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| FRONT CRAWL PROGRESSION DRILLS DESCRIPTIONS | | | | | | | |
| <i>Do 2-3 of these drills each practice session.</i> | | | | | | | |
| <i>*Some of the below drills below were first referenced in the Canadian Red Cross Water Safety Instruction M</i> | | | | | | | |
| Drill #1 | | | | | | | |
| Front/Side Glide | | | | | | | |
| Used to practice the Glide and Body Roll Phase | | | | | | | |
| Instructions: | | | | | | | |
| FRONT GLIDE | | | | | | | |
| - Along surface | | | | | | | |
| - Stretched body position | | | | | | | |
| - Hold until you come to a complete stop | | | | | | | |
| - Kick as needed | | | | | | | |
| SIDE GLIDE | | | | | | | |
| - Top shoulder back | | | | | | | |
| - Leading arm at surface | | | | | | | |
| - Lower arm along body, underwater | | | | | | | |
| - No sculling | | | | | | | |
| - Continually breathing | | | | | | | |
| - Ability to glide on both sides | | | | | | | |
| - Kick as needed | | | | | | | |
| Distance | | | | | | | |
| - Complete 3 sets of 15 meters of each drill, with rest in between | | | | | | | |
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Drill #2

Front/Side Glide with Kicks

Used to practice the Glide and Body Roll

Instructions:

FRONT GLIDE WITH KICKS

- Same body orientation as Drill #1
- Stretch Legs
- Small and Fast Kicks
- Loose ankles
- Narrow Kick
- Relaxed, straight legs
- Kick must originate from hips
- Push water down with toes
- Non-stop kicking

SIDE GLIDE WITH KICKS

- Same as front glide with but on side position

Distance

- Complete 2 sets of 25 meters of each drill, with rest in between

Drill #3

Arm action/roll-overs

Used to practice Power Phase, Recovery and Catch phase

Instructions:

ARM ACTION

- Out of water recovery
- Alternating arm action reach and glide
- Reduce splashing
- Reach as high as you can until you feel pull in the front of shoulder

Distance

Complete 3 sets of 15 meters of this drill

ROLL-OVERS WITH GLIDE/KICK, INDIVIDUALLY

- Front-to-back (shoulder out first)
- Back to front (face in first)
- Side to front

Distance

Complete 1 set of 25 meters of each drill variation

Drill #4

1,2 Roll to Breathe

Used to practice all phases, plus coordination and breathing/timing

Instructions:

1,2 Roll to Breathe

- Breathe, roll until face is underwater, do three arm rotations, roll to other side to breathe on third arm pull.
- OK to pause on side to breathe
- Reduce breathing time until there is no pause

Distance

Complete 2 sets of 25 meters, with rest in between

Drill #5

Arms in Recovery

Used to practice the Recovery Phase

Instructions:

Arms in Recovery

- Hands enter forward of head
- Cupped, closed hand
- Hands enter in line with shoulders
- No crossovers or wide entries above or under water
- Bend arm, loose wrists during recovery, lift elbow high until you feel pull in triceps
- Elbow must be higher than hand during recovery

Distance

Complete 3 sets of 15 meters of this drill, with rest in between

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| Drill #6 | | | | | | | |
| Arms in Power | | | | | | | |
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| Used to practice the Power Phase | | | | | | | |
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| Instructions: | | | | | | | |
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| Arms in Power | | | | | | | |
| - Early catch at beginning of the pull | | | | | | | |
| - Scoop and pull hands past hips | | | | | | | |
| - “Snap” your hand down from your elbow at the beginning of pull | | | | | | | |
| - Practice a longer pull. Think of hitting your thighs at the end of your pull | | | | | | | |
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| Distance | | | | | | | |
| Complete 3 sets of 15 meters of this drill, with rest in between | | | | | | | |
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- Early catch at beginning of the pull
- Scoop and pull hands past hips
- “Snap” your hand down from your elbow at the beginning of pull
- Practice a longer pull. Think of hitting your thighs at the end of your pull