



**SWIM WALES
NOFIO CYMRU**



Skills Development Framework

Part 10

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

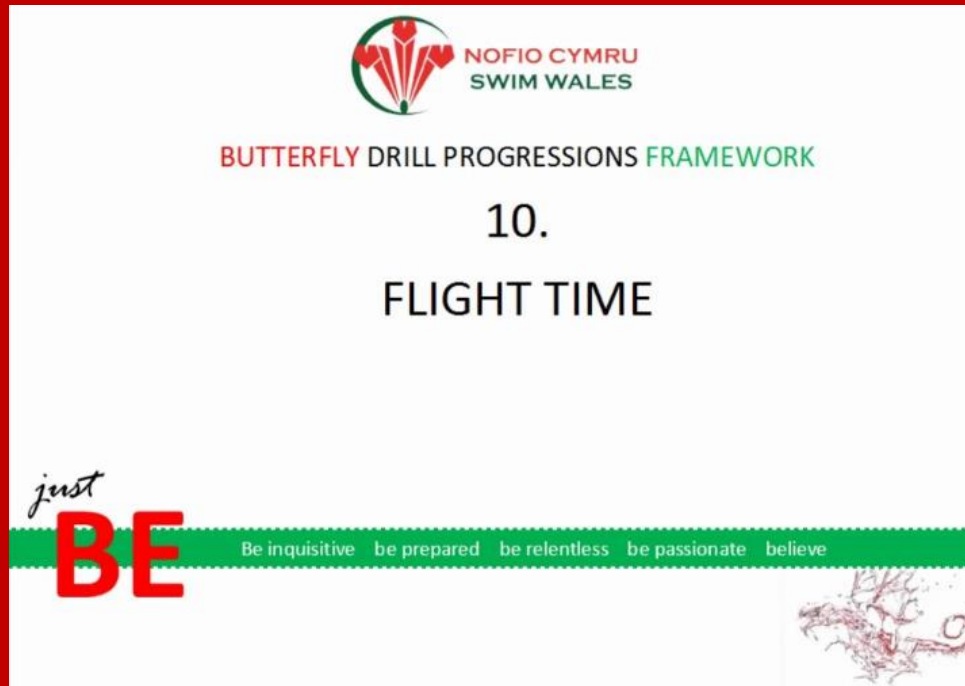


SWIM WALES
NOFIO CYMRU

Butterfly Stroke Skills

Level 10

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

Bench

Fixed anchor point

* 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 10



SWIM WALES
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Backstroke Skills

Level 10

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

BACKSTROKE DRILL PROGRESSIONS FRAMEWORK

10.

VERTICAL CATCHUP

(FINS)



Equipment Needed

Floor mat / floor space

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[Click here for Backstroke Drill video](#)

Part 10



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Breaststroke Skills

Level 10

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SWIM WALES

BREASTSTROKE DRILL PROGRESSIONS FRAMEWORK

10.

BR ARMS / FC KICK
(HIT STREAMLINE)



Equipment Needed

Floor mat / floor space

Foam Roller

Resistance band/cord

Fixed anchor point

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[Click here for Breaststroke Drill video](#)

Part 10



SWIM WALES
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Frontcrawl Skills

Level 10

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

10. $\frac{3}{4}$ CATCHUP (with pause)



Equipment needed

Floor mat / floor space

Resistance band / cord

Hard Ball

Fixed anchor point

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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](#)

Part 10