

# BARRACUDA DRILLS

## Freestyle

- 25 – False Recovery
- 25 – Catch
- 25 – Underwater Recovery
- 25 – Two Arm
- 25 – Drag
- 25 – Lag Stroke
- 50 – Swim

## Backstroke

- 25 – False Recovery
- 25 – Catch
- 25 – Underwater Recovery
- 25 – Double Arm Recovery
- 25 – Two Arm
- 25 – Lag Stroke
- 50 – Swim

## Breaststroke

- 25 – Out Sweep Scull
- 25 – In Sweep Scull
- 25 – Head Up
- 25 – Two Arm Flutter
- 25 – Crossover
- 25 – Breast/Fly
- 50 – Swim

## Butterfly

- 25 – Side Streamline Kicks
- 25 – Fly Up Kicks
- 25 – Rear Scull
- 25 – One Arm
- 25 – Underwater Recovery
- 25 – Delay
- 50 – Swim

