

Breaststroke 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. Two kicks, one pull

Purpose: Focus on gliding and work on kick.

How to: You will swim breaststroke as you normally would, but before you can start your next pull, you will need to do an additional breaststroke kick. This will emphasize gliding as the second kick is done in its entirety with the glide.

2. Ring driving

Purpose: Bending elbows and keeping arms out front.

How to: Grab a ring and hold it as if you are driving a car. Push off in your streamline position while holding onto the ring, you will stay in streamline position and kicking until you need to take a breath. When you are going to breath pull the ring under your chin, take your breath and push the ring forward. This will help swimmers get a smaller tighter pull and focus on a strong glide.

3. Noodle pull

Purpose: Help keep arms in front of the chest and to not pull past the stomach.

How to: Place a noodle under your arms across your chest. You will swim breaststroke as you normally would, but with a focus on keeping your arms in front of the noodle during your pull.

4. Breaststroke on you back

Purpose: To help with kick position.

How to: You will push off on your back, the arm motion may feel silly, but you will pull your arms out from your stream line to your chest, getting the elbow bend and stretch your arms above your face back into your streamline position. Your kick will be the same, but instead of kicking your feet up you are keeping your knees at the surface of the water and bending your legs down, kicking out and squeezing your feet together bringing them back to the surface of the water.