

What makes an effective drill?

1. HAS A SPECIFIC PURPOSE

Pay attention to essential details of the swim, target specific components of a stroke without compromising others.



Understanding the concept behind the drills and executing them mindfully is crucial.

2. IMPLEMENTED MORE THAN ONCE

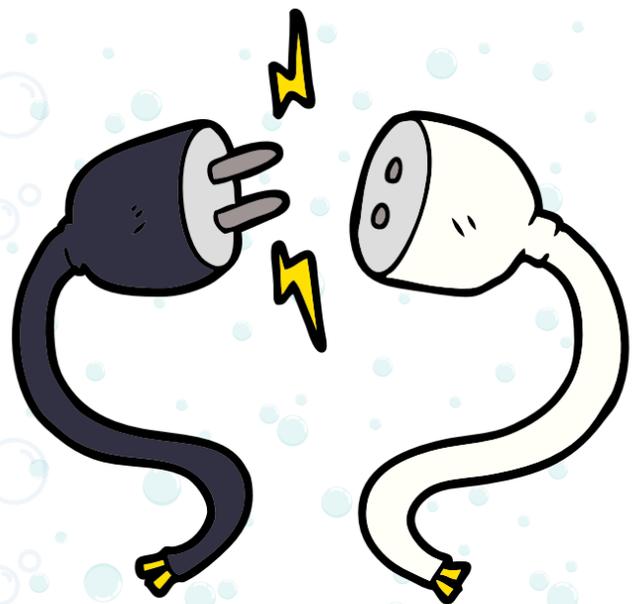
Repetition is key for drills to make lasting technique changes.



Practice makes perfect

3. MODIFIED TO FIT EACH SWIMMER'S NEEDS

Not all drills will produce the same results. Change it up and use equipment when necessary.



An effective drill is one that is successfully transferred to regular swimming strokes.