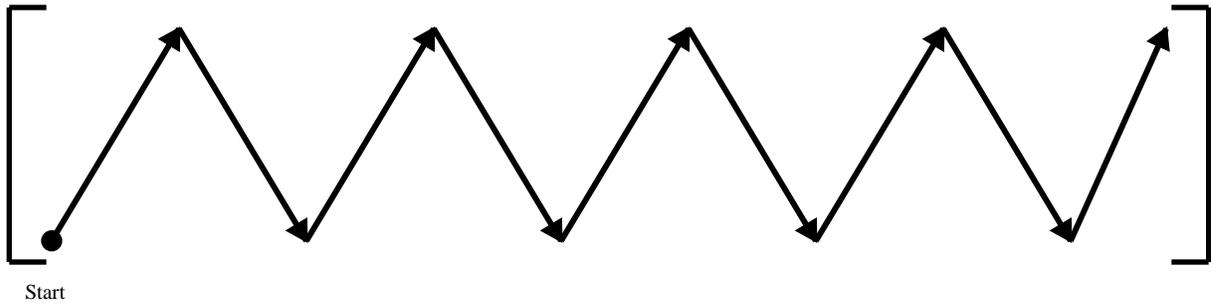


Lightning Release Drill

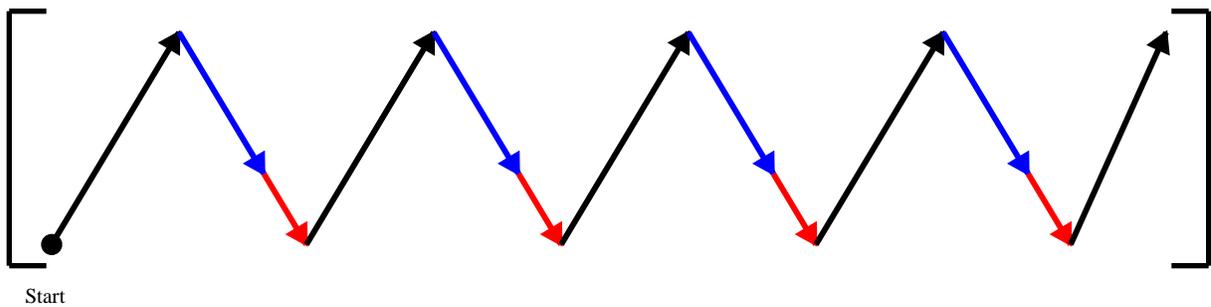
Free to Free Variation

Players swim head-up freestyle in a zig-zag pattern across the pool, pivoting at each point.



Free to Back Variation

Players swim head-up freestyle on the first diagonal, then pivot and return using three backstroke strokes before transitioning to Sunny Side Up.



Black = Freestyle | Blue = Backstroke | Red = Sunny Side Up