



FREESTYLE

FREESTYLE DRILLS AND PROGRESSION

KICK:

- ☐ Arms at Side Kick
- ☐ Head Position Play
- ☐ Arms at Side Kick with Rotation
- ☐ Streamline Flutter
- ☐ Speed Position Kick
- ☐ Single Arm Kick (1 arm up, 1 arm down)
- ☐ Single Arm Breath Play
- ☐ Feet at Surface/Feet Below Surface
- ☐ Wall Kick
- ☐ Vertical Kick (Across Body, Elbows out, Streamline)

FEEL:

- ☐ Front – Middle – Back Scull
- ☐ Single Arm Scull
- ☐ Hinge Drill
- ☐ UW Recovery – “LONG DAWG”
- ☐ DIG Scull – “SHORT DAWG”

FLOW:

- ☐ Single Arm – Breathe Opposite Side
- ☐ Single Arm – Breathe Same Side
- ☐ 4 Position Single Arm (in front, pull, recovery, in front)
- ☐ Reach and Pull
- ☐ Wrist Drag / Knuckle Drag
- ☐ Head Up
- ☐ Fist
- ☐ Clock
- ☐ $\frac{3}{4}$ Catch Up
- ☐ 12 Kick – 3 Stroke (Control)
- ☐ Slow Motion Free

