



## Gold Group Seasonal Plan Guidelines Learn to Train stage of LTAD

**Learn to train:** 8-11 yo Female 9-12 Male- In this stage the focus is to further progress all movement skills and continue building overall motor skills. More demonstration, feedback and attention to details is introduced. Continue developing the ABC's of athleticism: Ability, balance, coordination and speed. RJT: running, jumping, throwing. KGB: Kinesthetics, gliding, buoyancy. CK: catching, kicking. Play many sports.

What does it mean in swimming? The Gold swimmers will continue to progress, develop and reinforced the basic skills of swimming that they learned in the previous stage. Your practice should have more demonstration, individual/group feedback as you will have to refined swimming skills like strokes technique, starts, turns, underwater work... Increasing endurance is still the main focus as well of short speed. Looking at high repetitions of movement with low intensity for skills focus and with a progression of intensity to challenge skill acquisition. With 4 swims session a week we are looking at increasing volume and stroke efficiency. Also swimmers will be introduced to basic racing skills and participate in more structured competitive environment as well as their in house competition-irace. Drylands and pre-workout routine should be part of the weekly plan with good feedback on the execution of the exercises. Flexibility is also important at this stage so make sure you are including exercise and developing their range of motion in your program. Mental skills should also be more present in this stage with further developing the concept of perseverance, confidence, self-awareness and concentration. Introduce goal setting and promote positive reinforcement for effort and achievement.

**FUN:** At this age fun is still very important in crucial to keep them interested in the sport. They also love to be involved so include some of their idea or suggestions once in a while. Deliver a practice that keep their attention, that stimulate them and have a good balance of challenge and success. Give positive and constructive feedback. Use different tools and be creative in your practice plan and have a clear purpose. Plan and prepare your workout and progress from practice to practice. Review your workout to keep track of what happens and how to make a skills/drills/set/game better.

MONTH	SKILLS DEVELOPMENT	PHYSICAL	MENTAL /SOCIAL	CLUB ACTIVITY
PURPOSE	Review basic skills of free and back. Head still, bilateral breathing. Improve kicking skills mainly flutter and DK. Progress on flip turn and underwater skill-streamline-dk.	General fitness. Pre-workout routine.	Learn basic training skills expectation-respect team mate. Positive attitude.	Be part of ISC. Fun.
September & October	Head and body position drill- horizontal body line-ability to roll for free and back.	Intro to ISC pre-workout routine 1-2 Teach each exercises properly.	Learn names Respect Teammate and coaches. Learn to circle swim. Listening position. Ready position and push on wall...	Swimmer of the month
	Breathing drills and ability to swim with bilateral breathing.			
	Lots of kicking drills and skills mainly on flutter and DK. Kick different (front-side-back-with/without board-fins...)			
	Good range of motion on arm for free/back-Rolling action.	Aerobic exercises and speed games.	Create positive game activity and productive talk through swimming activity.	Intro to TOPS
	Intro to butterfly -Single arm for timing kk and breath.			Halloween Party
	Streamline in many ways. Jump/push/kk. How far...			First irace
	Breastroke review and teach kicking and streamline.			
Review/develop turn skill: approach and position on wall.				
PURPOSE	Teach efficient recovery and arm entry for free/back. Continue kicking skills on 4 strokes. Drill for basic skills of fly and breast. Improve turns push off and break out.	General fitness.	Introduce skills of goal setting.	Be part of ISC. Fun.
November & December	Drills on teaching relax arm recovery ROM initiate shoulder roll-elbow up and forward forearm relax. Free	Execute proper pre-workout exercises. Squat. plank and push up on knees.	Create games or activity and that will introduce swimmer to basic goal setting. Workout, irace...	Swimmer of the month
	Entry and Exit of arm for free and back with rolling. Intro to stroke count.			TOPS
	Kick work 4 strokes. Be able to do 50m kick streamline with no interruption keeping hands together. Ability to kk fast-do sprint 25m fast!	Increase length of each set. Increase General volume to improve endurance..	Promote and acknowledge effort and achievement	XMAS Party
	Develop efficient basic skill Fly/Breast. Pull-arm action focus.			
	Continue with turns focus on push off and break out.	Speed/racing games		Report Card
Diving: good push from block and entry streamline.				



**Gold Group**  
**Seasonal Plan Guidelines Continued...**  
**Learn to Train stage of LTAD**

MONTH	SKILLS DEVELOPMENT	PHYSICAL	MENTAL /SOCIAL	CLUB ACTIVITY
PURPOSE	Continue improving free and back skills: teach pushing phase. Improve fly and breast arm/breath/kk timing. Basic of I.M. transition. Continue turns/dive efficiency.	General fitness. Increase in aerobic capacity.	Intro to self-awareness and concentration skills.	Be part of ISC. Fun.
January & February & March	Teach pushing phase for free: high elbow-finger down. Back: bent arm finger pointed sideways.			
	Drill of single arm for free and back, teaching recovery and pushing phase.	Repeat of set to maintain technic with increase of intensity focusing on skills acquisition.	Create activity that will introduce swimmers to self-awareness.	Swimmer of the month
	Ability to swim free and back continuously for at least 100-200m with breathing every 3, keeping head still, kicking continuously with good control of arm action.		Bring concept of concentration skills.	TOPS
	Progress with fly and breast skills. Fly timing of breath with arm and kicking. Breathing every 2, execute good fly single arm breathing forward, 2 kk, head entry first.	speed games: 25/50's 4 stokes Relay	How to stay focus longer set/activity/drills	Report Card
	Breast focus on arm action insweep-outsweep-recovery-streamline.	Can do all pre-workout routine efficiently.	Continue positive attitude and building team spirit.	
	Progress in kicking skills. Good endurance in dolphin kk,			
	Turns are getting faster and more fluid from the approach to push phase. Eyes on the wall for open turns.			Info for Swim-A-Thon
Dive are getting more powerful and reaction time faster. Intro to relay take over.				
PURPOSE	Reinforced all skills learned in 4 strokes. Develop I.M transition. Refined turns and dives. Evaluate swimmers progress: weakness and strength of the season.	Evaluate progress Aerobic gain and speed.	Introduce concept of perseverance and confidence	Be part of ISC. Fun.
April & May & June	Review drills but increase swimming set with more individual feedback.	Increase length of each set. Increase General volume to improve stamina	Create games or challenges that will promote perseverance and confidence.	Swimmer of the month
	Ability to swim 200m Free with bilateral breathing and continuous kick and long arm. Same for back.			TOPS
	Can kick 200m of efficient flutter kk and dolphin kk.			Swim-A-Thon
	Can do 200m IM with legal turns.	Speed game	Acknowledge positive attitude and talk and good concentration moment. Make them feel good about their season and progress.	Swim-A-Thon
	Can do 50m fly keeping legs active and arm simultaneous with a fairly horizontal body position.	Good execution of drylands exercises.		Year End Activity
	Can do 50m breast stroke with simultaneous kick, pull in front of chest and a streamline at the end of each stroke.			Report Card
	Can do turn for each stroke and I.M. transition while swimming.			
Can dive from the block and do back dive and get to 5m.				