

Tips 02 - Drills



Why must we do drills, can't we just get in and swim?

We do drills to improve our technique. A drill can be as simple as swimming Fly with one arm or it can be much more complex such as Free - Head, Hand, Head, Hand (HHHH) that's where a swimmer touches their hand to their head then to their extended hand then back to their head and then finally back to their extended hand. Each drill has a different purpose and some drills can have more than one. Fly with one arm can help timing breathing, timing kick at entry and making the stroke easier to accomplish along with other benefits.

How do we perform drills?

Drills generally should be performed at a pace slow enough to perfect the drill to get as much benefit from it as possible. Sometimes drills are deliberately done at speed such as Backstroke Spin drill but mostly drills are performed at a pace which does not make achieving the drill too difficult.

Perfect Practice

Practise does not make perfect, perfect practise does.

It can take something like 5000 repetitions to make an action natural. As we grow what we once did well may change or if we aren't focusing on our technique every time we train, bad habits can creep in. There is no point in performing a drill incorrectly or without thinking about how it is helping us. If you don't understand the drill it's unlikely that you will perform it well. If you don't understand the drill or its purpose, ask your coach. They would rather you asked and performed the drill perfectly understanding how it helps you than to see you swim down the pool performing a drill badly.



If in doubt ask and remember *Practice does not make perfect but perfect practice does.*