



**SWIM WALES
NOFIO CYMRU**



Skills Development Framework

Part 11

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



SWIM WALES
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Butterfly Stroke Skills

Level 11

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

11.
SOFT HANDS

just
BE

Be inquisitive be prepared be relentless be passionate believe

Equipment needed

Foam Roller

Floor mat / floor space

Fixed Hand Anchor Point

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](#)

Part 11



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Backstroke Skills

Level 11

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

11.

SLOW MOTION



Equipment Needed

Floor mat / floor space

Hard Ball

Bench / Raised level

Stick

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[Click here for Backstroke Drill video](#)

Part 11



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Breaststroke Skills

Level 11

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Equipment Needed

Floor mat / floor space

Foam Roller

Bench / Raised level

Resistance band / cord

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[Click here for Breaststroke Drill video](#)

Part 11

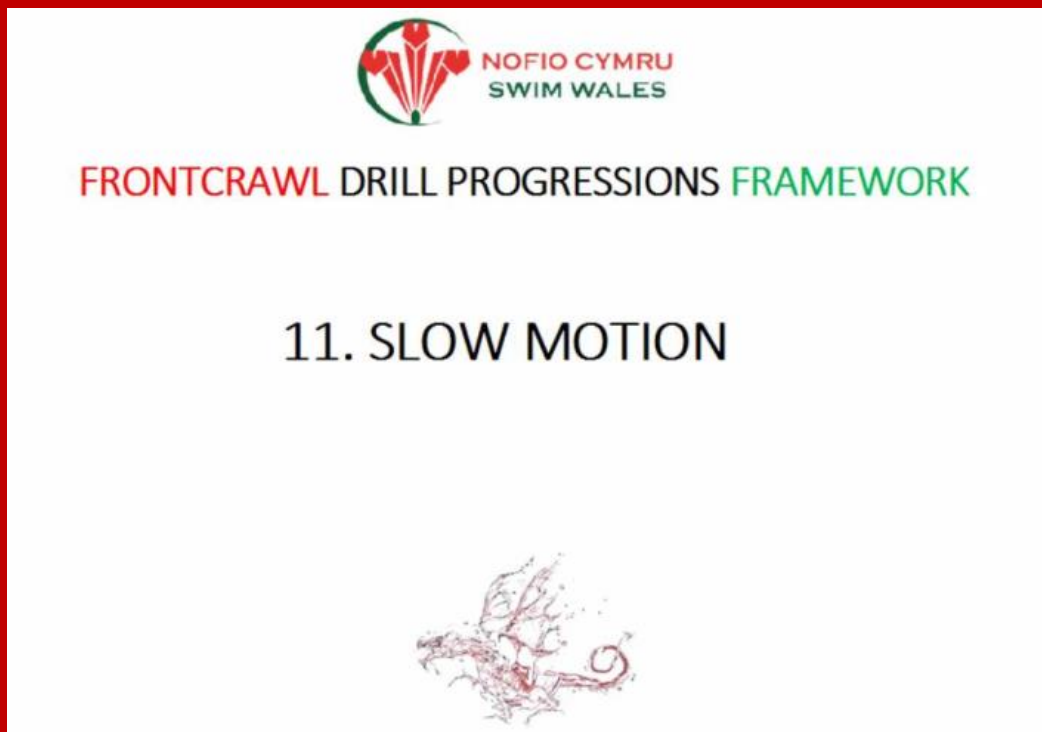


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Frontcrawl Skills

Level 11

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

Floor mat / floor space

Resistance band / cord

Foam roller

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[Click here for Frontcrawl Drill video](#)

Part 11