

# North West Athletics: SWIMMING SKILLS (6 Sessions) .. a sample

(Goggles, Cap (where appropriate), One Piece Togs, Fins)

Not necessarily a sequence

Every Session  
**Simple Skills  
& Knowledge**  
- Lateral?  
- Exit from  
water .. how?

The activities outlined are focal skills (only) to be checked and developed and extended in the session(s); other activities that revise skills acquired or extend from the designed activities are at coach discretion.

**FINS / Band to be used at coach discretion; up to 50% with fins, especially when introducing a skill.**

## Session 1: B/K and F/S Progression

Backstroke: Lateral .. Left / Right arm forward; 6-8 Kick / 3 stroke change (switch)  
Backstroke: **Whole stroke**—start .. 3-4 fly kicks to surface ► 12 strokes  
Freestyle: Lateral .. Left / Right arm forward; 6-8 Kick / 3 stroke change (switch)  
Freestyle: **Whole stroke**—start .. 3-4 fly kicks to surface (first breath stroke 3) ► 8 strokes

## Session 2: F/S and B/R

F/S: Lateral kicking .. no board (fins)  
Lateral Kick & ½ recovery-3 stroke change (fins)  
Whole stroke: correct form .. *Build* (fins & no fins)  
B/R: Poolside .. Consistent cues: Seated—Lying—Streamlined  
Kick on back (board and streamline .. *Head back—Hips Up—Toes Up*)  
Streamline B/R Kick on back .. band  
Streamline B/R Kick on back

**Every Session** should include:

- Starts & Finishes
- Somersaults / Turns
- B/R Poolside Drills

5 mins. of FUN at the end of each session..

## Session 3: Butterfly (suggest: use fins)

Dolphin Kick .. Vertical with fins & scull  
Dolphin Kick .. back / front .. arms streamlined / folded (2 phases: kick up / kick down)  
Poolside arm simulations  
Push off ► 2-3 u/w dolphin kicks ► FLY: 4 arms / 8 kicks .. no breaths / head down ►  
then FTD F-S, bilateral breathing to 25m  
B/K ► F/S .. **Whole stroke**; 8 stroke switch; perfect form.

**Demonstrations** by an advanced swimmer .. **critical** in every session; *an eye is better than a mouthful*

FTD =  
Finger Tip  
Drag

## Session 4: Kick and Scull

F/S .. 10m (*thumbs down-thumbs up*) ► FTD F/S  
with fins & pull buoy; repeat with only Pull buoy;  
repeat with no aids .. *hips up*.

### Kick Tests

Starting Dives (F/S); kneeling, ½ kneeling; standing.  
Introduce Tumble turns: standing somersaults

### Kick Tests

Every four sessions  
25m F/S Kick only,  
until B/R kick is consolidated.  
When swimmer can complete 25 F/S kick  
in less than 25 seconds, the swimmer can  
attempt 50 F/S kick.  
Keep a record of all times.

## Session 5: Breaststroke

Poolside drills, incl. duck walk; seated/lying/streamline; wall slide.  
B/R Kick .. on back .. streamlined; on front, hands behind buttocks.  
Drill variations: e.g. B/R: heels to fingertips (front & back); FLY kick on back/front; B/R with F/S kick.  
B/R: **Whole stroke** .. *heels together-hands apart; head down before kick*.  
B/K: kick on back (arms folded/streamlined) .. relax / slight cross over in kick .. loose ankles  
B/K: **Whole stroke** .. *fast arms/fast kick*.

These are ideas only .. adapt to your circumstances; lots more available if you are seeking ideas.

Russell Parsons, 2/72 Hopwood Street, ECHUCA, 3564;  
54-801-705 nwa@iinet.net.au www.nwaswimaths.com

## Session 6: Review of stroke drills

Starts and Turns (separate sheet)  
B/R .. with fly kick (fins)  
Introduce IM's: stroke order—with fins FLY►B/K►B/R►F/

**Tags** used to reward endeavour and acknowledge learning: samples available.

S

25IM: 3FLY—6B/K—3B/R—F/S to 25m (3-6-3-6)  
use fins to enhance confidence

If swimmers are moving “down” and “back” .. lane etiquette to the left of lane .. be sure the swimmers coming “back” have vision of the swimmers going “down” .. e.g. “down” B/K, returning F/S.

**Never** swim down B/K—returning B/K.

Everything you say, everything you do, will be dinner table conversation in the swimmer's home.

How do you want to be reported?

### In General: (45 mins. — 1 hour session)

- W/U stretch and swim (5 mins.)  
Jog/Skip/Stretch can precede session (5-15 mins.)
- Swim—Drills (30 mins.) Usually repeat drills 2-3 times; then move on .. perhaps review later.
- Kick Tests / Tasks: 5-10 mins.
- Starts, Turns, or Finishes (5-10 mins.)
- Fun Activities & W/D (5-10 mins.)

Monotony is the danger ..  
Variation is the key ..

**Be Organised—Be Decisive—Be in Control.** Allowing the kids to choose, can be just another way of you being in control, but, **you** decide who chooses.