

Development of Skill Sets & Proper Technique for Novice Swimmers

Key Points:

- Advanced Swimming is 70% Technique, 30% Conditioning
- It's all about the PROGRESSION - How would you build a house??
- Fencing in Russia - "Footwork, footwork, footwork"
- Great kicking makes drills easier

PART 1: Setting Up Your Plan

A. TEST - Know your audience

1. Day 1 - Always Start Basic
 - a) Starting with advanced tasks can lead to discouragement
 - b) Retention Tip: You always want people feeling empowered on Day 1
2. Give Feedback
 - a) This is a great "Coachability" test
3. Make a Decision
 - a) It must always be in the best interest of the swimmer - not the parent
 - b) Factors:
 - (1) Skills
 - (2) Physical Age
 - (3) Psychological Age
 - (4) Body Awareness
 - (5) Coachability
 - (6) Coach's Discretion

B. TEACH - Repetition is KEY

1. Knowing WHY versus knowing HOW
 - a) Refer to the *2 Goals in Swimming*
 - b) Don't be afraid to explain
 - c) How does what they are doing relate to swimming???
2. There is no reason to progress until the "basics" are mastered
 - a) The Goal of Your Curriculum: If you can do Step A, you can do Step B
 - b) "We will do this all day if we have to..."
3. Repetition is KEY
 - a) "Practice doesn't make perfect; perfect repetition makes perfect."
 - b) The brain, neurons & myelin
4. If the front door is locked, try the back door, try the window, try the chimney, etc.
 - a) Remember there is no single way to learn something
 - b) Always have different ways of explaining things
 - c) Always have another progression
 - d) Some kids are visual, some are auditory, some require sensory and others just need time
5. Stay in-tune with your intentions
 - a) Kids have a great sense of our moods
 - (1) Beware of frustration
 - (2) Stay calm, and be patient
 - (3) Teach with love
6. Always finish with something FUN or FAST
 - a) We learn by playing

C. RE-TEST

1. Is my progression working?

Development of Skill Sets & Proper Technique for Novice Swimmers

PART 2: CONCEPTS & BUILDING PROGRESSIONS

***Important Concepts:

- Secret to efficient swimming:
Get from Point A to Point B:
 1. In a straight line
 2. Through the narrowest chute possible
- If you know how to glide, you know how to swim fast
- Streamline - the secret to reducing resistance
- Our bodies are like see-saws in the water; head goes up, hips go down
- When all else fails - KICK!

I. FREESTYLE

A. Sailboats versus barges

1. Notes:

B. Long boats versus short boats

1. Notes:

C. Timing

1. Notes:

D. Stroke Count = Efficiency

E. Sample Progression

1. Laws of Buoyancy

a) *Head down*

(1) Face down float + looking forward → what happens?

b) *Press your chest*

(1) Face down float + chest press → what happens?

c) *Arms Up*

(1) Face down float + chest press + arms up → what happens?

2. Practice Laws while kicking face down + arms up

a) Look for: High hips, waterline at the top of the head

3. Side-kicking w/ Face Out (w/ → w/out Pull Buoy)

a) Look for: Straight arms; palm down; strong leading hand; ear on the shoulder; belly button to the wall; eyes down

4. Side-kicking w/ Face In/Out (w/ → w/out Pull Buoy)

a) Look for: No movement in the hand during breath; high hips during head rotation

5. 6-K Switch w/ Timing OR Catch-up (w/ → w/out Pull Buoy)

a) Look for: No movement in the hand during the recovery; pulling only after catch-up; rotating from side to side

6. 4-K Switch w/ Timing OR Catch-up

7. 0-K Switch - AKA Freestyle

Development of Skill Sets & Proper Technique for Novice Swimmers

II. **BACKSTROKE**

- A. What is the difference between Free & Back?
 - 1. Notes:

- B. Can we come up w/ a progression for Backstroke?
 - 1. Notes:

III. **BREASTSTROKE**

- A. Kick
 - 1. What is the most inefficient part of the kick?
 - a) Solution: Fast heels
 - 2. Be patient: Pull them out - let them watch; guide their feet; let them push your hands

- B. Glide
 - 1. What is the most inefficient part of the upper-half of breaststroke?
 - a) Uphill swimming or downhill swimming?
 - 2. Teach the importance of gliding
 - a) Which swimmer is more efficient:
 - (1) Swimmer A: 25-yards in 8 kicks in 20-seconds
 - (2) Swimmer B: 25-yards in 14 kicks in 19-seconds
 - 3. Arms long
 - a) Remember: Sailboats!
 - 4. Head Down
 - a) Our bodies are like see-saws in the water; head goes up, hips go down
 - b) Our goal is to travel through the narrowest chute!

- C. Pull
 - 1. What is the most inefficient part of the pull?
 - a) Key: Fast recovery
 - 2. Elbows in → Heels up; then kick your arms into streamline

- D. Timing
 - 1. Law of Inertia (Car on a highway or car in the streets?)

- E. **Sample Progression**
 - 1. Kick on Back - arms at side
 - a) Look for: knees staying below the surface of the water; fast heels; glide
 - 2. Kick on Back - in streamline
 - 3. Kick Face Down - breathing every kick
 - a) Look for: Heels up, head up; kick your head down; glide (bring down kick count); streamline
 - 4. 1 Pull, 2 Kick
 - a) Look for: A matched kick count from previous drill; fast arm recovery; streamline
 - 5. Swim
 - a) Look for: Glide!

Development of Skill Sets & Proper Technique for Novice Swimmers

IV. BUTTERFLY

A. Kick

1. Generated from the hips
2. Keep the feet together
3. Understand the law of propulsion
 - a) Vertical Kicking, kick against a wall, fins

B. Recovery

1. Just like Breaststroke, breathing causes an issue!
 - a) Our bodies are like see-saws in the water; head goes up, hips go down
2. It must be controlled, relaxed and compensated for
 - a) Press hands into the water
3. Stay low
 - a) Fastest way to get from Point A to Point B is a straight line!

C. Pull

1. Drill: Float flat on your stomach with your arms above your head - no kick. Now, pull straight back w/ the goal of moving forward, not up.
2. Whether you're breathing or not, the pull should be consistent

D. Sample Progression

1. Dolphin kicking w/ face in the water (breathe every 3-4 kicks)
 - a) Look for: hips coming out of the water - even after a breath
2. 1-arm fly (1-arm only) w/ arm up - get to a good stroke count w/ glides!
 - a) Look for: Dragging thumbs on the surface of the water (stay low); soft hands (press hands into the water with chest); glide (if you know how to glide, you know how to swim fast); 2-K per pull
3. 1-arm fly (3-R, 3-L) - match stroke count above
4. 1-arm fly (2-R, 2-L) - match stroke count above
5. 1-arm fly (1-R, 1-L) - match stroke count above
6. 1-R, 1-Full, 1-L
 - a) Look for: Rhythm stays constant; hips are visible at pressing point; no splash entry; low breath
7. 4-Kick Fly - 4 kicks underwater + 1 stroke of full fly
 - a) Look for: Low breath; high hips at pressing point; all 4-kicks are performed completely submerged
8. 3-Kick Fly - 3 kicks underwater + 1 stroke of full fly
9. 2-Kick Fly - AKA Butterfly =>