



# 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

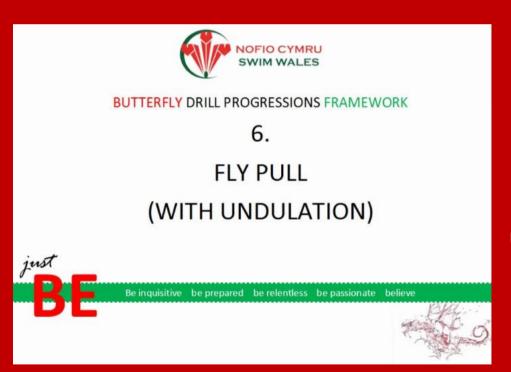
Allow other coaches to share their thoughts on stroke development and focus swimmers to train on drills that will directly impact on their performance



# **Butterfly Stroke Skills**

## Level 6

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
Resistance band/cord

\* 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



## **Backstroke Skills**

### Level 6

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



BACKSTROKE DRILL PROGRESSIONS FRAMEWORK

6.

SINGLE ARM KICK & CATCH



#### **Equipment Needed**

Floor mat / floor space Resistance band/cord Stick

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Do the work on alternate days until you can tolerate a daily dose. Respect your rest and recovery between sessions.

Click here for Backstroke Drill video



# **Breaststroke Skills**

### Level 6

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**

Hard Ball
Floor mat / floor space
Fixed hand anchor point
Resistance band/cord

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Click here for Breaststroke Drill video



## Frontcrawl Skills

### Level 6

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



FRONTCRAWL DRILL PROGRESSIONS FRAMEWORK

6. SINGLE ARM PULL (Arms by side)



**Equipment needed** 

Floor mat / floor space
Bench/raised level

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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 Frontcrawl Drill video