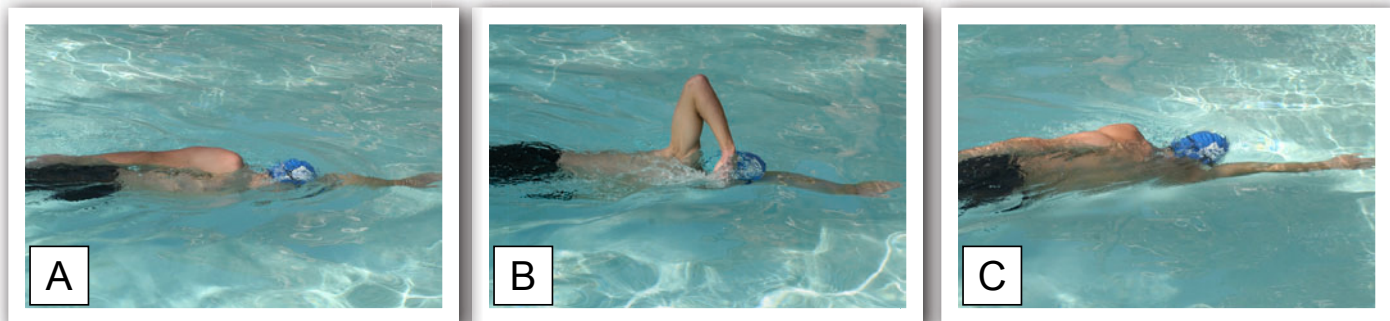


DAY 4 - HAND ENTRY AND PULL



We've covered the head position and hip rotation, two very important parts of freestyle. Now we will add in the focus on how you will enter your hands in the water upon recovery- and what to do with them when you get there.

LEARNING OBJECTIVES:

- ✓ Proper hand entry
- ✓ Hand extension
- ✓ High elbow pull

WARM UP: 400 yards or meters, your choice.

Set #1: 5x100's. First 50 is Shark Fin drill (as in Practice #2), second 50 is done as follows: Start as if you are doing shark fin drill, but instead of bringing the hand back after making the shark fin, slice the hand forward (in front of the goggle line) and at the same time, rotate the hips to the other side, and swivel your head to face up position, arm extended. When doing this drill, one arm should be moving forward while the other one moves back. Extend your arm forward, bend your wrist, and pull back towards your feet with your elbow remaining high in the water. Take a few breaths and repeat on the other side.



Set #2: The Pull

Just do 6x50's with plenty of rest.

Focus on this pattern with each and every pull:

- 1) Extend your arm
- 2) Bend your elbow
- 3) Keep your elbow high as you pull.

Remember, the most important thing is to keep the elbow high throughout the pull. Don't worry about doing an "S" curve or anything specific like that. Keep the high elbow pull in mind every time you swim.

 DO'S	 DON'TS
<ul style="list-style-type: none"> ▶ Slice your hand in the water ▶ Extend and glide (but not for TOO long) ▶ Bend your elbow at the beginning of the pull for maximum propulsion 	<ul style="list-style-type: none"> ▶ Try to reach through the air on your recovery ▶ Slap your hand down on the water ▶ Drop your elbow on the pull

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Set #3: 12x50's. First 25 is a repeat of the drill you did in Set #1. The second 25 is as follows: Start as you are doing the drill in Set #1. Instead of rolling to face up, roll your hips to about 75 degrees, pause and repeat in the other direction, rolling to face up on the side you started. Now you have completed a "double rotation."

Set #4: 6x100's. First 50 is a triple rotation. Just add one more switch to the last drill. Second 50 is freestyle, focus on your hand entering in near your goggle line (or a little above that point). Keep in mind the 1-2-3 combo from set #2!

COMMON MISTAKES:

- Not starting the pull soon enough, and ending up with both hands out in front and on your stomach. Make sure you are either on one side or the other.
- Not gliding and pushing the hand and arm down into the water, sacrificing your pull
- Gliding too long and losing momentum
- Trying to do an "S" pull
- Allowing your elbow to drop before starting the pull