

Drills

Improve your streamlining (all strokes) go to

[Breaststroke - Streamlined Push](#)

The most basic of all exercises but the most badly and inconsistently performed.

Improve your sculling go to

[Breaststroke - Sculling](#)

[Breaststroke - Front Scull Revisited](#)

[Breaststroke - Fast Scull](#)

Note the SMOOTH HAND MOVEMENTS in all sculling drills

Improve your underwater dolphin kick (Fly, Back, Free and IM'ers) go to

[Butterfly - Head-Up Dolphin Kick](#)

Observe the leg speed

[Butterfly - Fast Fin Fly](#)

Observe the leg speed underwater

[Butterfly - Med-Ball Kick](#)

Ignore the medball and note the effort going into each kick and leg speed

[Backstroke - Underwater Dolphin - Size](#)

Improve your BUTTERFLY go to

[Butterfly - Breakout](#)

Observe the power through the surface AND the hand/arm entry position directly in front of the shoulders

[Butterfly - Single Arm, Extended Arm](#)

[Butterfly - Second Kick](#)

Improve your BACKSTROKE go to

[Backstroke - Spin Drill](#)

[Backstroke - Double Arm](#) Observe the skill and control; bent-arm pull and strong push-down at the finish

Improve your BREASTSTROKE go to

[Breaststroke - Flow with Fins](#) Observe the dolphin rhythm, high hips and body position

[Breaststroke - Underwater Kick](#) Observe streamlining and head position

[Breaststroke - Underwater Pull, Power Phase](#) Note the head position throughout

[Breaststroke - Snorkel Pull](#) Observe full extension; the position of the hands at full extension in relation to the shoulders

[Breaststroke - 2 Down/1 Up Fast Hands](#) and [Breaststroke - 3 Down, 2 Up](#)

Note the leg speed at the finish of the kick; streamlining and the fast hands – insweep lunging into recovery

[Breaststroke - The Stroke](#) Note the stretch – reach and full streamline position; head position at the end of the outswEEP; elbow position (“hiding”) at the end of the pull phase