

Body Position & Conditioning Drills

1. Proud Breaststroke Drill - body balance, leg conditioning
 - a. Improve body balance and movement in the vertical position while maintaining high position in the water
 - b. Use short breaststroke arm pulls to stay upright while making quick breaststroke kicks while keeping head, shoulders, and chest out of the water
 - i. Variation: use eggbeater instead of breaststroke kick
2. Eggbeater Stationary Drill - leg conditioning
 - a. Players begin in the center of the pool and on the coach's whistle react and copy the position of the coach's arms
 - b. Hands on top of head, one and both arms straight up, lockout, arms straight out to the sides
 - i. Weight belts?
 - c. Good to use at end of practice for 6-10 minutes, if used at the beginning of practice, should be short duration
3. Front to Back to Front Sprint Drill - change of positions
 - a. On the first whistle players move to the two meter line, on the second whistle they sprint using head up free, on the next whistle they roll and swim looking backwards as if for a pass
 - b. Can do 25 yard lengths as well as game length
 - c. Walk with each group until their sprint is over
4. Jump and Swim Drill - overall conditioning
 - a. Players begin swimming head up free and jump up when they hear the whistle
 - i. First set: right hand
 - ii. Second set: left hand
 - iii. Third set: right then left
 - iv. Fourth set: right, left, both
 - b. Variations: must either wait for the whistle before continuing to swim or continue swimming on their own, can jump laterally or forward instead of vertical
 - i. Jumps should be as high as possible
5. Crab Walk Drill - overall conditioning
 - a. Players swim head up free for 5 strokes then start a reverse high horizontal eggbeater until the whistle blows. Drill continues for 4-8 lengths of the pool
 - b. Variations: players add a jump after the whistle blows before swimming forward again
 - i. Vary the length of time for the eggbeater. Tell the players the harder they work the less eggbeater time
6. ZigZag Drill - overall conditioning
 - a. Four to six players spaced two meters apart form a line and begin doing eggbeater with both hands up. The last player in the line swims head up while zig-zagging between the other players. When that player has reached the front of the line the next player at the end of the line starts the same drill
 - b. Variations: Can do for lengths of 25 yards or competition length, can also do it with a ball

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7. Backward Turn and Go Drill - overall conditioning, quick starts, turns and sprints
 - a. Players begin in a straight line across the pool, on the first whistle players get hips up, facing away from the opposite end. On second whistle use eggbeater while sculling backwards like getting position on the post for about 10 yards, on next whistle, players turn and sprint to the opposite end
 - i. Can do 25 yard lengths or competition lengths
8. Change of Direction Drill - change of direction skills
 - a. Players begin lined up on the 2-meter line. On the first whistle they sprint until the second whistle, at which point they reverse and swim slowly back. A third whistle starts them sprinting forward again.
 - i. Variation: two whistle drill with each whistle starting another sprint
 - ii. Coaching Points: emphasize keeping legs under the body and head up when turning
9. Stair Step Drill - overall conditioning
 - a. Coach marks 4-6 distances, each farther away from the last. On the whistle the players swim head up free at full speed to the first mark, then back to the start, and continue swimming back and forth until they've reached every mark. Repeat the drill 3 times.
 - i. Variations: run the same drill but have the players swim with a ball
 - Can also start with farthest distance and work their way in
 - ii. Coaching point: players must make quick turns using a strong scissor kick
10. Defending the Drive Drill - defensive positioning, quickness, change of direction
 - a. Players begin in a defensive position with hips up. Players react to a drive and turn to follow the offensive player. After taking 4-5 strokes, players get their hips around taking an inside water defensive position again. Players alternate sides of the drive until the lap is over.
 - i. Variations: Defending the 31 Drive where during the drive, players take one stroke on their backs to stay with the driver who changed directions
 - ii. Coaching point: remind players to get hips around and up and to never lose track of the offensive player
11. 4 Free 4 Back Drill - overall conditioning, defensive positioning
 - a. Players swim 4 strokes head up free and then 4 strokes on their back, followed by quickly getting their hips back up in a defensive position
 - i. Variation: can add a lunge at the end