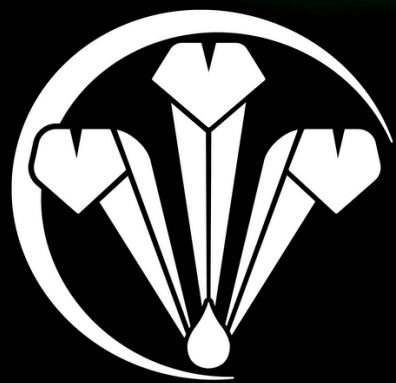


# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK



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NOFIO CYMRU

## BREASTSTROKE



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# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK

## 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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# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK – PART 1

## BREASTSTROKE SKILLS

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

***\* 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 BREASTSTROKE DRILL VIDEO](#)

www.swimwales.org



BREASTSTROKE DRILL PROGRESSIONS FRAMEWORK

1.

STREAMLINED KICK  
(BIG/WIDE > SMALL/NARROW)





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# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK – PART 2

## BREASTSTROKE SKILLS

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
- Bench/ Box
- Stick

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BREASTSTROKE DRILL PROGRESSIONS FRAMEWORK

2.

STREAMLINED KICK ON BACK  
(KNEES ON SURFACE)







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# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK – PART 3

## BREASTSTROKE SKILLS

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/ Ball
- Floor mat/ floor space

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[CLICK HERE FOR BREASTSTROKE DRILL VIDEO](#)

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BREASTSTROKE DRILL PROGRESSIONS FRAMEWORK

3.

VERTICAL KICK

(MOVE TOWARDS THE WALL)





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# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK – PART 4

## BREASTSTROKE SKILLS

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
- Fixed hand anchor point
- Resistance band/cord

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[CLICK HERE FOR BREASTSTROKE DRILL VIDEO](#)

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BREASTSTROKE DRILL PROGRESSIONS FRAMEWORK

4.

FLAT LYING SCULLING  
(FINGERS UP / FINGERS DOWN)







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# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK – PART 5

## BREASTSTROKE SKILLS

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

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[CLICK HERE FOR BREASTSTROKE DRILL VIDEO](#)

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BREASTSTROKE DRILL PROGRESSIONS FRAMEWORK

5.

WINDSCREEN WIPER SCULL  
(BODY ALIGNMENT)





# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK – PART 6

## BREASTSTROKE SKILLS

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](#)

[www.swimwales.org](http://www.swimwales.org)



BREASTSTROKE DRILL PROGRESSIONS FRAMEWORK

6.

BR PULL

(BODY TO HANDS)







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# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK – PART 7

## BREASTSTROKE SKILLS

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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[CLICK HERE FOR BREASTSTROKE DRILL VIDEO](#)

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BREASTSTROKE DRILL PROGRESSIONS FRAMEWORK

7.

TIMING DRILL

(HIPS/HEELS/CATCH/HEAD)





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# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK – PART 8

## BREASTSTROKE SKILLS

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

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[CLICK HERE FOR BREASTSTROKE DRILL VIDEO](#)

[www.swimwales.org](http://www.swimwales.org)



BREASTSTROKE DRILL PROGRESSIONS FRAMEWORK

8.

¼ STROKE







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# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK – PART 9

## BREASTSTROKE SKILLS

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
- Resistance band/cord

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[CLICK HERE FOR BREASTSTROKE DRILL VIDEO](#)

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BREASTSTROKE DRILL PROGRESSIONS FRAMEWORK

9.

2 KICKS / 1 PULL  
(REDUCE RESISTANCE)





# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK – PART 10

## BREASTSTROKE SKILLS

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
- Resistance band/cord
- Fixed anchor point

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Respect your rest and recovery between sessions.

[CLICK HERE FOR BREASTSTROKE DRILL VIDEO](#)

[www.swimwales.org](http://www.swimwales.org)



BREASTSTROKE DRILL PROGRESSIONS FRAMEWORK

10.

BR ARMS / FC KICK  
(HIT STREAMLINE)







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# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK – PART 11

## BREASTSTROKE SKILLS

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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Respect your rest and recovery between sessions.

[CLICK HERE FOR BREASTSTROKE DRILL VIDEO](#)

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BREASTSTROKE DRILL PROGRESSIONS FRAMEWORK

11.

FAST HANDS

SWIM





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# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK – PART 12

## BREASTSTROKE SKILLS

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

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[CLICK HERE FOR BREASTSTROKE DRILL VIDEO](#)

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BREASTSTROKE DRILL PROGRESSIONS FRAMEWORK

12.

POWER ON / POWER OF  
(HOLD LINE)

