



**SWIM WALES  
NOFIO CYMRU**



# Skills Development Framework

Part 7

## 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 7

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

The image shows the cover of a document titled "BUTTERFLY DRILL PROGRESSIONS FRAMEWORK". At the top left is the logo for "NOFIO CYMRU SWIM WALES". The main title is "BUTTERFLY DRILL PROGRESSIONS FRAMEWORK" in green and black. Below that is the number "7." in a large font. The subtitle is "SINGLE ARM VARIATIONS" in black, followed by "(1-1-1 / 2-2-2)" in black. At the bottom left, there is a green banner with the word "just" in a cursive font above the large letters "BE". Below "BE" are the words "Be inquisitive be prepared be relentless be passionate believe" in a smaller font. At the bottom right, there is a small illustration of a butterfly stroke.

### Equipment needed

Foam Roller

Floor mat / floor space

\* 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 7



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# Backstroke Skills

## Level 7

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

7.

½ RECOVERY DRILL  
(FINGERS TO CEILING)



### Equipment Needed

Floor mat / floor space

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Respect your rest and recovery between sessions.

[Click here for Backstroke Drill video](#)

## Part 7



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# Breaststroke Skills

## Level 7

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

Foam Roller

Bench / raised level

Resistance band/cord

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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 Breaststroke Drill video](#)

## Part 7



SWIM WALES  
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# Frontcrawl Skills

## Level 7

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

Wall Corner

Hard ball

Foam roller

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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 7