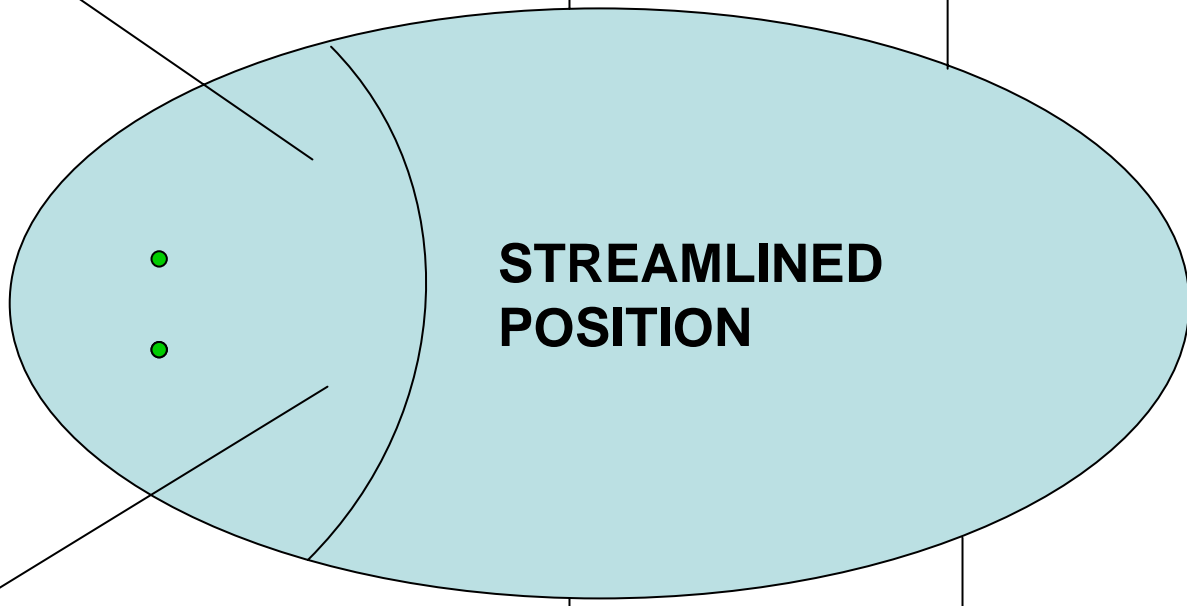


ONE
HAND
ON
TOP
OF
THE
OTHER

HEAD
DOWN
EYES
LOOKING
AT FLOOR

ARMS SQUEEZE
THE EARS



**STREAMLINED
POSITION**

KEEP
THE
TOES
POINTED

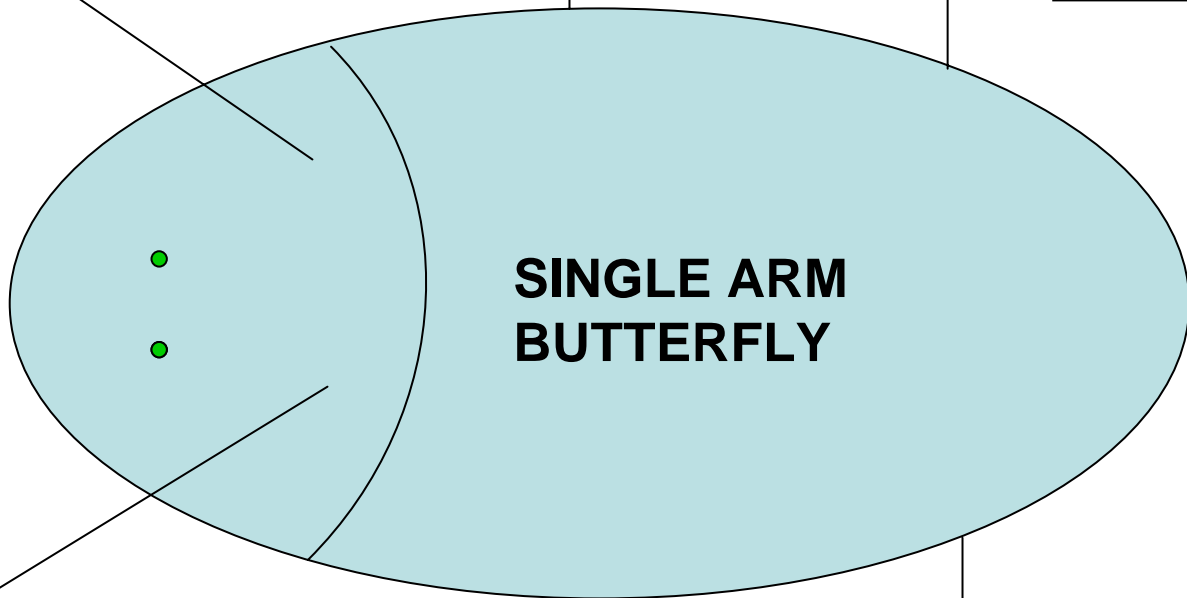
KNEES AND
ANKLES
TOGETHER

BODY MAKES
LONG
STRAIGHT LINE

BODY LYING ON THE FRONT

ONE ARM EXTENDED OUT IN FRONT OF THE BODY

ARM THAT IS EXTENDED MUST STAY STRAIGHT AND STILL



“S” SHAPED PULL UNDER THE WATER

THUMB ENTERS WATER FIRST

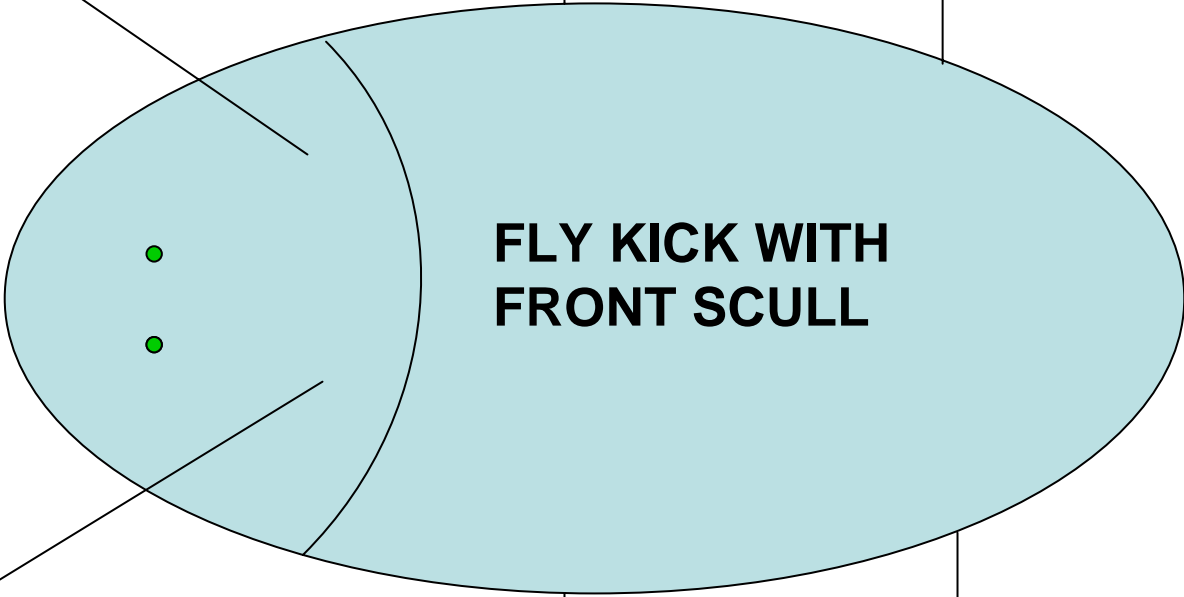
OTHER ARM RECOVERS OVER THE WATER STRAIGHT

BODY IS ON THE FRONT WITH HEAD DOWN

BOTH ARMS EXTENDED INFRONT OF THE BODY

HANDS SCULL KEEPING A HIGH WRIST POSITION AT ALL TIMES

THE HEAD LIFTS UP TO THE FRONT TO BREATHE -THEN PUT BACK DOWN



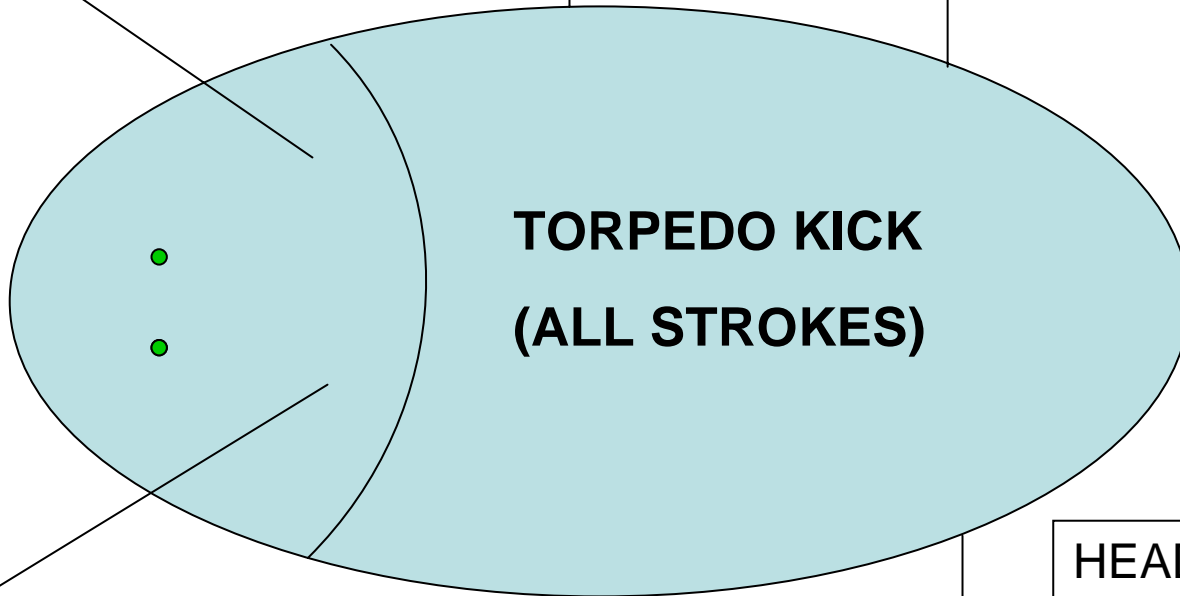
KICK SHOULD BE CONTINUOUS AND INITIATED FROM HIPS

FLY KICK WITH THE LEGS- UPBEAT AND DOWNBEAT KICK

BODY LIES ON THE FRONT

ONE HAND ON TOP OF OTHER IN STREAMLINED POSITION

HANDS SHOULD NEVER PART OUT OF STREAMLINED POSITION



KICK SHOULD COME FROM THE HIPS

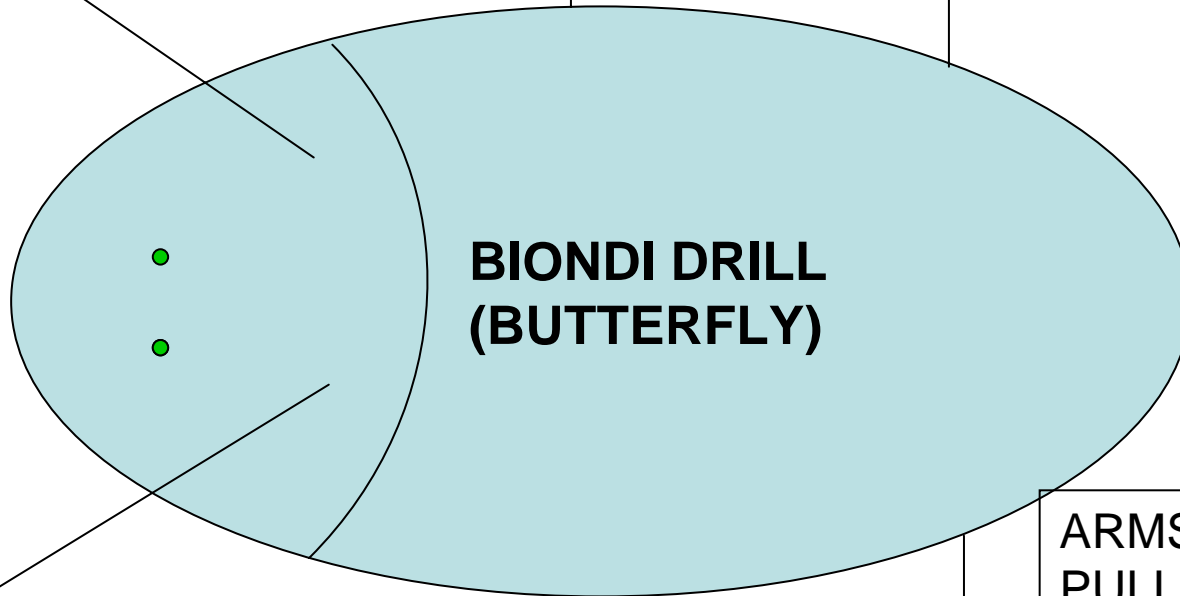
KICK SHOULD BE CONTINUOUS WITH TOES POINTED

HEAD LIFTS UP AND BREATHES TO THE FRONT- THEN HEAD IS PUT BACK INTO STREAMLINED POSITION

BODY IS ON THE FRONT

ARMS EXTENDED OUT STRAIGHT IN FRONT OF BODY IN STREAMLINED POSITION

6 FLY KICKS IN STREAMLINED POSITION



ARMS THEN COME THROUGH UNDER THE WATER BACK TO START POSITION IN FRONT OF BODY

THE HEAD THEN LIFTS UP TO THE FRONT TO BREATHE THEN PUT BACK DOWN

ARMS THEN PULL (KEYHOLE SHAPE) THROUGH TO START OF RECOVERY POSITION

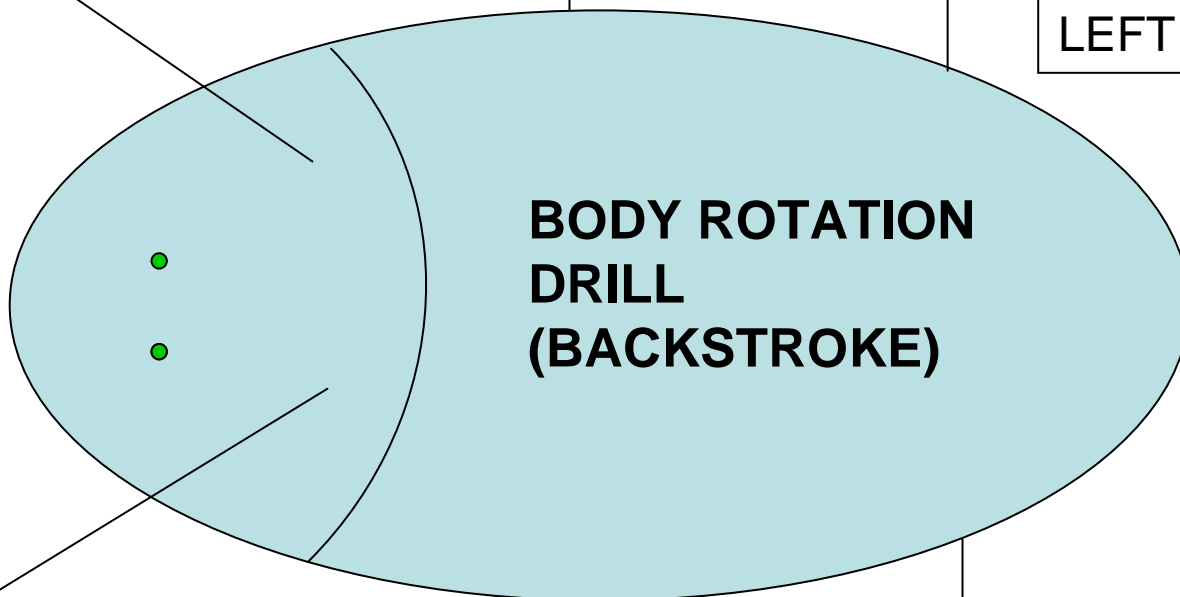
BODY IS ON THE BACK

ARMS ARE BY THE SIDE OF THE BODY

6 KICKS ON THE BACK

6 KICKS ON THE RIGHT SIDE

6 KICKS ON THE LEFT SIDE



BODY ROTATION DRILL (BACKSTROKE)

HEAD MUST STAY STILL ALL THE TIME!!

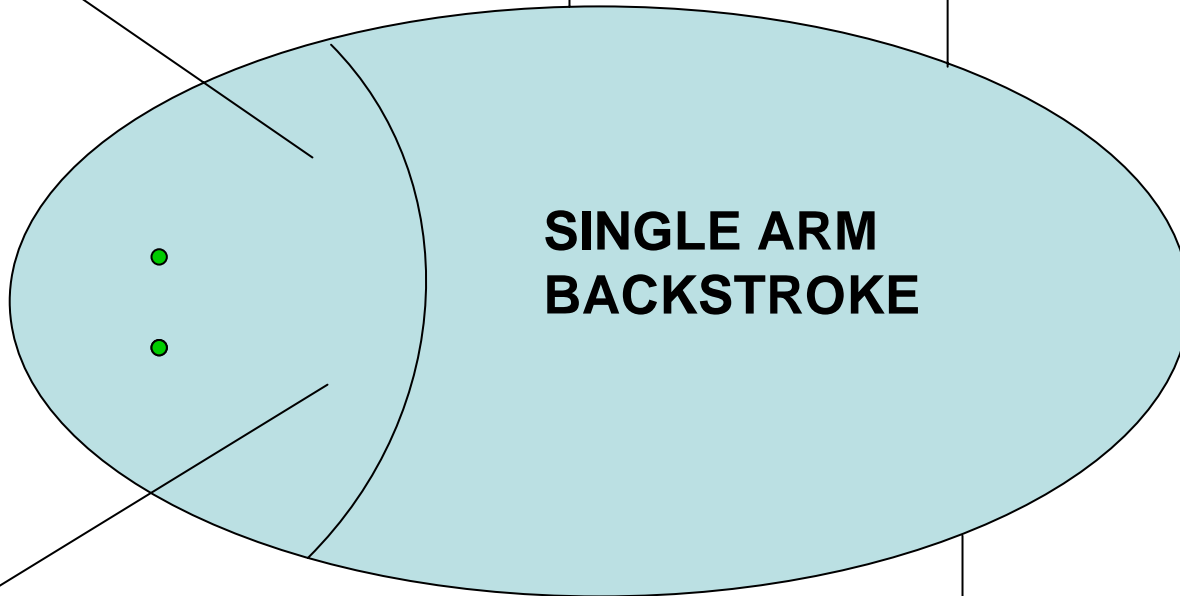
LEGS MUST KICK CONTINUOUSLY

SHOULDERS ROTATE SO SHOULDER COMES UNDER THE CHIN

BODY IS ON THE BACK

ONE ARM IS RESTING BY THE SIDE OF THE BODY

OTHER ARM COMES OUT OF WATER STRAIGHT THUMB LEADING



SINGLE ARM BACKSTROKE

LEGS KICK CONTINUOUSLY- MOVEMENT FROM HIPS- NOT KNEES

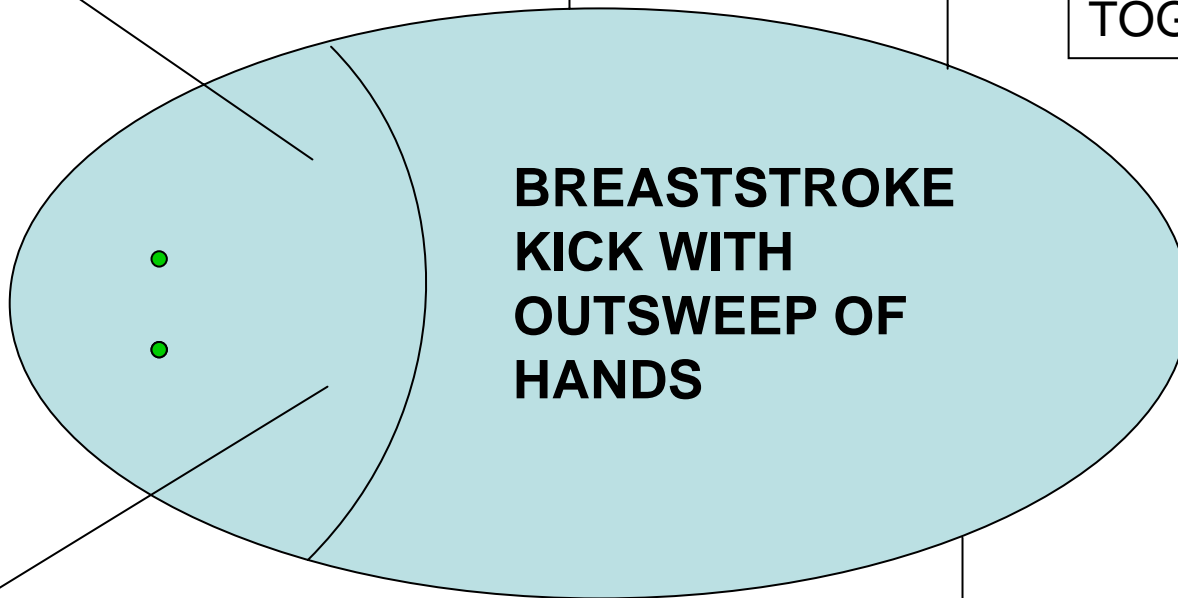
SHOULDERS ROTATE AND ARM PULLS IN "S" SHAPE

WRIST TURNS SO LITTLE FINGER ENTERS THE WATER FIRST

BODY
POSITION
IS ON THE
FRONT

ARMS
OUT
STRAIGHT
IN FRONT
OF BODY

LEGS DO A BRS
LEG KICK-MAKE
SURE FEET
TURN OUT AND
KICK BACK
TOGETHER



**BREASTSTROKE
KICK WITH
OUTSWEEP OF
HANDS**

HEAD
SHOULD
BREAK
SURFACE
EVERY
STROKE

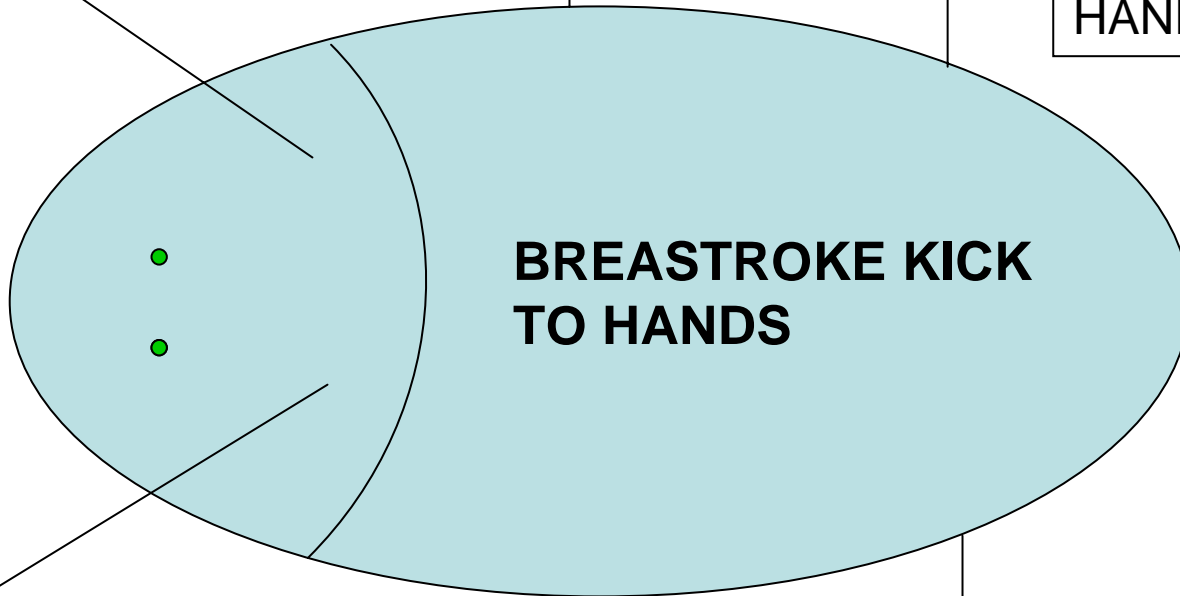
BREATHE
WHEN HANDS
ARE ON
OUTSWEEP
(FEET AT
BOTTOM)

THE HANDS
SCULL
OUTWARDS-
JUST BEFORE
CATCH
POSITION

BODY
POSITION
ON THE
FRONT

ARMS BY
SIDE
PALMS
FACING
UPWARDS

THE FEET COME
UP TO THE
BOTTOM
TOGETHER AND
TOUCH THE
HANDS



**BREASTROKE KICK
TO HANDS**

BREATHE
TO THE
FRONT
EVERY KICK
CYCLE

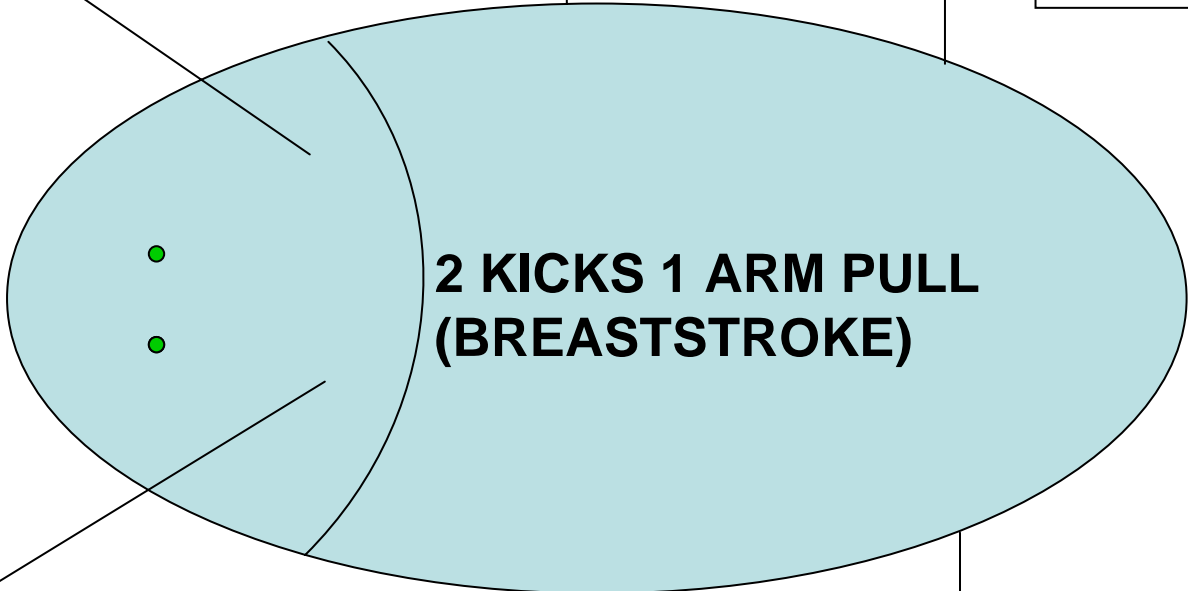
FEET THEN
KICK BACK
TOGETHER
FORCEFULLY

THE FEET
THEN BOTH
TURN OUT AT
THE SAME
TIME

BODY POSITION ON THE FRONT

HANDS IN A STREAMLINED POSITION

2 BREASTSTROKE KICKS ARE DONE WHILE IN STREAMLINED POSITION



KICK IS CONTINUOUS

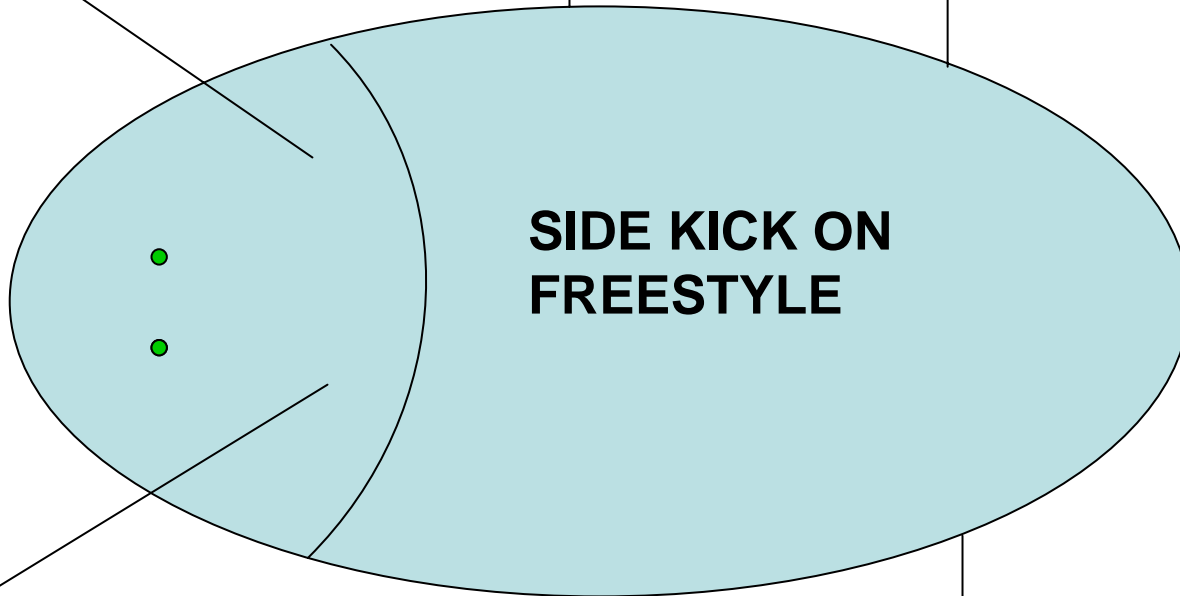
THE BREATH IS TAKEN ON THE ARM PULL THEN HEAD PUT BACK DOWN INTO STREAMLINED POSITION

THE HANDS THEN PART AND 1 ARM PULL DONE

BODY IS ON ITS SIDE WITH ONE ARM EXTENDED OUT STRAIGHT

OTHER ARM IS RESTING ON THIGH

HIPS STAY FACING THE SIDE-DON'T ROTATE ONTO FRONT



SIDE KICK ON FREESTYLE

KICK IS CONTINUOUS

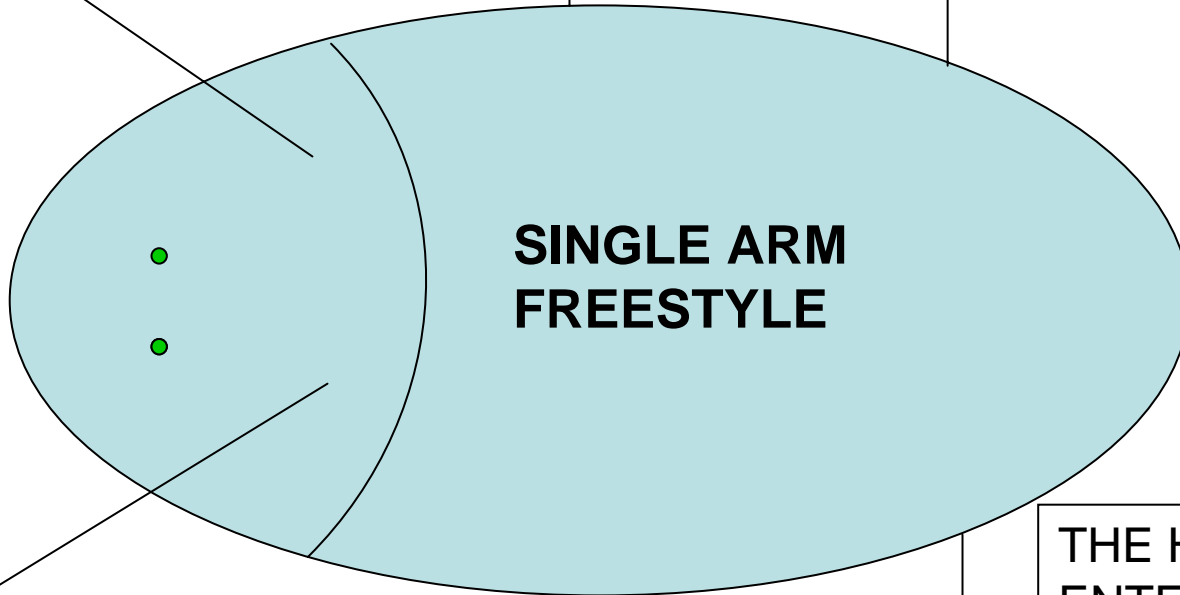
HEAD RAISES SLIGHTLY UPWARDS IN ORDER TO BREATHE

EAR RESTS ON THE EXTENDED ARM

BODY IS ON THE FRONT

ONE ARM IS EXTENDED AND STRAIGHT IN FRONT OF THE BODY

OTHER ARM COMES OVER THE WATER LEADING WITH HIGH ELBOW



SINGLE ARM FREESTYLE

BREATHE EVERY 2/3 ARM CYCLES

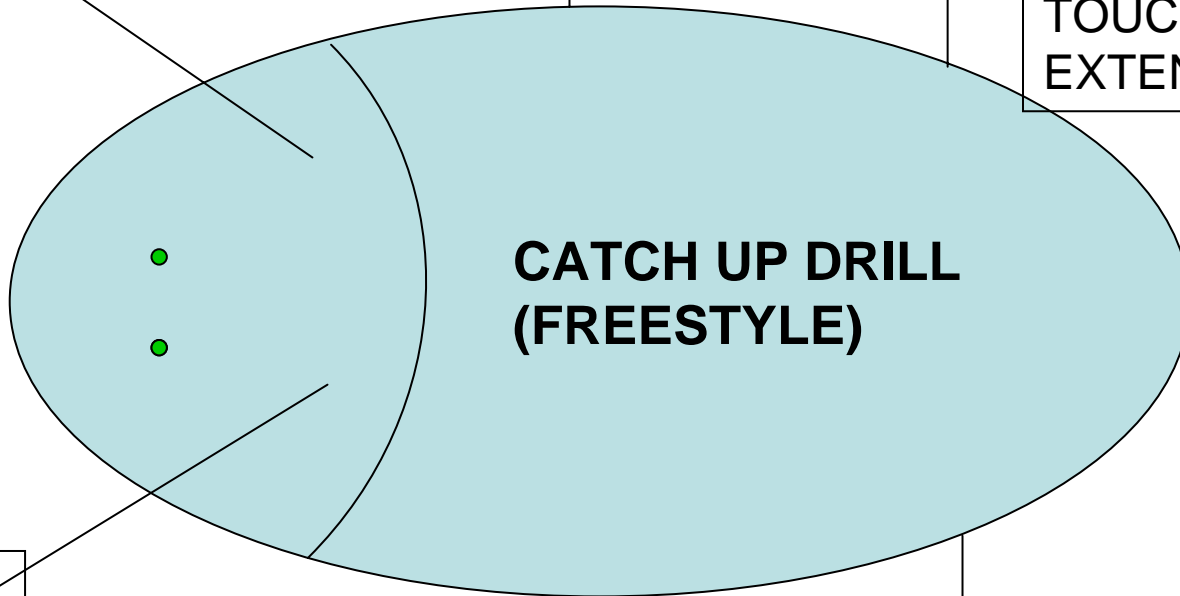
THE HAND THEN CATCHES AND COMPLETES AN "S" SHAPED PULL

THE HAND ENTERS WITH MIDDLE FINGERS FIRST WITH ELBOW HIGH THEN REACHES FORWARD

BODY IS ON THE FRONT

ONE ARM STARTS OFF EXTENDED INFRONT OF THE BODY (PALM TO THE FLOOR)

THE OTHER ARM THEN DOES 1 SINGLE ARM STROKE-AS THE HAND REACHES FORWARD IT TOUCHES EXTENDED HAND



CATCH UP DRILL (FREESTYLE)

KICK MUST BE CONTINUOUS AND COME FROM THE HIPS

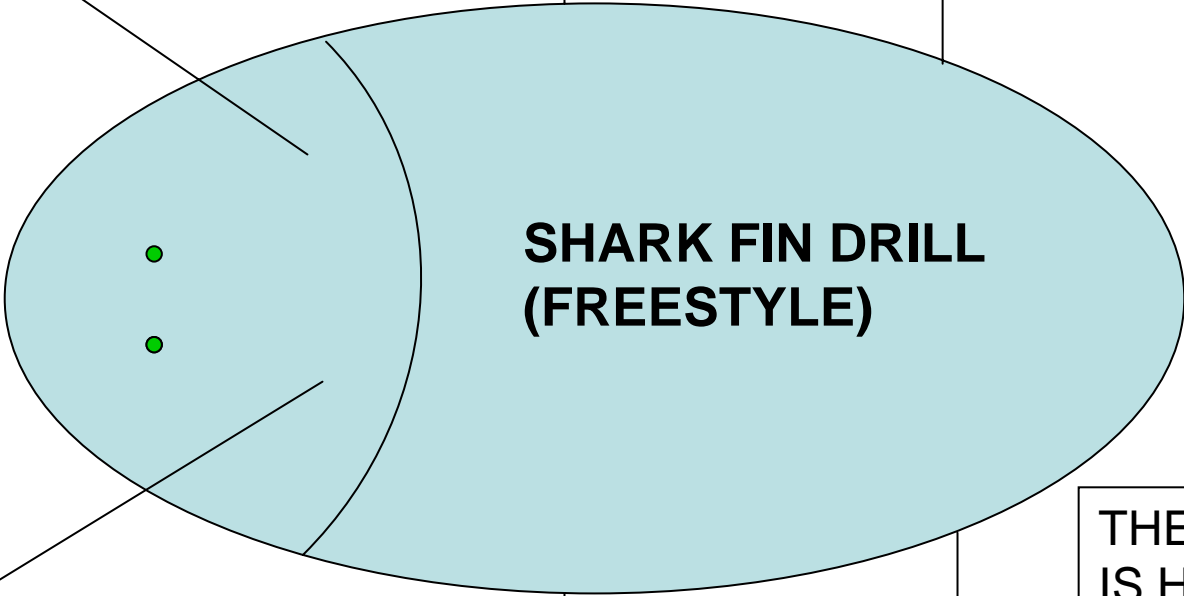
THE HAND THAT STARTED AS EXTENDED NOW TAKES OVER TO DO 1 SINGLE ARM STROKE

THE HANDS HOLD STREAMLINE POSITION FOR 2-3 SECONDS

BODY IS ON THE FRONT

ONE ARM IS EXTENDED OUT STRAIGHT INFRONT OF THE BODY

THE OTHER ARM COMES UP OUT OF THE WATER WITH HIGH ELBOW



**SHARK FIN DRILL
(FREESTYLE)**

KICK IS CONTINUOUS AND FROM THE HIPS

THE HEAD IS KEPT DOWN WITH THE EYES LOOKING SLIGHTLY FORWARD

THE ARM THEN IS HELD AT THE SHOULDER WITH A BENT ELBOW FOR 3 SECONDS

BODY IS ON THE FRONT

ONE ARM IS RECOVERING OVER THE WATER WITH HIGH ELBOW POSITION

THE FINGER TIPS TRAIL THROUGH THE WATER-MAKING MINIMUM SPLASH POSSIBLE

THIS MUST BE DONE SLOWLY!! BREATHE AS CHANGING ARMS



The diagram shows a light blue oval representing a swimmer's body in a trail drill stroke. The oval is oriented horizontally. On the left side, there are two small green dots representing eyes. A curved line on the left side of the oval indicates the water surface. The text 'TRAIL DRILL (FREESTYLE)' is centered within the oval. Six callout boxes with lines pointing to various parts of the swimmer's body provide technical instructions.

TRAIL DRILL (FREESTYLE)

KICK IS CONTINUOUS AND FROM THE HIPS

THE OTHER HAND IS COMPLETING THE "S" SHAPED PULL

BODY IS ON THE FRONT-LEG KICK MUST BE CONTINUOUS

ONE ARM EXTENDED OUT STRAIGHT IN FRONT OF BODY (PALM FACING DOWN)

OTHER ARM COMES UP TO SHOULDER AND IS HELD FOR 3 SECONDS (HIGH ELBOW POSITION)



HESITATION DRILL (FREESTYLE)

THE ARM THEN COMES OVER TO DO A SINGLE ARM STROKE-CHANGE ARMS AND BREATHE

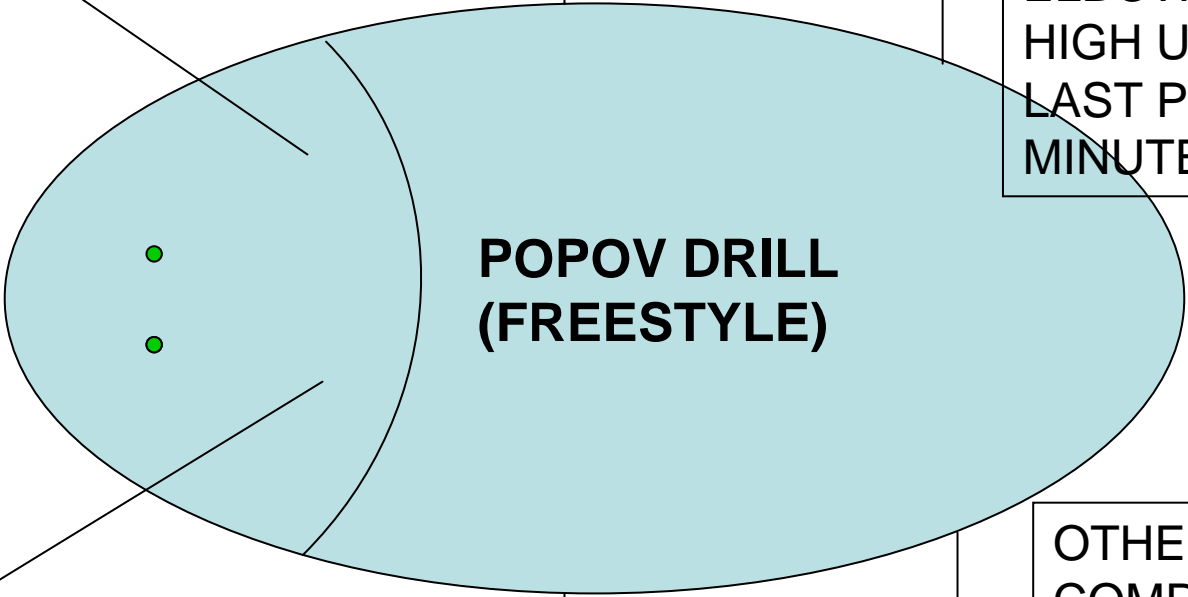
THE ARM IS THEN TAKEN BACK SO IT LIES STRAIGHT IN THE WATER NEAR THE THIGH

THEN THE ARM IS TAKEN FORWARDS TO THE POINT THE HAND WOULD ENTER THE WATER- FINGERTIPS TOUCH SURFACE

BODY IS ON THE FRONT

IT IS FRONT CRAWL SWIM BUT DONE VERY SLOWLY!!

AS ONE ARM COMES OVER THE WATER THE ELBOW MUST BE HIGH AND THE ELBOW REMAINS HIGH UNTIL THE LAST POSSIBLE MINUTE



POPOV DRILL (FREESTYLE)

KICK IS CONTINUOUS AND COMES FROM THE HIPS

BREATHE EVERY 3 STROKES

OTHER ARM IS COMPLETING THE "S" PULL-SHOULDERS WILL ROTATE SO CAN GET INTO HIGH ELBOW POSITION