



**SWIM WALES
NOFIO CYMRU**



Skills Development Framework

Part 4

Background purpose

To promote skill development.

Help swimmers and parents understand the need for greater efficiency of technique as a primary consideration

To assist the swimming community in understanding land conditioning and how it directly impacts upon performance

Key Goals

Develop body awareness during land work that can translate to the pool environment, leading to a smoother progression route for swimmers

Create consistency of standards across Wales during the development pathway

Allow other coaches to share their thoughts on stroke development and focus swimmers to train on drills that will directly impact on their performance

Part 4



SWIM WALES
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Butterfly Stroke Skills

Level 4

In order to develop your foundational skills and specific movement patterns for each stroke, please watch the video carefully (see link below). After the specific pool based skill has been presented there are key land based exercises prescribed to directly impact this skill in the water

NOFIO CYMRU
SWIM WALES

BUTTERFLY DRILL PROGRESSIONS FRAMEWORK

4.

CHEST PRESS
(HIGH ELBOW SCULL)

just
BE

Be inquisitive be prepared be relentless be passionate believe

Equipment needed

Foam roller

Floor mat/ Floor space

Bench

* All content is intended for educational purposes.

Please perform all work in moderation especially if the movement is a new skill. Do the work on alternate days until you can tolerate a daily dose. Respect your rest and recovery between sessions.

[Click here for Butterfly Drill video](#)

Part 4

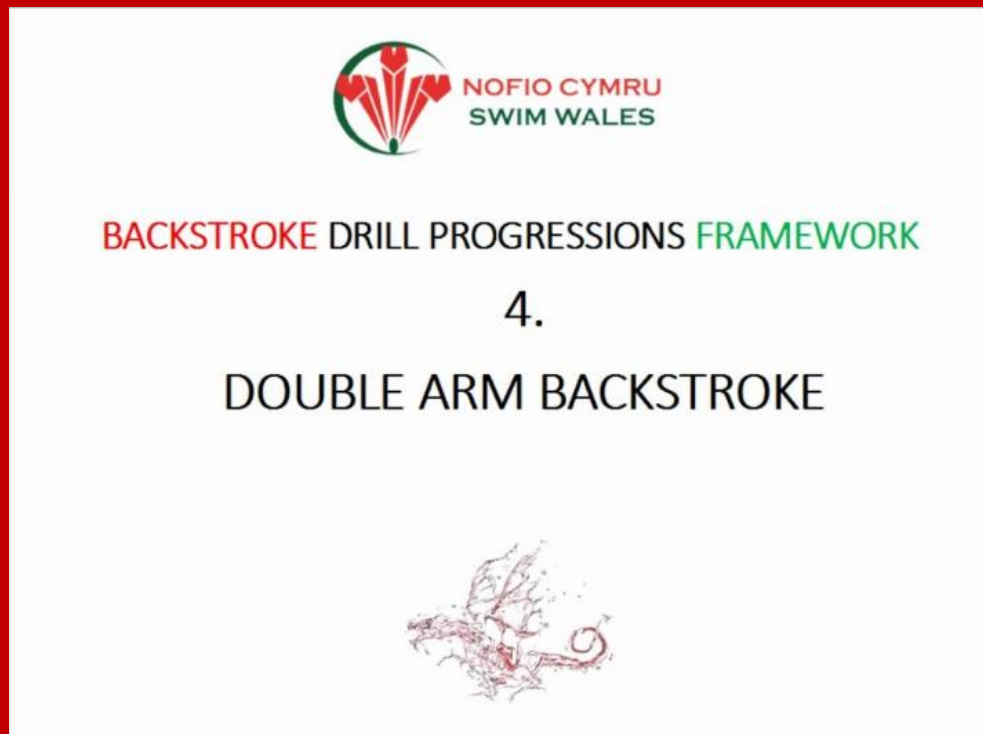


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Backstroke Skills

Level 4

In order to develop your foundational skills and specific movement patterns for each stroke, please watch the video carefully (see link below). After the specific pool based skill has been presented there are key land based exercises prescribed to directly impact this skill in the water



Equipment Needed

Foam roller

Floor mat/ Floor space

Fixed hand anchor point

Resistance band/cord

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[Click here for Backstroke Drill video](#)

Part 4



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Breaststroke Skills

Level 4

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BREASTSTROKE DRILL PROGRESSIONS FRAMEWORK

4.

FLAT LYING SCULLING
(FINGERS UP / FINGERS DOWN)



Equipment Needed

Foam roller

Floor mat/ Floor space

Fixed hand anchor point

Resistance band/cord

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[Click here for Breaststroke Drill video](#)

Part 4



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Frontcrawl Skills

Level 4

In order to develop your foundational skills and specific movement patterns for each stroke, please watch the video carefully (see link below). After the specific pool based skill has been presented there are key land based exercises prescribed to directly impact this skill in the water

NOFIO CYMRU
SWIM WALES

FRONTCRAWL DRILL PROGRESSIONS FRAMEWORK

4. SINGLE ARM KICK & SWITCH
(12 / 6 KICKS)

Equipment needed

Foam Roller

Floor mat / Floor space

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Respect your rest and recovery between sessions.

[Click here for Frontcrawl Drill video](#)

Part 4