

## Freestyle (Front Crawl) Drills

Drills are done to focus on one part of the stroke. It will over correct in some cases to make swimmers aware of what they are doing. Drills should be done in sets of 25yds or 50yds. I like to do 5 x 50 drills and then 1 x 100yd swim of the stroke that is being focused on.

### 1. Closed fist Freestyle

**Purpose:** To show how your forearm is used, not just your hand during your pull.

**How to:** Swim with your fists closed. This will show you how much you actually use your forearm. It will also make you feel even faster once you swim regular freestyle and have flat hands.

### 2. Catch up Freestyle “Tag”

**Purpose:** To focus on extending arms forward and avoid a cross over pull.

**How to:** Start by pushing off the wall in stream line position. Pull with either your right or left hand leaving your other hand extended forward. Your second arm will start the pull after your first hand has “tagged” your other hand. You will pull with your other hand while leaving your other hand stretched forward.

### 3. Hand drag Freestyle “Fingertip drag”

**Purpose:** Maintain body position and hand speed.

**How to:** Swim Freestyle as you normally would, when you are bringing your arm forward drag your hand along the surface of the water as you extend your reach to finish your pull.

### 4. Zip up Freestyle

**Purpose:** To promote high elbow during reach phase of the pull.

**How to:** Make your hands into “L” shape, when pulling you will have your thumb run along your side during your stroke. This will force your arm to bend and create a high elbow reach.

### 5. Tarzan Freestyle

**Purpose:** Help promote a strong kick, body position and prevent cross over pulling.

**How to:** Swim like Tarzan, with your face out of the water. This will force your legs to work harder to keep your face out of the water. This will also help your arms from crossing over during your pull.