



Gold Group
Developing Swimming Skills
Learn to Train stage of LTAD

BREATHING SKILLS: Head position still in line with spine - head half in the water eyes looking down the pool. Coordinate the inhale and exhale with the head turning slightly on the side keeping one eye in the water for a breath. Head is back in the water at the same place with an exhale. Be able to have bilateral rhythm- every 3 strokes breathing.

1	Holding a dumbbell or any other tool with one arm-other arm on side of body- breath close to surface with good breathing control (inhale/exhale) and head position.
2	Same as above but single arm action- one arm holding a tools up the other timing arm action with the breath on the side.
3	Single arm with no tools keeping the arm in control up. Use fins or not.
4	3 strokes glide to breath. Progress to swim with breathing through the stroke. Avoid rolling on their back to breath.
5	Practice different breathing pattern, right only, left only, every 3, every 5-7...
6	Have the swimmers learn to train breathing every 3!

BODY POSITION: Keep the body as horizontal as possible in the water on front and back. Head-hips and feet in line in a natural position. Develop the ability to be also very comfortable to be on the side, rolling from side to side keeping mid body line straight.

1	Push of the wall in different position to experience what the body does then push off streamline and try to stay horizontal as long as possible. Have swimmer observe each other see if hand-head-hips-heel is at the surface.
2	Kicking or sculling on front and back keeping the body horizontal. Head down/quick breath up or side.
3	For all stroke always reinforced the body position/ look for the line head to heel. What affect the change:breath/kick/arm...

STREAMLINE POSITION: Hand on top of each other (luck with thumbs-finger pointed forward). Feel arms over ears and keep elbow straight. Tuck belly in-strong core. Feet and legs tight together. Movement of dolphin kick from hips to feet.

1	Streamline position on land: Standing/lying/jumping/squatting. Move them to see if they are tight.
2	In water: Jumping in keeping position. Vertical push shallow end. Vertical push with flutter kk or dolphin kk.
3	Push off wall in a tight position: learn to glide and than add 1-2-3 dolphin kick...
4	Challenge of distance with visual on bottom or mark on the side. Speed work 10-15m fast streamline DK underwater.
5	Competition with Partner: both at the same time or one after the other with mark on the side to mark the distance to beat...
6	Repeat 15m or 25m/50m... with focus on streamline...always swim before 1st breath on free/fly. Keep reinforcing streamline!

KICKING SKILLS: Relax ankle, feel the feet, big toes in and heel apart (pizza slice). Kick small and continuous mostly in the water with heel and toes to break the surface. Movement start at the hips and the feet are the propulsion. (Avoid the knee to initiate the movement) just a slight bent. Ability to kick on the side-front-back-rotation.

1	Start in the water holding the wall, experiment different kick big/medium/small, fast/moderate/slow. From the hips or knees...
2	Kick with a tool or streamline or with sculling. Give feedback on ankle movement, feel of the feet, knees etc... Fins/no fins.
3	Flutter kick, teach kicking front/side and back. Begin no board but use board for fast kicking. Boiling water always.
4	Dolphin Kick: Movement of DK is like wave through the body from head to toes-develop ondulation action. Power is from the hips so hips action is important to train. Rhythm is also important to teach keep the mvt going continuously.
5	Fly: Side kk is very good for rhythm and continuous kk and use of the hips. Back kick with arm down is great for hips to toes action with cue on keeping knees in. Front kk with arm down is great for timing of breath and using upper body to initiate kk used of the chest- 3k 1breath. Vertical kk is good to develop speed and rhythm -wave through body. Streamline use when the kk is good and breathing 3k-1b is learned... However use it in push off all the time.
6	Breast: teach outside the pool first. 3 steps: 1-heel up beside the buttock (keeping knees in line with shoulder/hips width) 2-Turn feet out fully toes pointing sideway. 3- Kick straight back finishing feet together touching close to the surface.
7	Do the same in the water. 1-hand on the wall 2-Coach manipulation 3-Holding to a board/tool 4- arm forward no tools...
8	Kick breast on your front and glide with body horizontal feet up. On your back keeping knees in with a glide feet up.
9	Do lots of kick in your practice but do it with many variety, there is million ways of kicking, be fun and creative.

FREESTYLE: At the end of this level we want the swimmer to maintain a good horizontal body position with rotation side to side. Arm entry should be in front of the shoulder with a light bent elbow always leading with the fingers. The recovery is relax and the exit of the arm should be past the hips line. Kick should be small, continuous and at the surface. Head is still and the swimmer is breathing every 3. Swimmer should swim free with no breathing interruption for at least 200m.

1	Introduce the arm action on side of the pool. Manipulate the recovery and show where to enter the arm with finger first in line with shoulder. In the water in front the wall in a kicking position, use one arm and practice arm recovery and entry finger touching wall. Progress using a board/tool with a single arm action to a swim action. Progress to different drill and swim focusing on the recovery and entry. Cue for single arm: reach and roll (make sure with see opposite shoulder brake the surface-equal rotation each side.
2	Scooter: Holding a board at the top with one arm; do single arm and look at the pull action- enter at the middle top of the board-go around and pull finger pointed down-elbow up- pulling deep under shoulder finish past the hip line.
3	Finger/hand drag: keep the finger/hand in the water in the recovery-elbow pointed up. Focus on entry in front of the shoulder finger first. You can also have the focus on the finishes pass the hips.
4	Swim every practice for a period of time where the swimmer can work on the skills of the day and coach give feedback.

BACKSTROKE: At the end of this level we want the swimmer to maintain a good horizontal body position with body rotation side to side. Arm recovery should initiate from the shoulder roll with thumb leading the way, arm straight. Entry should be in line with the shoulder pinky first. Feet are up with small boiling water. Head is still.

1	Out of the water: practice and experience arm movement. Shoulder roll-arm straight -thumbs out to pinky entry- entry in line with shoulder... Watch the entry in front of a mirror if possible.
2	Practice single arm or other drills with tools for support or fins. Progress to no support tools and to swim.
3	Shout the duck- Thumb and inside of arm out first in line with shoulder. Stop the arm at the eyes level shout the duck (with a water gun of course!) rotate the arm and enter pinky first.
4	From small as you can arm to perfect arm. Feel the difference of range of motion and awareness of arm movement.
5	Swim every practice for a period of time where the swimmer can work on the skills of the day and coach give feedback.

BUTTERFLY: At the end of this level we want the swimmer to maintain a good horizontal body position while doing dolphin kick. The feet should be together, in a V shape. Swimmer can swim with simultaneous arm action entering in front close together. Swimmer can do breathing every 2 for a period of time. Can do a 50m fly.

1	See kicking skills. Also use fins to develop rhythm and ondulation movement. 3 kick one breath for breathing pattern.
2	Practice arm outside the pool. Standing, bent over and on the ground. Keep thumb down, arm straight, enter and finish same as free. Introduce with single arm. Teach breathing forward on SA: move chin forward while pulling, push head down with arm.
3	Have fun swimming fly with fins and without but keep the feedback on keeping kicking and hips/feet up. Relax long recovery.

BREASTROKE: At the end of this level we want the swimmer to maintain a good horizontal body position while swimming. Swimmer should be able to have an efficient simultaneous legs action. Pull stay in front of the chest and the stroke start and finish in a streamline.

1	Start on the edge of pool or on the floor so swimmer can see the action of arm stay in front of chest. Out sweep, In-sweep and surf hand together to a streamline. Try in the H2O with a noodle under the arm pit. Try without support. Always make sure they have a time with a glide in a streamline position. Breath on the In sweep.
2	Practice sculling to develop feel for the water and early catch. Small-medium-Big pull drill. Right-Left-both arm pull.
3	Swim breast pull with fins doing dolphin kk or flutter kick and teach fast arm forward recovery. Up and forward-diving in the hole!
4	Swim with gliding in between stroke. From slow to faster trying to keep streamline-horizontal position-feel the pull and kk.

TURNS: At the end of this level the swimmer should know how and when to use open turns for Fly/Breast/IM change over: 2 hand touch at the same time. Swimmers are able to do a flip turn with strong contact with the wall on free and back while swimming. Understand how to use the flag for backstroke turn and finish.

1	Somersault action on mat or in shallow end jumping from the bottom. Flip turn game. Movement of head-tuck- make a ball-thighs close to belly and heel close to butt.
2	Using a noodle. Hold the noodle at the end- initiate with the head-down and around-feet should not get cut in the noodle. Help with a straight over turn. Without a noodle kicking with arm forward. Swim for 3 stroke and turn... Progress to using the wall with contact with the feet and a streamline push. Continue with working on good approach and using the "T" on the bottom of the pool for distance.
3	Kicking free in a streamline position flip turn to the wall without letting the arm go and push on your back. This will help learn to turn using head and core and avoiding the "pull the car window down" action. Also ask to be in a squat position and practice strong push.
4	Open turn 2 hand: Touch 2 hand, bring feet to the wall, jab one arm back, gel the other over your head, push in streamline on your side/front. On your back 1 arm: touch on your back with 1 hand, bring both feet to the wall, push on your back streamline.
5	With all swimmer align with their arm straight on the wall and kicking, practice all open turn step, make it a speed challenge-first one to get to the rope. Teach the swimmer to keep eyes on the wall-no side turn- in and out action.

Dive: At the end of this level we want the swimmer to dive from the block with a proper head-hips-feet entry follow with a glide for 5m in a streamline position.

1	Practice from the edge of the pool on a kneeling position first. Keep chin to chest, hand tight together to enter head first, push hips forward and back foot up. Coach can manipulate at first. Then lift the knee of the ground, then add a push and move to the block.
2	Practice diving over noodle for teaching length of dive and stronger push. Dive in a hoop for entry head-hips-feet. Dive with a duck on the neck to keep head down. Practice jump. Practice reaction time with game. Do 3 dives see witch one is further...