

Short Axis Drills: Breast

2 Kicks-1 Pull Breast

- 2 kicks per arm-stroke

No-Arm Breast

- Breaststroke with arms at sides
- Arch back and breathe as heels come up
- Breathe every stroke
- Head and chest fall forward (with flat back) as feet push back

Cobra Breast

- Breaststroke arms with flutter kick
- Scull out slowly (outsweep)
- Accelerate through corners (insweep)
- Shoot hands quickly forward into streamline

Dolphin Breast

- Breaststroke arms with dolphin kick

Breast Kick on Back

- Arms in streamlined position
- Keep knees underwater
- Glide between kicks