



# BREASTSTROKE

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## BREASTSTROKE DRILLS AND PROGRESSION

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### KICK:

- ☐ Speed Position Kick – Breath every Kick
- ☐ Kick on Back – Knees stay in water
- ☐ Buoy Between Legs Kick
- ☐ Knees together Kick
- ☐ Heels together Kick
- ☐ Vertical Kick
- ☐ Egg Beater Kick
- ☐ Piston Kick – For Heel Speed
- ☐ Underwater Streamline Kick
- ☐ Wall Kick

### FEEL:

- ☐ Hands out and breath scull (alligator breath)
- ☐ Corner “Y” Scull
- ☐ Windshield Wiper Scull – Head up
- ☐ Front Scull – Head up
- ☐ Noodle Drill

### FULL STROKE (FLOW):

- ☐ Moose Drill
- ☐ 2 UP – 2 Down
- ☐ UW Breaststroke Swim
- ☐ Stroke Count Drill
- ☐ 2 Kick (3 Kick) – 1 Stroke
- ☐ Breaststroke Arms with Flutter Kick
- ☐ Breaststroke Arms with Dolphin Kick
- ☐ Single Arm (Opposite Arm in front)

Teach underwater pull out for distance. This will mean that they are learning how to hold streamline and body position. As athlete gets older speed and distance will increase. Dolphin Kick can be taught before or after the arm pull but focus should be on holding tone bodyline and streamline position.

