



**SWIM WALES
NOFIO CYMRU**



Skills Development Framework

Part 12

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



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Butterfly Stroke Skills

Level 12

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

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 12

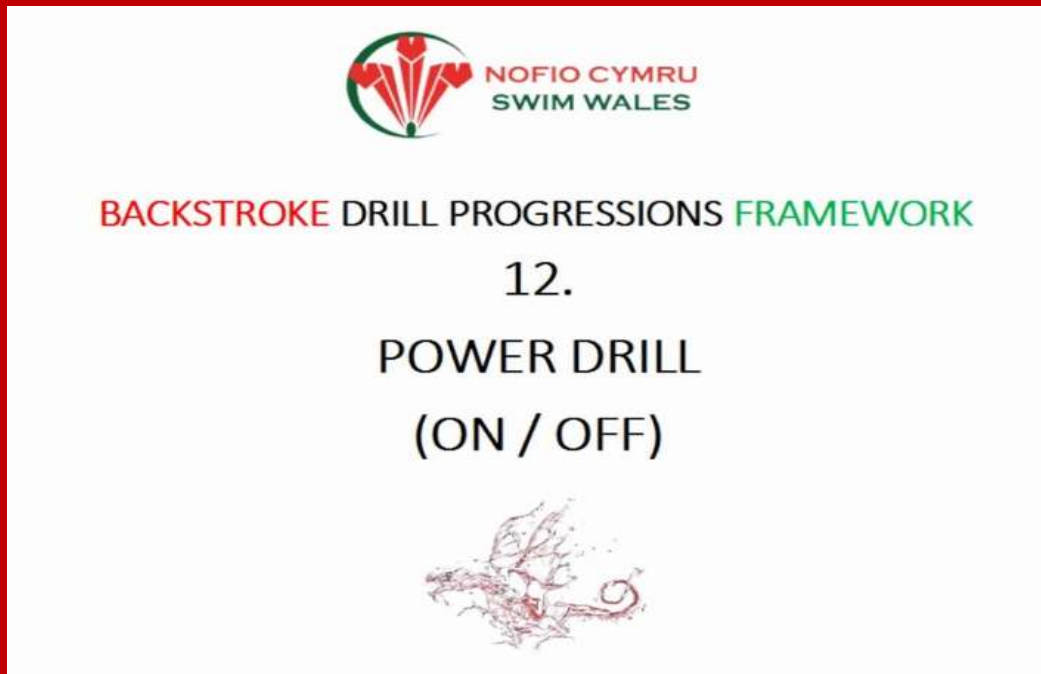


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Backstroke Skills

Level 12

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

Fixed hand anchor point

Hard Ball

Resistance band/cord

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[Click here for Backstroke Drill video](#)

Part 12



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Breaststroke Skills

Level 12

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 thumbnail features the Swim Wales logo at the top left. Below it, the text reads 'BREASTSTROKE DRILL PROGRESSIONS FRAMEWORK' in red and green, followed by '12. POWER ON / POWER OF (HOLD LINE)' in black. At the bottom, there is a small illustration of a dragon.

Equipment Needed

Floor mat / floor space

Foam Roller

Fixed hand anchor point

Resistance band/cord

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Respect your rest and recovery between sessions.

[Click here for Breaststroke Drill video](#)

Part 12



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Frontcrawl Skills

Level 12

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

Fixed hand anchor point

Resistance band / cord

Bench

Fitness Swiss ball

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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 12