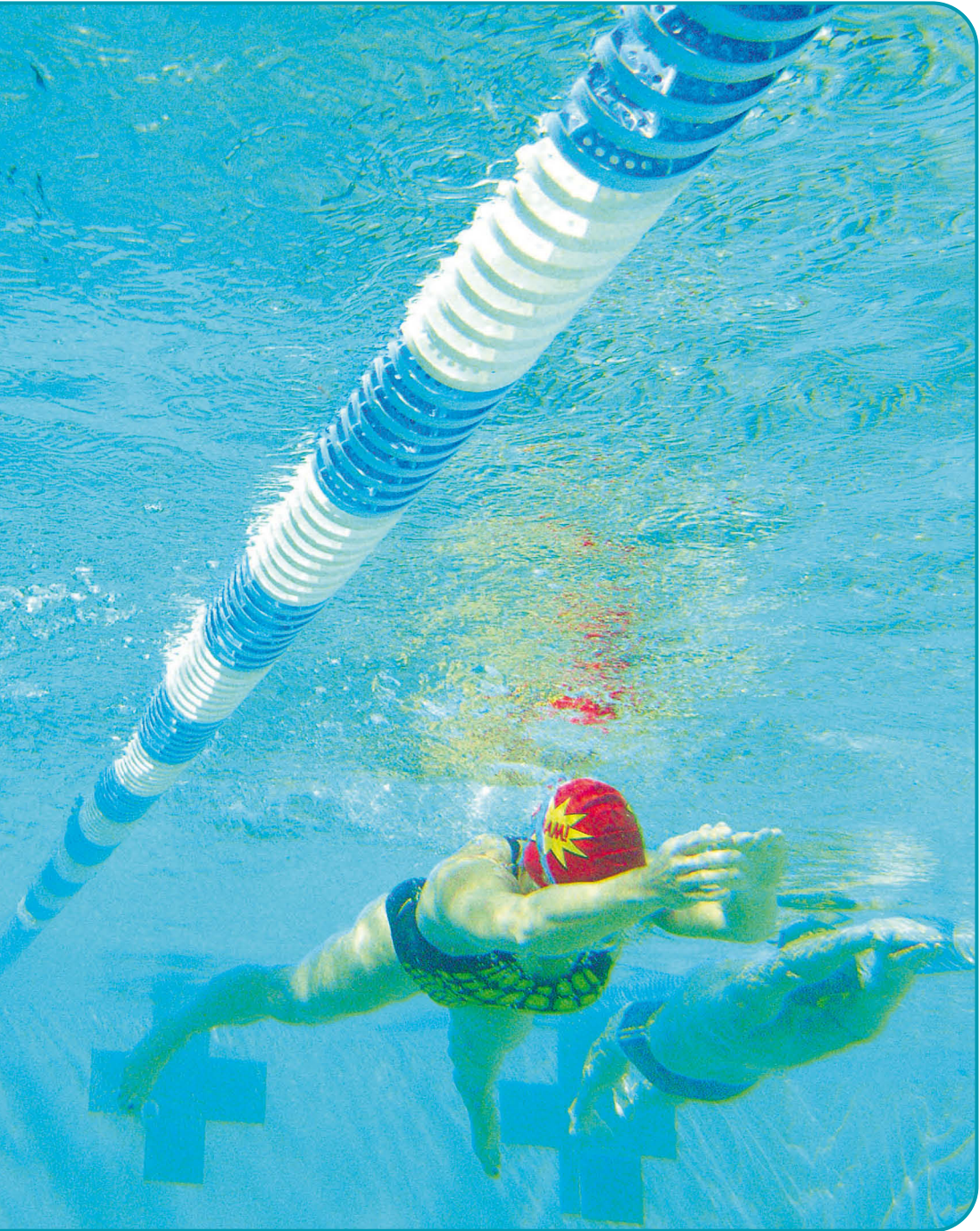
This book has been designed for use in two ways. If you are seeking to improve your swimming efficiency all around, you can start with the first drill and work your way through the book, one stroke at a time. The book is organized into sections by stroke: freestyle, backstroke, breaststroke and butterfly. Within each stroke section, the drills are arranged into subsections addressing body position, kick, arm stroke, breathing, leverage and coordination. Working from start to finish, you can build the technique of one stroke, and then move on to the next.

Or, if you wish to focus on a particular stroke problem, you can turn directly to the section for that stroke. As often, one drill is built upon the skills of the previous drill, it is advisable to read the whole stroke section. After becoming familiar with the basic concepts of the stroke, then focus in on the particular subsection addressing the aspect of technique that you want to work on. Build your technique one drill at a time. Finally, turn to the subsection on coordination, and use these drills to reintegrate your stroke with your new technique.

Whichever approach you choose, it is important to study the purpose of each drill, and to keep that purpose in mind while practicing. Follow the steps and refer to the diagrams and photos to perform the drill correctly. Don't get discouraged if things don't fall into place right away. Drills are meant to be repeated, and repeated again. Check the Drill Feedback Charts to identify problems. Make modifications and try again. Practice over several visits to the pool. Above all, spend lots of time in the water, and enjoy every minute of it.



The 100 Best Swimming Drills



IN PURSUIT OF EFFICIENT SWIMMING



THE ART AND THE SCIENCE OF SWIMMING

The process of becoming an efficient swimmer involves using both the body and the brain to “feel” and “understand” what is going on. When a swimmer “feels” fluid movement through the water, and “understands” the cause and effect of specific actions, that swimmer is prepared to pursue efficient swimming.

The art of swimming is all about “feeling” effective movement through the water. It is probably best described as “being at one with the water”. A good example of the art of swimming is when good swimmers refer to feeling fishlike in the water. The movement achieved by efficient swimmers is fluid, like the strokes of an artist’s brush. It is also graceful, as a swimmer uses balance, rhythm and posture, much like the art of dance. And, it is powerful, like musical harmony, as the combined actions of the swimmer’s body produce a greater result to each action alone. The art of swimming means a swimmer is able to “feel” the water, rather than fight it.

The science of swimming is all about “understanding” movement through the water. There is a lot of physics at work in swimming. By understanding these principles, a swimmer can learn to apply them to the water. Coach Doc Counsilman, revered as “the father of modern swimming” described the ingredients in successful swimming as “water, brains and guts.” Using the science of swimming, a swimmer can study movement through the water as an equation, and can begin to figure it out. The science of swimming means a swimmer is able to “understand” how to produce the most propulsion with the least effort.

Because good swimming is a matter of feeling and understanding, the most beneficial practice engages both body and brain.

