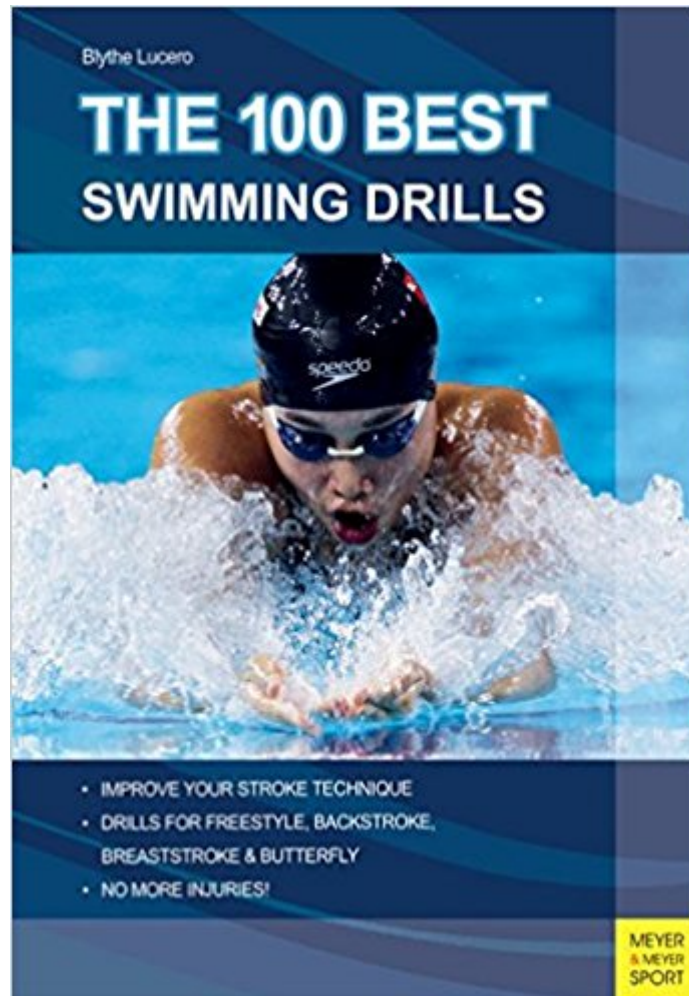




The book was found

The 100 Best Swimming Drills



Synopsis

Achieving better swimming is a matter of swimming efficiently. While proper technique is the foundation of good swimming, it is often difficult to isolate a technique problem by simply swimming laps. Stroke flaws can slow a swimmer's progress and can even lead to injury if continued over time. For these reasons, swimming drills have become a fundamental part of training at all levels of the sport. Drill practice is a swimmer's primary tool in developing better stroke technique. Drills allow a swimmer to concentrate on a single aspect of a stroke at one time. By providing specific, repetitive practice, and immediate feedback, drills teach a swimmer to maximize efficiency while minimizing effort. The book is organized into sections covering the four competitive strokes: freestyle, backstroke, breaststroke and butterfly. Each drill is explained step by step and accompanied by comprehensive diagrams. Drill feedback charts are included to help swimmers identify problems and make modifications. Underwater and surface photographs give swimmers optimal images to emulate as they practice. The 100 Best Swimming Drills is an excellent resource for swimmers at any level in the quest for better swimming.

Book Information

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Customer Reviews

Blythe Lucero has been coaching swimming for more than 25 years. She currently oversees two teams, Berkeley Aquatic Masters, and Berkeley Barracudas, where she brings her passion for swimming to the development and training of swimmers of all ages, from novice to world class. Blythe grew up in Berkeley, California, in a large athletic family. She swam competitively in her youth, achieving All-American status in college. In addition to coaching swimming, she trains Water

Safety Instructors for the Red Cross. The three book series Coach Blythes Swim Workouts follows the successful book The 100 Best Swimming Drills, and Masters Swimming - A Manual.

Great book.

I'm always looking for ways to mprove my strokes and this book was very helpful. At age 83 I need all the help I can ge!!!!

Exactly what is advertised. Saw immediate result when applyng the drills to my children training. Great.

The book is very useful for swimming coaches and their assistants especially at the beginning of their career. It si also very useful for swimmers who are not exactly born to swim, and cannot feel the water during their swimming.Or simply for those who need to get a new impuls in the training.Nice! Thank you the author and !

Book took a little while on the delivery, but I was made aware ahead of time. Brand new edition for a great price! Thank you--it is informative and a super big help to my coaching.

Great book!

Perfect for the parent who wants to give extra help to their swimmer!!!!

Book was delivered on time, I start reading the book And star practicing my drills an improve my swing technic, my personal coach has notice my improvement.

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