

Drills-Level 1	Drill	Drill	Drill	Drill	Drill
Red/Bronze/Intro/Beg					
Free	Surface Kick (W/WO board)	Shark Fin	6 kick switch	One Arm Free	Catchup Free
Back	Surface Kick (W/WO board)	L backstroke	6 kick switch	One Arm Back	Catchup Back
Breast	Breast kick with board	Breast kick-no board	Streamline breast kick	Streamline breast kick W breath	Breast arm-free kick
Fly	Surface kick (W/WO board)	Kick with arms on side	Kick on side-palm down	4 kick front/4 kick back	Fly arms-free kick
Drills-Level 2	Drill	Drill		Drill	Drill
Yellow/Blue/Silver/Gold					
Free	Surface Kick-UW recovery	3 touch free	10 kick-3 stroke	One arm-other arm on side	3/4 catchup free
Back	Surface Kick (W/WO board)	3 touch back	10 kick-3 stroke	One arm-other arm on side	2/2/2 drill
Breast	Breast Kick on back	Breast kick-tight kick (buoy)	2 kick/1 stroke	Small stroke/big stroke with kick	Breast arm-fly kick
Fly	Surface kick on back	6 kick on side-switch	one arm fly drill	2/2/2 drill	stroke count drill
Drills-Competitive	Drill	Drill		Drill	Drill
Age Group/Junior					
Free					
Back					
Breast					
Fly					