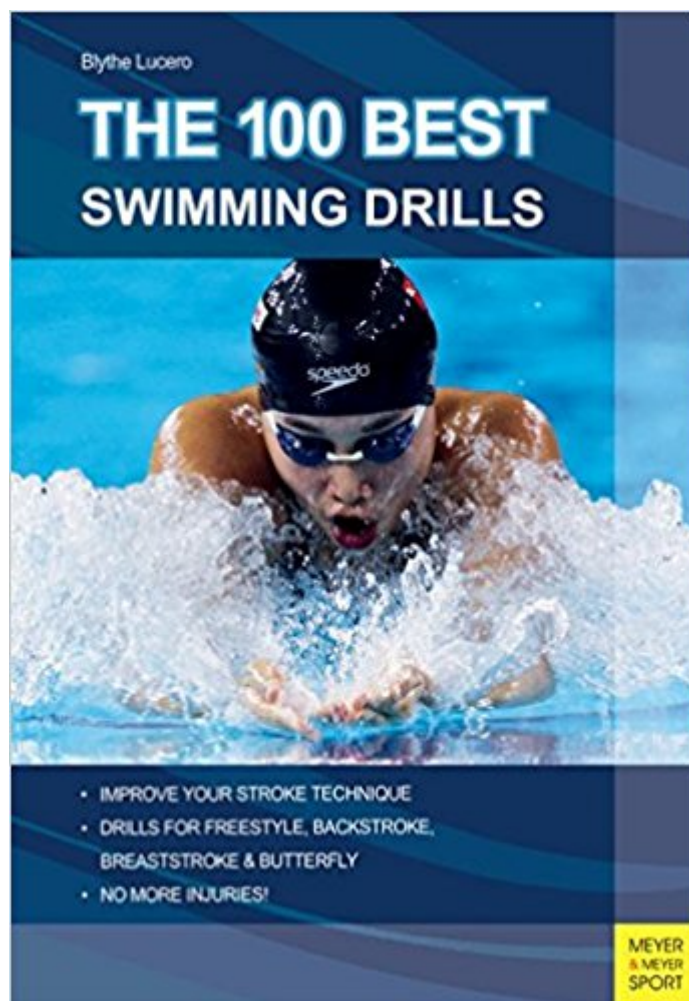




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The 100 Best Swimming Drills



Synopsis

Achieving better swimming is a matter of swimming efficiently. While proper technique is the foundation of good swimming, it is often difficult to isolate a technique problem by simply swimming laps. Stroke flaws can slow a swimmer's progress and can even lead to injury if continued over time. For these reasons, swimming drills have become a fundamental part of training at all levels of the sport. Drill practice is a swimmer's primary tool in developing better stroke technique. Drills allow a swimmer to concentrate on a single aspect of a stroke at one time. By providing specific, repetitive practice, and immediate feedback, drills teach a swimmer to maximize efficiency while minimizing effort. The book is organized into sections covering the four competitive strokes: freestyle, backstroke, breaststroke and butterfly. Each drill is explained step by step and accompanied by comprehensive diagrams. Drill feedback charts are included to help swimmers identify problems and make modifications. Underwater and surface photographs give swimmers optimal images to emulate as they practice. The 100 Best Swimming Drills is an excellent resource for swimmers at any level in the quest for better swimming.

Book Information

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Customer Reviews

This is a good book. It is divided in 4 basic parts, one for each stroke (butterfly, freestyle, breaststroke and backstroke). At each part there is an introduction which emphasizes the most important things to remember about the stroke. The exercises contained in each part are categorised in the following way: Body position drills Kick drills Arm stroke drills Recovery drills Breathing drills Leverage drills and Coordination drills. Each drill group aims to emphasize a

basic principle. The classification mentioned above does not mean that the drills are isolated exercises of a bodypart. On the contrary, each drill evolves in steps in such a way as to embed it progressively to the stroke. The figures and the description of the drills are quite clear and the part I like most is the DRILL FEEDBACK CHART, which is a table at the end of each drill which mentions problems you might encounter when applying the drill and what to do to resolve them. I have been using it for a while and I have realised that little can be gained by reading it at once. It is better to focus on a few drills (even one for some time) and refer back to the book after or before your practice.

This is a terrific book for swimmers and coaches. The drills can fit just about any category of swimmer, from beginner to one looking to hone their swimming ability. Pictures, diagrams and well written text make for an easy format to understand and look up specific drills.

-Easy to use-Plenty of information for any level swimmer-More drills in here than most people will ever use*I think the best thing is the section for corrections if you can't seem to get the drill right. I highly recommend for anyone looking to improve their swim.

The book is very useful for swimming coaches and their assistants especially at the beginning of their career. It is also very useful for swimmers who are not exactly born to swim, and cannot feel the water during their swimming. Or simply for those who need to get a new impuls in the training. Nice! Thank you the author and !

I'm a youth triathlon coach with no swimming background. This book has been fantastic for helping the kids, and myself, improve our form.

This book provides an excellent resource for any swimmer, coach, or instructor. The diagrams and feedback with each drill can really improve your form which is going to lead to efficiency in the water and faster times. I swam competitively in high school and college and picked this up to supplement my training for the military and it has been great. Whether your workouts are stale and need some new perspective or you can't seem to put all the pieces of a stroke together, this sure helps.

Book was delivered on time, I start reading the book And start practicing my drills and improve my swim technique, my personal coach has noticed my improvement.

Like the photos. The drills can correct swimmers' weakness/mistakes. This book put most drills together. A must-have.

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