



*SwimMAC Carolina offers swimming programs for people of all ages and experience levels. Established as the Mecklenburg Aquatic Club in 1977, we have grown from a small competitive team into a highly-regarded organization that provides aquatic instruction and training for nearly 10,000 people in the Charlotte region each year. Our mission is to empower young people to be champions in life through excellence in swimming by continually working toward these four ends:*

**Engage** Children and families enter the sport with an opportunity for lifelong enrichment

**Develop** Athletes benefit from collegiate swimming opportunities

**Inspire** Athletes inspired to train for elite levels

**Lead** SwimMAC's model of excellence is embraced by other members of the global competitive swimming community



SwimMAC Drill Progressions:  
*Breaststroke Timing and  
Crossover Turns*

# Breaststroke Timing Drill Progression



**This is a 4-step drill progression:**

- **It's cumulative, with each step building on the one before it**
- **We use acronyms and conceptual phrases to keep it fun and interesting**
- **Each drill is followed by swimming in order to make constant connections between the drill and the stroke**
- **These are great to use before or during “main sets” to keep kids dialed-in to technique as much as possible**

# Breaststroke Timing Drill Progression



- Step 1 - **B.O.T.S.** = “Breathe On the Sweep”  
(Focus - timing of breath)
  
- Step 2 - **S.H.B.** = “Sky High Breathing”  
(Focus – timing of hip drive)
  
- Step 3 - **K.B.Y.S.** = “Kick Before You Sink”  
(Focus – timing of kick)
  
- Step 4 - **T&G** = “Touch and Go”  
(Focus – timing of the next pull)

# Crossover Turns



**Back-to-breast crossover turns are the fastest way to transition during the individual medley from the finish of the backstroke portion to the start of the breaststroke pull out.**

## **Tricks and Treats:**

- The most challenging piece for swimmers to learn is the touch on the last stroke of backstroke to the wall**
- The progression is designed to make the swimmer comfortable and confident at the touch**
- Once the touch is good, what's next can be simply described as a freestyle flip turn**
- Progression developed out of necessity to be able to get a large group in a small space as many learning opportunities as possible**

# Crossover Turns



## Teaching Progression: LARGE GROUP MID-POOL SET UP

- Position swimmers in the lanes they are already in, along the lane line or wall, about 5 feet apart, facing coach
  
- Have swimmers decide which arm they would prefer touching the wall, then move to that side of the lane
  
- Establish 3 commands:
  1. ARM UP! Raise the arm they chose, high to the sky
  2. LOOK AWAY! Look away from the arm that is raised, towards opposite lane line or wall
  3. GO! Kick up and push face into the water, while raised arm follows to touch the lane line or wall

# Crossover Turns



## Teaching Progression: LARGE GROUP MID-POOL DRILL

- **Step 1: 10 kicks. Swimmer touches lane line or wall and does 10 kicks on side while looking at bottom**
- **Step 2: 5 kicks & flip. Swimmer touches lane line or wall and does 5 kicks on side while looking at bottom, then releases their arm and does flip turn\***
- **Step 3: Flow. Swimmer touches lane line or wall and, as naturally as possible, flips immediately\***

**\*Swimmers should start facing the Coach. When they start to add the flip, they should finish facing the opposite direction from which they started.**

# Crossover Turns



## Drill Progression:

- Large Group Mid-Pool (described previously)
- Mid-Pool 12 ½'s – same progression [10k, 5k & flip, flow] from middle of pool to wall, foot touch, no push
- Mid-Pool 25's – same as above, add push off and breaststroke pull out
- Crossover 50's – 12 ½ breast, 12 ½ back, crossover turn at wall, 12 ½ breast, 12 ½ back, crossover turn at wall to foot touch