



Kirby Swim Presents: **Bill Kirby's Swim Tips #8**

Perfecting Freestyle using the '2 and 2' drill –with You Tube demonstration

In this Swim Tips Bill explores the use of the “2 and 2” drill.

Drills are used in both learn to swim levels (snapper and above) and squads, to develop technique and 'technique endurance' (the ability to maintain technique over distance), which are two key factors in swimming well.

These drills can also be used by the recreational swimmer to develop technique and also to break up the monotony of lap upon lap swimming, so grab some fins and try this drill today!

“Body position and breathing are the two main aspects that affect swimming efficiency while performing freestyle. Both are inter-related i.e. if the breathing is rushed, the head turns too fast, too far, or, is lifted instead of rolled into the breathing position the body position deteriorates rapidly.

Conversely if the body position is poor to begin with it makes getting into the correct breathing position almost impossible. Perfect body position in the water involves a good neutral head position, and high hips to reduce drag and maximize the power of the kick.

The best way to correct poor breathing positions or body positions is through practicing drills that challenge these aspects of the stroke”

'2 and 2' drill: (use fins the first few times you try to perform this drill) - This drill is performed by taking two breaths every 2 strokes. Perform the drill as slowly as you can for best results.

1. Start in a face down kicking position where one arm is extended above the head and the other by the side. Check to ensure you have no gap between the ear and the extended arm, and your eyes are looking directly down to the bottom of the pool (not looking forwards).
2. Once you have performed a few kicks in this position, roll your shoulder out of the water and, along with it, roll your head laterally so that one eye and just your mouth are clear from the water and take your first breath. Ensure whilst doing this that you keep your original body position as high as possible in the water by maintaining a strong kick and by reaching as far forward as possible. Use your core to maintain balance and stability.
3. Once you have performed the first breath roll the face and shoulder back into the water so that the eyes are again looking directly at the bottom of the pool. Perform a few more kicks (6 kicks or so) and then repeat the rolling to breathe achieving the same great breathing position. Once you have taken the second breath take two controlled and long freestyle strokes, concentrating on length whilst breathing your bubbles into the water, eyes looking directly to the bottom of the pool.
4. This sequence is then repeated over and over again whilst focusing on attaining the best body and breathing positions possible to re-enforce and create the effective muscle memory. To see me performing the drill being please click [here](#). Remember that the first few times you perform this drill, it will feel rather like a new pair of shoes, but as you create muscle memory and patterning, the drill will feel easier and concurrently, your freestyle technique will also improve.

Happy swimming!

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