

Over 60 Drills to Transform Your Swim Team's Performance



BACKSTROKE Competitive Swimming Drills: Over 60 Drills | Improve Technique | Add Variety | For Coaches | For Swimmers

by Arthur Horsfield

★★★★☆ 4.3 out of 5

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Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 107 pages
Lending : Enabled



Unlock the Potential of Your Swimmers with Enhanced Technique and Variety

Are you ready to empower your swim team with the tools they need to excel in the pool? Look no further than "Over 60 Drills Improve Technique Add Variety For Coaches For Swimmers," the ultimate resource for coaches and swimmers striving for greatness.

This comprehensive guidebook is a treasure trove of drills, each meticulously designed to refine stroke technique, build endurance, increase speed, and introduce engaging variations into your training sessions.

Benefits for Coaches:

- **Boost swimmer technique:** Improve form, reduce drag, and enhance overall efficiency.
- **Add variety to training:** Break the monotony with a range of drills that keep swimmers engaged and motivated.
- **Prepare for competitions:** Develop drills that simulate race scenarios and improve competitive performance.
- **Cater to individual needs:** Tailor drills to meet the specific requirements of each swimmer, addressing their strengths and weaknesses.

Benefits for Swimmers:

- **Enhance technique:** Refine your stroke and reduce wasted energy through targeted drills.
- **Increase speed and endurance:** Push your limits with drills designed to challenge your cardiovascular system and muscle strength.
- **Gain confidence:** Master new skills and improve your technique through repetition and feedback.
- **Enjoy training:** Stay motivated with a variety of drills that make workouts more engaging and enjoyable.

A Comprehensive Drill Library

"Over 60 Drills Improve Technique Add Variety For Coaches For Swimmers" features a diverse collection of drills that cover all aspects of swimming:

- **Freestyle:** Master the basics and improve your stroke efficiency with drills like the "Keyhole Drill" and the "6-Beat Freestyle Drill."
- **Backstroke:** Strengthen your body position and streamline your stroke with drills such as the "Superman Drill" and the "Backstroke Flip Turn Drill."
- **Breaststroke:** Perfect your timing and coordination with drills like the "Breaststroke Pullout Drill" and the "Dolphin Kick Drill."
- **Butterfly:** Develop power and undulation with drills like the "Butterfly Arm Drill" and the "Kickboard Butterfly Drill."
- **IM:** Combine all strokes into a cohesive race plan with drills like the "IM Kickboard Drill" and the "IM Medley Drill."

Beyond Technique: Building Endurance and Speed

This book goes beyond stroke technique, offering drills that focus on endurance and speed development:

- **Endurance:** Improve your aerobic capacity and lactate tolerance with drills like the "Distance Swim Drill" and the "Interval Training Drill."
- **Speed:** Develop explosive starts, fast turns, and a powerful finish with drills like the "Sprint Drill" and the "Start Block Drill."

Variety for Motivation

Keeping swimmers engaged is crucial for progress. "Over 60 Drills Improve Technique Add Variety For Coaches For Swimmers" provides an array of drills to break the monotony:

- **Games:** Turn training into fun with drills like the "Shark Attack Drill" and the "Treasure Hunt Drill."
- **Teamwork:** Foster team spirit and communication with drills like the "Relay Drill" and the "Partner Drill."
- **Equipment:** Introduce variety and challenge with drills that utilize equipment like fins, paddles, and kickboards.

Free Download Your Copy Today!

Unlock the potential of your swim team with "Over 60 Drills Improve Technique Add Variety For Coaches For Swimmers." Free Download your copy today and elevate your training to new heights.

With its comprehensive drill library, practical coaching tips, and motivating variety, this book is the ultimate resource to transform your swim team into a force to be reckoned with.

Swim with confidence, improve your technique, and achieve your goals with "Over 60 Drills Improve Technique Add Variety For Coaches For Swimmers."



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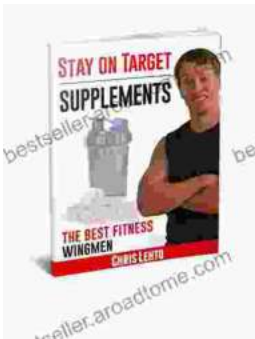
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