

# TSC Drills Lists

Lane	Grade 1	Grade 2	Grade 3	Grade 4	5 Copper	6 Bronze	7 Silver
<b>Fly</b> Drills	Active rotation + fins Biondi Flick (basic) + fins Left Right both - one arm combinations + fins	Active rotation + fins Biondi Flick (basic) + fins Left Right both - one arm combinations + fins	Active rotation + fins Biondi Flick (basic) + fins LA RA DA	Active rotation + fins Biondi Flick + fins LA RA DA	Biondi Flick + fins LA RA DA		Active rotation Biondi Flick
Kick	with fins arms up or down	with fins arms up or down	with fins arms up or down	with fins arms up or down			
<b>BK</b> Drills	One arm back 1/4 arm raises + fins Double arm	One arm back 1/4 arm raises + fins Double arm	One arm back 1/4 arm raises + fins Double arm	One arm back 1/4 arm raises + fins Double arm	One arm back 1/4 arm raises + fins Double arm	One arm back 1/4 arm raises + fins Double arm	One arm back 1/4 arm raises + fins Double arm
Kick	Shoulder Kisses (Rotation) Arms up stream line (if capable)	Shoulder Kisses (Rotation) Arms up stream line	Arms up stream line	Arms up stream line	Funky Penguin		Arms up stream line Stream line Dol Kick
<b>BR</b> Drills	Kick with board or on back board over knees 2 Kicks 1 Arm Stroke count/gliding work	FR K BR Arms + Fins (Fast Arms)  Stroke count/gliding work	FR K BR Arms + Fins (Fast Arms)  Stroke count/gliding work	FR K BR Arms + Fins (Fast Arms)  Stroke count/gliding work	2 arms up, 1 kick under 2 Kicks 1 Arm Tennis Ball Under chin		2 arms, 3 kicks under
Kick	Maybe with a board				Stroke count/gliding work	Stroke count/gliding work	
<b>FR</b> Drills	Tripple Switch One Arm Stroke Count work (Stretching out)	Tripple Switch One Arm Stroke Count work (Stretching out)	Tripple Switch One Arm Stroke Count work (Stretching out)	Tripple Switch One Arm Fingertip Drag Stroke Count work (Stretching out)	Fingertip Drag Stroke Count work (Stretching out)	Stroke Count work (Stretching out)	
Kick	With board						
<b>Starts &amp; Turns</b>	Touch Turns Introduce FR tumble Tumble turn development 2HH tumble	IM Turns	IM Turns Back tumble turns				

Repeats			800m		Hannah 900m	Lachlan	Cliff
General	25s and 50ms	25s and 50ms					
Max	100IM	100IM					