



NWA: Poolside Olympics (2)

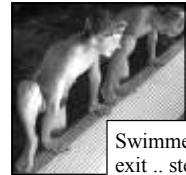
Body
Position
determines
Muscle
Recruitment

Short Levers move Fast(er) ... Long Levers move Slow(er)
Get to the ball first .. shoulder in front .. we are dealing with small distances, but significant advantages .. aiming to achieve maximum speed in the minimum number of steps; e.g. in AFL the average sprint is <15m.

Athletes learn errors as easily as correct movements .. it takes about **50 repetitions to form a habit** .. it can (will) take **thousands** of repetitions to change a habit ... **so:** learn and aim to practice perfectly from the outset, and **always**. Practice is when you are allowed to make mistakes, but, your aim must always be to enhance your skills.

Basic Drills / Activities: between competitions. Swimmer's Pool Exit—Poolside Push-Ups; Cross Body Lifts; (in-the-water) A-Skip—Alternating Butt Kicks—Cross Overs Why? Where do these skills fit in?

(Assuming: approx. 1 hour; all athletes have a kick board, towel, and full water bottle)
Resources: 20 athletes .. 10 sets of punching mitts; hoops/boards (4); buoyancy (8).



Swimmer's exit .. step up

Group divided **by coaches** into 3-4 teams

Every time a team or individual leaves the pool, they must do **at least 5 Poolside Push-Ups**, and, they **must** leave the pool "correctly" (swimmers exit).

1. Dive-Jump ► Swim Relay: swim to 15m .. raise arm as a signal to next team member; then, swim to edge, correct pool exit preceded by poolside push-ups. Relay can be continuous .. cycle of swimming►push-ups►exit .. continues for a set period of time.

2. Punching Mitts: (10 sets = 20 athletes) .. no gloves .. hit fast NOT hard; full extension, i.e. elbows back .. count 30 on one arm ► change-over; continues for a designated time period. (Hands **must** be dry) **Short levers move fast(er) ... Long levers move slow(er)**



3. Drills-in-the-Water

A-Skip—Alternating Butt Kicks—Cross-Overs—Fast Claw
Short Levers move fast(er) — Long Levers move slow(er)
See back of sheet for more detail
100% Right is 100% Right .. 99% Right is 100% Wrong

A-Skip
Toe Up
Knee Up
Heel Up
Step over the knee of the support leg



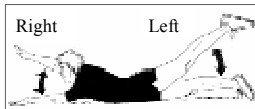
4. Relay Runs (in-the-water): 2 buoyancy vests per team; one athlete jumps in, runs to 10-15m► swims to edge► poolside push-ups► swimmers exit ... as the athlete exits, the next athlete enters the water; first athlete hands buoyancy to third athlete, and so on .. continues for a set period of time.

5. Underwater Swims (to 15m): Relay format .. athlete dives, swims u/w to 15m .. next team member dives in when preceding athlete surfaces at 15m; 5 poolside push-ups + swimmer's exit .. 2-3 swims u/w per athlete.

6. Kicking: with board / fins (optional): 10 x 15m max. effort (15-30 sec. recovery)

Other activities might include:

Cross Body Lifts



Do **not** bound within 3 days of competition

ONLY
Plenty of
Perfect Practice
Produces
Professional
Performance

Be careful don't overdo bounds .. finish feeling as if you could do more .. gradual progression. In general 50-60 contacts .. Always in good sneakers .. Don't do too much, or rush — **Beware:** pay back day is the next day, or, Day 2.

HURDLE BOUNDING .. footwear compulsory
Maximum of 20 contacts per set; 2-3 Sets.
5 Hurdles (poly pipe, cardboard, foam): 40 - 76 cm.
4 x 5H with pre-jump.
4 x 5H **Explosive** .. **only** after rhythm and confidence established.
Knees to chest, rather than chest to knees:
aim for maximum clearance (**Knees Up**)
Head (eyes) Up: however, retain eye contact with hurdle.
Feet 5-10 cm. apart on landing.
If insecure .. step away; start again.
1-2 mins. between each series of bounds;
don't race through the sets.
Variations: Laterals; Spot-the-Landing;
Resistance Bounds: 2 x 5 Ankle Wts.—release (1 x 5)