

HADEN HILL SWIMMING CLUB

JAG GROUP

SKILL DRILLS FOR ALL FOUR STROKES

Skills are designed to teach or correct the “little things” that may be overlooked during training. Although skill drills utilise the part method approach, it is important to isolate specific segments of the stroke at advanced skill levels to enhance concentration. Skill drills are mainly practised during the early season and during peaking. During the early season new drills are introduced or old drills reviewed, we always insist on accuracy. It is important to perform these drills over shorter distances with frequent stops to minimise boredom and it’s by-product of sloppiness. Also, stroke drills should always be followed by short concentration swims using full stroke. During mid season, stroke drills should be included as swim downs for active rest or warm up drills before particular sets.

Skill drills should in no way be rushed through, although our younger swimmers tend to want to race all the time in training, this is one instant when racing should be discouraged, it is more important to slow the strokes down and concentrate on the drills. Remember a drill done well makes for a good stroke technique.

