

Technical Drills

These drills were created by the 2018/19 TID athletes to share with the membership and help build the technical library for our athletes & coaches. They were given an artistic swimming skill plus a piece of equipment and they were asked to work together, be creative & have fun while creating these drills. Thank-you athletes!

Eggbeater

1. Working on getting the knees high and close to the surface.

Equipment: Noodles (as shown in the picture) or pool dumbbell



Progressions Include:

- a. On the spot – start with a short amount of time for younger swimmers and work your way up to longer times for more advanced swimmers
- b. Travelling in laps – include as part of your workout or simply do it when you are working on eggbeater. For younger swimmers start with shorter distances (5m) and work up to longer distances (25m) with more advanced swimmers.
- c. Performing routine strokes



2. Working on building the muscles needed to have wide leg

Equipment: Small circular resistance band

Progressions Include:

- a. On the spot – start with a short amount of time for younger swimmers and work your way up to longer times for more advanced swimmers
- b. Travelling in laps – include as part of your workout or simply do it when you are working on eggbeater. For younger swimmers start with shorter distances (5m) and work up to longer distances (25m) with more advanced swimmers.



3. Working on posture and height

Equipment: Kickboard

Progressions Include:

- a. On the spot – start with a short amount of time for younger swimmers and work your way up to longer times for more advanced swimmers
- b. Travelling in laps – include as part of your workout or simply do it when you are working on eggbeater. For younger swimmers start with shorter distances (5m) and work up to longer distances (25m) with more advanced swimmers.



**Be sure that the athletes are going for maximum height as opposed to letting the kickboard to all the work.*

4. Working on eggbeater endurance

Equipment: Resistance loop band



Progressions Include:

- a. Gradual increase in time and repetitions.
(This can be done with Kick Pull Kick & and swimming stroke)



**Note: asking the athletes to perform a max base test by measuring the distance from the wall is a good way to set individual athlete goals (i.e. if an athlete is 3m away from the wall when at their max, then you can calculate percentage depending on the energy system you are working. Longer endurance sets would maybe be at 70% max distance)*

5. Body alignment

Equipment: PVC Pole and/or weighted bar

Progressions Include:

- a. Low number of repetitions with PVC pole
- b. Increasing the number of repetitions and sets with the PVC pole.
- c. Low number of repetitions with the weighted bar
- d. Increasing the number of repetitions and sets with the weighted bar



**Note: always ensure safety of athletes when adding any weight in the water.*

Thrusts

1. Working on tight set and going straight up the vertical line

Equipment: Pool noodle

Progressions Include:

- a. Any athlete working on thrusts at any level can use this drill

*Note: athletes can try to have the top of their head touch the one side of the 'U' shape prior to unrolling. Be sure to correct proper hand placement at all points during the set and unroll



2. Working on strength and power or final thrust push

Equipment: Resistance loop band

Progressions Include:

- a. Any athlete working on thrusts at any level can use this drill

*Note: Remember to work on the rapidness required in this movement



Ballet Legs

1. Working on alignment

Equipment: Kickboard

Progressions Include:

- a. On the spot – start with a short amount of time for younger swimmers and work your way up to longer times for more advanced swimmers
- b. Travelling in laps – include as part of your workout or simply do it when you are working on eggbeater. For younger swimmers start with shorter distances (5m) and work up to longer distances (25m) with more advanced swimmers.



Twists

1. Working on being on the spot

Equipment: Pool noodle

Progressions Include: for athletes just starting, create a slightly larger circle so they have success staying within that zone. Once they gain success, gradually reduce the size of the circle.



Extension

1. Working on curling the toes

Equipment: any small item that can be gripped by the toes

Progressions Include: start with easier objects to grip (i.e. sponges) and work up to more difficult items (i.e. pencil, small ball)



Technical Session

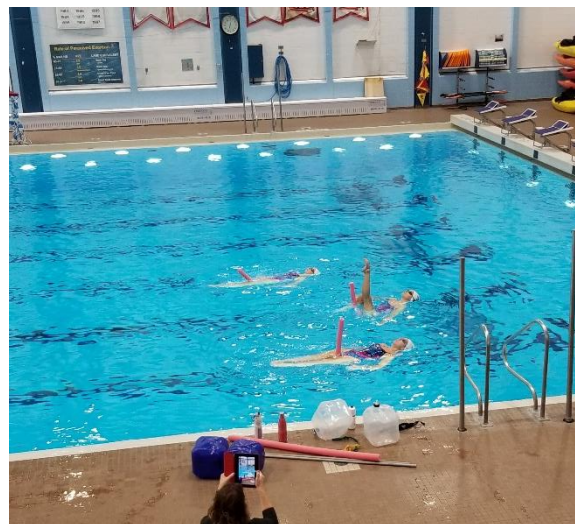
Canada Artistic Swimming Annual Convention September 2018

Noodle Drills

There are many types of noodles that can be purchased; however, the firmer ones are better if you are able to get those.

1. Ballet Leg Drills – place the noodle under the athletes back and up between the legs.
Progressions include:

- a. Position Holds (i.e back layout, sailboat, ballet leg) – 3 x 10 seconds each position and increase the time according to ability level)
- b. Slow transitions – the coach can count on the mike, tap or even give scull counts as the athletes build their endurance up to flamingo (stop in ballet leg if swimmers are not capable of moving to ballet leg)
- c. Elements – complete the beginnings of all ballet leg elements (i.e. go until crane for Manta Ray Hybrid)



2. Position Holds – place the noodle between the legs (as close to the top of the inner thigh as possible) horizontally along the surface



3. Spinning – place the noodle as mentioned above and practice spinning. This creates drag for the athletes so that they work on grabbing the water and using their muscles to spin rapidly.
4. Other Drills
 - a. Front Pike Pull Down – see picture



- b. Layout to Arch & Albatross Roll – see picture



Technical Laps

These drills can be done during your technical time to build endurance while improving technique or included in your workouts. You can start with shorter distances and proceed to longer distances. Whichever is appropriate for you athletes.

1. Partner Eggbeater/Ballet Leg Drill – one partner is in ballet leg while the other partner lifts them up from under the surface. Progressions can include:
 - a. Just playing around with balancing in this position
 - b. Going as far as the athlete can go (i.e. 5m, 10m, etc.)
 - c. Endurance set – 200m alternating who is in ballet leg and who is in eggbeater and the athlete **MUST** make the entire lap on one breath (a challenge!)



2. Canoe scull Laps- athletes are aiming to keep their chin off of the water and maintaining perfect posture while moving.



3. Hollyburn Drill – named after this was made up at the Hollyburn Country Club! Athletes set themselves up in the canoe scull position and then proceed to bend their knees. The goal is to keep their bum and back of the legs dry. It is hard!



4. Modified Front Flutter



Drills From Annual Summit 2021

General Tips:

- Think about how to drill your common corrections when making your lesson plan. See the correction, come up with drills as the solution.
- Identify and work on common parts/transitions across the age groups you coach to increase efficiency.
- Create a transitions/positions chart to make sure everything is covered, and you are using your time efficiently. In the general preparation phase create a table for positions that shows the number of occurrences of each position across all figures. You can then determine the amount of figure time you should be dedicating to each position. In the specific preparation phase do the same for figure transitions. See the example below.

10 & Under Figures (example)		
Positions	Ocurrences	%
Back Layout	8	22%
Front Layout	4	11%
Front Pike	4	11%
Split	3	8%
BK B.Layout	2	5%
Ballet Leg	2	5%
Sub Dbl Blt Leg	2	5%
Vertical @ ankles	2	5%
Inverted Tuck	2	5%
Bent Knee Vertical	2	5%
Fishtail	2	5%
Vertical Submerged	1	3%
Knight	1	3%
Surface Arch	1	3%
Sub Ballet leg	1	3%

1. Arianna

Dolphin Start:

- Reverse propellor in warm-ups, focus on feet up. Start with aid between ankles to build strength and technique.
- Extended Back Layout: For athletes who have trouble floating in extended front layout. Have athlete float with one arm above their head and one hand at hips to find centre. Once they are comfortable there and able to keep feet up work on feathering the bottom hand up to the extended position.
- To find athlete's centre: Athlete stands on deck and leans forward towards their toes to feel where their weight is. Some may feel it higher up on the body while others feel it lower. This will affect what muscles they need to engage in their layouts.
- More extended they are the better they float. One person at head, one at feet pulling the athlete and lengthening them so they can feel what its like to be fully extended. Can start with hand at hips then progress to the extended position.
- Place sponges on parts of the athletes body (forehead, chest, hips, thighs, and/or feet) the athlete's goal is to achieve an extended back layout keeping the sponges dry.

First Leg Lift:

- Feet on wall work on pulling away from wall (no lift, then add count 1, count 1-2 etc.)
- Surface arch in a length starting the lift while travelling (count 1 only while travelling, then 1-2, then 1-3)
- Transition scull, knowing when to catch, catch with elbows way back in the catch.
- Against wall, using hand paddles to focus on hands facing the correct way during the split arm scull.

Ariana Exit:

- Knight position: practice on wall face to wall, partner holds hips to wall, someone else at back knee to keep extension Focus on body and leg alignment. Hip extension shoulder flexibility.
- Surface arch hold: practice holding the surface arch at the end. Hold with bottles: forces chest and shoulders to go back in order to balance. Start in knight at the wall the go down to arch and hold with hips dry. Repeat on own.
- Teaching skill: toes on wall in surface arch position practice the split arms scull one hand at a time: front hand pull away from wall, top hand, fingers towards wall and palm to the bottom.

2. Rio

First half:

- Sailboat to ballet leg: learn on land with layout KB under shoulders and feet off ground.
- Finding the position accuracy of each athletes's sailboat position in the water (where do they need to place their toe to achieve the verticality of the thigh.
- Sailboat to ballet leg: place a band on the athlete's lifting foot. Someone holds the band to create resistance as they lift to ballet leg. This can be done on land and in water.

- Floating T position, feet on wall, flutter board under shoulders. No sculling lift up to a ballet leg maintaining position and stability.
- Place a pole running behind athletes head, through their bathing suit straps and down between their hips. Athlete pushes head into poll and lifts hips up as they move from sailboat to ballet leg.
- From Ballet Leg to Flamingo: to ensure the foot stays at the surface place a sponge or object on the foot and athlete must keep it dry as the leg pulls into flamingo.
- Work on showing a 90 degrees double ballet leg and moving into a compact back pike: work on extending body and pushing hips up as the double ballet leg is achieved. Flutter board under shoulders in double ballet leg position.

Second Half:

- Double ballet leg: start with bottles, very high 90 degree position, relax arms, bring chest towards legs, then sink down. Do it slowly to focus on body, then thrust.
- To achieve accurate drop heights for the thrust: Thrust take the spin one quarter at a time. 1. Thrust 1/4 spin at thighs 2. 1/2 spin at knees 3. 3/4 spin to mid shin 4. Full spin at ankles (adapt for 180 spins)
- Thrust and stop at ankles (no spin) to get accuracy of last drop line.
- At wall back pike with hamstrings against wall, slowly unrolling feeling body unrolling down the wall to achieve alignment. Partner can help draw legs upwards, then athlete does the drill on their own.
- Spin: Initiate the spin with the body, not the arms. Start floating at ankles, use eyes to look to the left side of the goggles, hips and shoulders pull to the left. Let swimmers float towards the left. This can be repeated in support scull and in the thrust.