


# DRILLS TO IMPROVE METRICS



## Time Underwater

### Vertical Dolphin Kicks

#### *Drill Variations:*

- With or without fins
- Arms down by the side
- Arms up with elbows above the water
- Streamline position
- With a weight above the water

#### *Develops:*

Core and leg strength

### Underwater Dolphin Kicks

#### *Drill:*

Push-off, streamline, and dolphin kick 15, 20, or 25 m/yd. Do multiple sets

#### *Develops:*

Lung capacity, core and leg strength

### Push-off + Glide

#### *Drill:*

Push-off in a streamline, glide until reaching the surface

#### *Develops:*

Push-off strength, balance, and feel for the surface

