

Essential Swim Drills with YouTube Guides

1. Kick Drills

I don't need to be able to kick as I am going to wear a wetsuit. That is not true, whilst the kick only adds a small amount of propulsion it is critical to the overall flow of swimming.

👉 Watch: [Kick Drill with Fins and a Board](#)

2. Catch-Up Drill

Improves stroke timing, body balance and ensures clean body rotation — great for beginners.

👉 Watch: [Catch-Up Drill \(Tap & Go\) – TriDot Swim Drill Series](#)

👉 Alternative: [Beginner Swim Drill: Catch-Up \(MySwimPro\)](#)

3. Fingertip Drag Drill

Helps maintain a *high elbow recovery* and improves body position and rhythm.

👉 Watch: [Finger-Tip Drag Drill – TriDot Swim Drill Series](#)

👉 Alternative: [Perfecting the Finger Drag Drill \(SwimCycleRunCoach\)](#)

👉 Another: [Front Crawl Fingertip Drag \(iSport Lessons\)](#)

4. Sculling Drill

Develops feel for the water and improves the *catch phase* of your stroke — extremely useful before sprinting into freestyle.

👉 Watch: [How To Scull: This Skill Will Change The Way You Swim!](#)

5. High Elbow / Catch Focus

Focuses on *early vertical forearm* and stronger propulsion in the stroke.

👉 Watch: [Reach & Rotation Catch Up | Freestyle Technique Analysis](#)

6. Triathlon-Specific Drill Set

An overview of key drills often recommended specifically for triathlon swimmers.

👉 Watch: [Top 5 Swim Drills For Triathletes – Tim Don & Emily \(World Triathlon\)](#)

Drills Explained (What They Focus On)

Here's how to use them in your training — and why they matter:

Catch-Up Drill

- One arm stays extended while the other completes a full stroke and “catches up.”
- Builds *stroke timing* and helps keep your body *streamlined*.

Fingertip Drag Drill

- Drag finger tips along the water during recovery.
- Promotes *high elbow recovery* and balanced body position.

Sculling Drill

- Small figure-eight movements with hands to “feel” the water.
- Teaches *feel for the catch phase*, engaging the correct muscles.

High Elbow / Catch Focus

- Encourages catching more water early in the stroke for propulsion.
- Great for developing *power* and reducing wasted motion.

Triathlon Drill Sets

- Covers several skills including breathing rhythm, stroke balance, and body position.
- Useful as an *all-around overview* and demo.