

## **Review of Lesson 2**

- Side Balance
- Side Balance with Swimming Breathing
- Kicking

## **Fingertip Drag and Drive**

**Objectives:** Burn in complete side-to-side rotation, compact recovery, and correct hand-entry.

**Equipment:** Use fins if necessary; when comfortable, remove them.

**Method:** For each stroke:

- Focus only on your right arm going down the pool, and only your left arm coming back.
- Start in side-balance position lower arm extended fully.
- When comfortably balanced on side, begin moving upper arm leading with the elbow.
- Drag your fingertips forward in the water, dropping your hand into the water just after it goes past your head.
- Drive your hand forward, to shoulder depth as your torso rotates completely to the other side.
- Focus on your recovering (upper) arm and your entire body going forward and over your other arm – do not think at all about the anchored (a.k.a. “pulling” arm).

## **Paddle Blade Drill**

**Objective:** Learn the basic hand and forearm anchoring position. Learn to pull your body over your anchored paddle.

**Method:** For each stroke:

- Focus only on your right arm going down the pool, and only your left arm coming back.
- Place your stroking hand into the water as cleanly as possible.
- Anchor your hand AND forearm, keeping the elbow high.
- Pull does not start until elbow is over hand – the pull is straight back – think of pulling your body over your anchored paddle blade, not tugging back on the blade.
- Think of your hand and forearm as the blade of a paddle.
- Extra credit: try this with a closed fist.

## **Underwater Video: Drills and Review**

## **Sample Practice Session Following Lesson 3**

### **Fingertip Drag and Drive (with or without fins)**

- Head:** Straight down except when breathing.
- Balance:** Perfect **alternating** side balance the entire length. Your belly button goes from wall to wall.
- Breathing:** Relaxed, regular breathing pattern.
- Recovering Arm:** Drag fingertips in water to position beside head, and with absolutely no hesitation at that point, drive your fingertips into the water and forward to shoulder depth as you rotate to the other side.
- Anchoring Arm:** As recovery hand enters water, anchor the lower hand by flexing it slightly towards the bottom; then *hold on* to that spot in the water as your recovery arm and body travel past it.
- Hands:** Should pass each other well out front of the head (in the “front quadrant”).
- Kicking:** Use fins if it is helpful, and try removing them when comfortable. Kick compactly - just enough to maintain forward movement, but be sure to keep legs (and fins) “high” in the water (do not let your feet, legs or hips sink).

### **Paddle Blade Stroke Drill**

- Head:** Straight down except when breathing.
- Balance:** Perfect **alternating** side balance the entire length. Your belly button goes from wall to wall.
- Anchoring Arm:** Set your paddle blade (your hand and forearm). Keep your elbow high – always above your hand. Pull your body over the anchored blade – release the pull early.
- Recovering Arm:** Lift your arm from the water, leading with the elbow. Then arc the arm forward, and repeat the single arm stroke twice before switching to the other side.
- Hands:** Should pass each other well out front of the head (in the “front quadrant”).
- Kicking:** Use fins if it is helpful, and try removing them when comfortable. Kick compactly - just enough to maintain forward movement, but be sure to keep legs (and fins) “high” in the water (do not let your feet, legs or hips sink).