

# World's Longest List of Ways to Use a Pull Buoy for Swimming Training



Whether you're elevating your hips for improved technique, strength building your upper body, using it as a versatile kickboard substitute, or simply adding a bit of fun, the pull buoy proves its versatility.

1. **Standard use** – swim with pull buoy in the groin region for strength and streamlining
2. **Balance test** – swim with the pull buoy held in the shins
3. **Leg strength** - swim with the pull buoy held between the knees
4. **Kicking practice 1** – Kick holding the pull buoy instead of the kickboard
5. **Kicking practice 2** – Kick holding the pull buoy on its end and the arms in a streamline position
6. **Kicking practice 3** – Kick on your side with one arm out in front holding the pull buoy
7. **Strength and co-ordination** – swim with the pull buoy in one hand like a hand paddle
8. **Strength, co-ordination and turn practice** – float face down in streamline position with the pull buoy, flip over in the water so you are face up and streamline, repeat
9. **Sculling Drill 1** – Sculling using the pull buoy in different positions between your legs
10. **Sculling Drill 2** – Sculling on your back moving **feet first** ( position 1 - arms above head, 2 - arms beside body )
11. **Sculling Drill 3** – Sculling, sitting on the pull buoy with your knees bent and head out of the water.
12. **Pull Practice** – Swim Long Arm Doggy Paddle using the pull buoy held in one hand
13. **Technique practice** - One arm freestyle holding the pull buoy in the outstretched hand
14. **Rotation Practice** – Start in the facedown streamline position holding the pull buoy with straight arms directly below you. Start kicking and rotate your straight arms to one side and then the other and back again. Add fins for variety.
15. **Fun racing** – swim pushing the pull buoy in front of you up the lane
16. **Fun & Fitness** - Dolphin dives carrying the pool buoy in one or two hands
17. **Fun Buoy Ballet** – Channel your inner synchronized swimmer with the pull buoy
18. **Pull Buoy Swim Session** – Use the pull buoy for the whole session practicing these activities
19. **Open Water Swim** – take the pull buoy along and practice all these activities.



**4. Kicking practice 1**



**5. Kicking practice 2 & 14. Rotation**



**7. Strength and co-ordination & 12. Pull Practice**



**6. Kicking practice & 13. Technique practice**

