

## Short Axis Drills: Fly

### 4-Beat Fly

- 4 kicks then a full-stroke of fly
- Breathe every stroke

### Single-Arm Fly

- Stroke with one arm, other arm is extended
- Breathe to side

### 2-2-2-2 Fly

- 2 strokes r-arm
- 2 full strokes
- 2 strokes l-arm
- 2 full strokes

### Fly with Snorkel

- Keep body moving continuously
- Press forward and down with chest

### Milt Nelms Falling Drill

- Stand in shallow water with arms raised overhead
- Bend at hips with flat back
- Fall forward into water with head tucked between arms
- Do not use legs