

## YSF Stroke Step by Step Progression Guides

<p style="text-align: center;"><b>Freestyle</b></p> <ol style="list-style-type: none"> <li>1. Body Balance (BB)</li> <li>2. Body Balance Roll Forward (BBRF) - <i>Good time for Breath Timing Teaching</i></li> <li>3. Blossom Drill</li> <li>4. Single Arm (S/A)</li> <li>5. 1 Under 1 Over</li> <li>6. 6-3-6 w/ Finger Tip Drag or Variations (I.e. Boom Drill)</li> <li>7. SWOLF</li> </ol> <p><b>Keywords:</b> “Lean Forward,” “Power Triangle,” “Ride the wave/line,” “Reach, Rotate, Resistance,”</p>	<p style="text-align: center;"><b>Backstroke</b></p> <ol style="list-style-type: none"> <li>1. Canoe Kick</li> <li>2. Canoe Kick w/ Rotation</li> <li>3. Side Kicking w/ Mini Scoops (Mini Js)</li> <li>4. Single Arm (S/A)</li> <li>5. L-Drill</li> <li>6. 3R, 3L, 2R, 2L, Full Stroke (3-2-1 Drill)</li> <li>7. SWOLF</li> </ol> <p><b>Keywords:</b> “Under the basketball, over the tennis ball,” “Shoulders to chin,” “Dry Armpits,” “Elevate and Rotate.”</p>
<p style="text-align: center;"><b>Breaststroke</b></p> <ol style="list-style-type: none"> <li>1. Always teach/review the Narrow Straight Back Kick in Multiple Positions</li> <li>2. Press &amp; Release (P/R) w/ BR Kick</li> <li>3. Frog Drill</li> <li>4. Flutter Breast w/ Focus on Quarter Pull</li> <li>5. 2 Kicks, 1 Pull (2K1P)</li> <li>6. Pulse or Short Axis Drill</li> <li>7. SWOLF</li> </ol> <p><b>Keywords:</b> “Out, Up, Stretch/Drive FORWARD, Kick,” “Leave a pizza slice of space for your face,” “Breathe on the in-sweep,” “Sky high breathing,” “Kick before you sink,” “T&amp;G! - <i>TOUCH your toes together, Before you go into your next stroke,</i>” “Bullet Position – <i>For pulldowns,</i>” “Hit the line, kick the line.”</p>	<p style="text-align: center;"><b>Butterfly</b></p> <ol style="list-style-type: none"> <li>1. Press and Release with and w/o power from the kick</li> <li>2. Up &amp; Duck/Dive w/o a fly kick (Up &amp; Duck)             <ol style="list-style-type: none"> <li>a. <i>When ready, cue for more chess pressing action versus the head</i></li> </ol> </li> <li>3. Single Arm w/ other arm by side (S/A)             <ol style="list-style-type: none"> <li>a. <i>Work in “Kick in, Kick out”</i></li> <li>b. <i>Allow breathing to the side to keep flow from breaking</i></li> </ol> </li> <li>4. Pulse Drill</li> <li>5. 2-2-2 Drill</li> <li>6. SWOLF</li> </ol> <p><b>Keywords:</b> “When your hands go in, your hips go out,” “Up before, down before,” “Kick in, Kick out,”</p>

**Notes:** Every swimmer in our program – from beginners to seniors – **must know and be able to perform these exact drills.** They are the common language we all use across every branch and every coach. You are absolutely encouraged to add your own favorite drills to teach specific skills, fix bad habits, or make training more fun. **However, these core drills listed here are non-negotiable.** They are the foundation. No matter which coach is on deck, everyone should instantly recognize these drills and know exactly what to do when the coach calls them out. Teach the core first and teach it well. Once swimmers own these, everything else you add will make even more sense. Thank you for keeping our program consistent and strong! 🏊‍♂️

## **Block Starts: Step-by-Step Guide**

1. **Setup:** Stand CUDA tall, move moderate-fast to grab blocks (2nd to last). Wrists strong/straight not bend, fingers grip bottom including thumb. Hips high without too much stretch tension in legs, weight on front foot (70%-80% w/o wedge). Feet in power positions (opposite squares). Flatter back—load legs/back with tension (pull block to you, shoulders to back pocket).
2. **Takeoff:** Throw block behind, kick back foot high. Clean through "hula hoop." (no separated legs).
3. **Entry:** Whole body through the same hole (pike slightly if needed). Ballerina toes.
4. **Underwater:** Get deep/flat ASAP to carry speed.

### **Drills:**

- Broad Jump: 2-leg power jumps off blocks.
- Pencil Dive: Streamline focus.
- Cactus: Flat back + hand speed.
- Single-Leg Dive: Power + forward roll feel.
- Weight Slide: Upper arm power.
- Ball Kick: Back leg kick-up help.

## **Backstroke Starts: Step-by-Step Guide**

1. **Setup:** Hop in (no grab). Hands/feet shoulder-width, feet high on the wall (no toes over the lip).
2. **Position:** Pull up to chest-to-bar (straight or slight leaning back angle, no round back). Legs spring-loaded, butt near heels (or hips back if slippery).
3. **Takeoff:** Jump up and over the rainbow (Unload hips, hands to streamline, kick feet up high)
4. **Entry:** Enter same hole straight/streamlined and get flat ASAP to carry speed

### **Drills:**

- Ball Kick: Kick-up practice.
- Pike & Flop: Distance/height/both.
- Butt Burner: (Deep pool only): Fear Facing to actually jump and arch back