

Before Getting Wet

Review Posture, Streamline, and Rotation on the deck with the following exercises:

- Backstroke Arms: Shoulder Recovery, Elbow Press
- Freestyle Arms: Elbow Recovery, Elbow Press
- Rotation (as in last week's class)

Review Previous Pool Exercises and Drills

- Back balance with streamlined arms
- Backstroke Progression
 - Dynamic Back Balance (focus on hip rotation)
 - Extended Side Balance Face Up
 - Backstroke, focusing on:
 - Shoulder Recovery
 - Elbow Press
 - 4 Back 3 Free
- Freestyle Drill Progression – Focus on the Elbows
 - Extended Side Balance (breathing on back)
 - Extended Side Balance with Swimming Breathing
 - Single-Stroke Fingertip Drag-and-Drive Corkscrew
 - 9-3-9 Fingertip Drag-and-Drive Drill
- Underwater Recovery Freestyle
- Catch-Up Fingertip Drag-and-Drive Drill
- Catch-Up Stick Drill

Holding Water

When coaches talk about a swimmer having *a feel for the water*, what they mean is that the swimmer knows exactly when and how to apply pressure to their hands, wrists and forearms. A feel for the water is something that some people are born with, but others can develop it using sculling drills. Sculling is not something that is practiced to strengthen specific movements, but rather to sensitize your hands, wrists and forearms, so that they will "automatically" adjust to changes in pressure so that you can "hold" a spot in the water while you lever your body past that spot. Most good swimmers use a very slight sculling motions while stroking, but it is so slight that it is not something that they have time to think about. It's actually an intuitive or conditioned movement that their body performs to get the best grip on the water.

Egg Spinning

Assume the Egg position that we experimented with in lesson one: Take a deep breath and hold it. After getting to the Egg position, release one arm while still holding the legs with the other, and perform a number of exercises to move your body in circles (remember to hold your breath):

- Use just your hand to spin your body.
- Use your hand and your forearm.
- Try rotating in both directions.
- Switch arms.

Instead of thinking about pushing water with your hand and forearm, think about holding a spot in the water with your hand and forearm, and using your powerful core muscles to move your body past that spot. This is what stroking is about: holding a spot in the water and lifting your body over that spot. It is not about pushing water around.

Now perform the 3 drills from last week thinking about grabbing an armful of water in a fixed spot in the water, and pressing your body past that spot.

Sculling

How to scull: Thumbs up when sculling in toward your body, thumbs down when sculling away from your body. Lift your feet off the bottom and scull to remain floating. Keep your elbows near the surface. Sit on a kickboard, and move your body from one end of the pool to the other.

Video: Catch-Up Drill (with or without the stick)

Sample Practice Session Following Lesson 8

Be patient and work mindfully. Do not practice struggle.

- Bottom Float and Dead-Man's Float to Front Balance: Two minutes
- Two minutes each, resting at the end of each length:
 - Extended Side Balance (face down) with Swimming Breathing
 - Single-Stroke Corkscrew
 - One-Arm Point & Pause, Pop & Press
- Repeat the following group two or three times:
 - 9-3-9 Fingertip Drag & Drive (8 lengths)
 - 4 Back 3 Free (2 lengths)
 - Fingertip Drag & Drive (8 lengths)
 - Sculling on a kickboard (2 lengths)
 - Underwater Recovery Freestyle (8 lengths)
 - 4 Back 3 Free (2 lengths)
 - Catch-Up Stick (8 lengths)
 - Sculling on a kickboard (2 lengths)