

Freestyle Drills and Exercises

Front Balance	<p>Lie flat on your stomach with your hands on your thighs as if they are in “pant pockets.” Draw your neck back so your ears are over shoulders and you are looking down. Lean forward on your chest until you feel your body come into a line – head near the surface, dry back, suit at the surface, and a soft boil at the toes.</p> <p>To breathe, lift your head forward for a breath then immediately look down. Re-establish you body line and lean</p>
Active Balance	<p>Start off in Front Balance. Lean on one hip and turn the body far enough to the side to clear a dry arm – DON’T MOVE THE HEAD AS YOU ROLL! Lean forward on the shoulder to stay balanced. Kick on that side for a couple of seconds and return to Front Balance. Repeat by rolling to the other side.</p> <p>To breathe, finish in Front Balance, rebalance, and then lift head forward for a breath.</p>
Catch Up	<p>Lie flat on your stomach with your arms extended straight off your shoulders. Roll the elbow of one arm up, pivot the forearm down vertically, and then pull the arm like a paddle directly back to the hip and recover back to the “Superman.” As you pull back, lean your weight on the opposite hip and armpit so you roll more to the side. This will make for an easier recovery. Repeat with the other arm.</p>
Freestyle Kicking Exercise (with Noodle)	<p>Lie flat on your stomach with a noodle under your belly. Grab hold of the rail of the Endless Pool propulsion unit (or the side) of the pool. Practice kicking with a (1) long, straight leg, (2) getting the thighs to pass each other, (3) flicking feet in both directions.</p>
Breathing Exercises	<p>The beginner breathing exercises involve blowing nose bubbles. Think of your lungs like a tank – you’ll exhale out into the water continuously using nose or mouth bubbles or a combination until you reach the “1/4 tank left” mark. In a level of progression:</p> <p>Phase 1: Just lift your head out when you get to a 1/4 tank Phase 2: Swivel your head to the side blowing the last quarter tank out of the nose more forcefully (close the mouth) Phase 3: Swivel your head to the side as before but be mindful that your head’s “laser beam” stays fixed on a spot. Leave a cheek and an ear in the water</p>
Side Balance	<p>Push off on your side with one arm extended and the other arm at the side. Flutter kick lightly and hold the body in a position where:</p> <ul style="list-style-type: none"> • You are looking down with your head aligned with your spine with good posture and look down • Your have a hand in a deep side “pant pocket” • You are nearly on your side • You can feel a dry arm from your shoulder to your wrist <p>When hold until you need to get air. When you get down to your 1/4 tank, roll to a comfortable breathing position near your back keeping the lead arm extended, grab two breaths, and then roll back into the water.</p>

Shark Fin	Start in the Side Balance Position. When you feel balanced, take the hand out of the pocket and lead the elbow up to the front of the head; drag the entire hand in the water so the hand lags behind slightly. Point the elbow directly up to the ceiling when it reaches your eye. Check you balance and then return the arm back to the deep pocket and roll for air.
One-and-Glide	<p>Start off in the Side Balance Position. When you feel balanced, take your hand out of the pocket, draw the elbow forward up to the front of the head, dragging the entire hand in the water. Stop for a moment and then trigger the following at the same time: (1) drive the arm at the head to full extension as if you are sliding it into a shirt sleeve; (2) roll the body to the other Side Balance position; (3) press the front arm back to the deep pocket. Your body should rest in Side Balance on the other side for a moment.</p> <p>When you need to get a breath, slide your arm into the sleeve and immediately swivel your head to the side for a breath. After grabbing the breath, roll the head back down immediately. Pause in Side Balance for a moment before continuing. Imagine that your “ear is following your thumb” into the mail-slot. You should be breathing as your arms finish and as your hips finish rolling.</p>
Three-and-Glide	Like the One-and-Glide drill, but you will do three switches without stopping your hand at the pocket in Side Balance after each switch. After the third switch, you will roll to get air as you did in One-and-Glide, roll the head back into the water, and rebalance in Side Balance before continuing.
Three-and-Glide (Breathe on #2)	Like the Three-and-Glide drill, but you will breathe on the second switch. You won't stop the hand at the pocket after the breath, but keep recovering the arm to the sleeve. Roll your head back into the water so that it's back in when your recovering arm hits the sleeve. Extend out of the breath until Side Balance and balance briefly before doing your next three switches.
Wrist Drag	Drag your entire hand under water. Slide your arm into a sleeve just in front of your head.
Fingertip Drag	Drag just your fingertips under the surface of the water. When your fingers get your ear, lift your hand, hop over your ear, and lay the arm into a sleeve about halfway from the head until extension.