

Intro/Beginner	Drill	Drill	Drill	Drill	
Free	Surface Kick-arms extended	One arm free	6 kick switch	Finger Drag	
Back	Surface Kick arms on side	Kick-one arm on side/one extended	Catchup	One arm back	
Breast	Breast kick with board	Kick on Back	2 kick/1 stroke	Breast arms-free kick	
Fly	Surface kick with board	Surface no board	1 one arm	Fly arms-free kick	
Yellow/Blue/Age Group	Drill	Drill	Drill	Drill	
Free	Surface Kick-arms extended	One arm/other on side	Catchup Free	10 kick/3 stroke switch	
Back	Surface Kick-arms extended	Kick-one arm on side/one extended	Catchup	10 kick/3 stroke switch	
Breast	Surface Kick-arms extended	2 kick-1 stroke	Kick on back	3/2/1 kick	
Fly	Surface Kick-arms extended	Scull stroke with dolphin kick	4 in front/4 in back k drill	2-2-2 drill	
*Junior/Senior/National	Drill	Drill	Drill	Drill	Drill
Free	Long Doggy Paddle	3 touch free	3 quarter catchup free	Fist Free	Hand Slap Pause
Back	3 scull drill	2/2/2 drill	3 touch back drill	Fist Back	Hand Slap Pause
Breast	3-2-1 Kick/Stroke drill	1 up/1 down breath drill	2 over/2 under drill	Double Catch	Breast with dolphin kick
Fly	UW recovery drill	2/2/2 drill	2 over/4 under	Catchup fly	Fist/Open Fly
*staff is reviewing these drills to update					