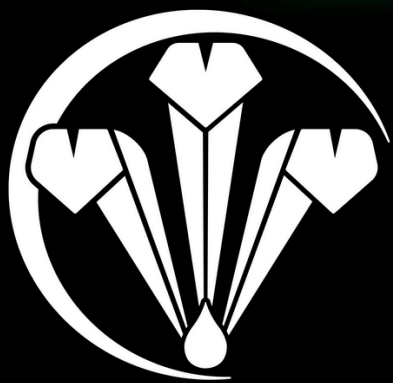


# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK



SWIM WALES®  
NOFIO CYMRU

## FRONT CRAWL



SWIM WALES®  
NOFIO CYMRU

# 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





SWIM WALES®  
NOFIO CYMRU

# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK – PART 1

## FRONTCRAWL STROKE 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

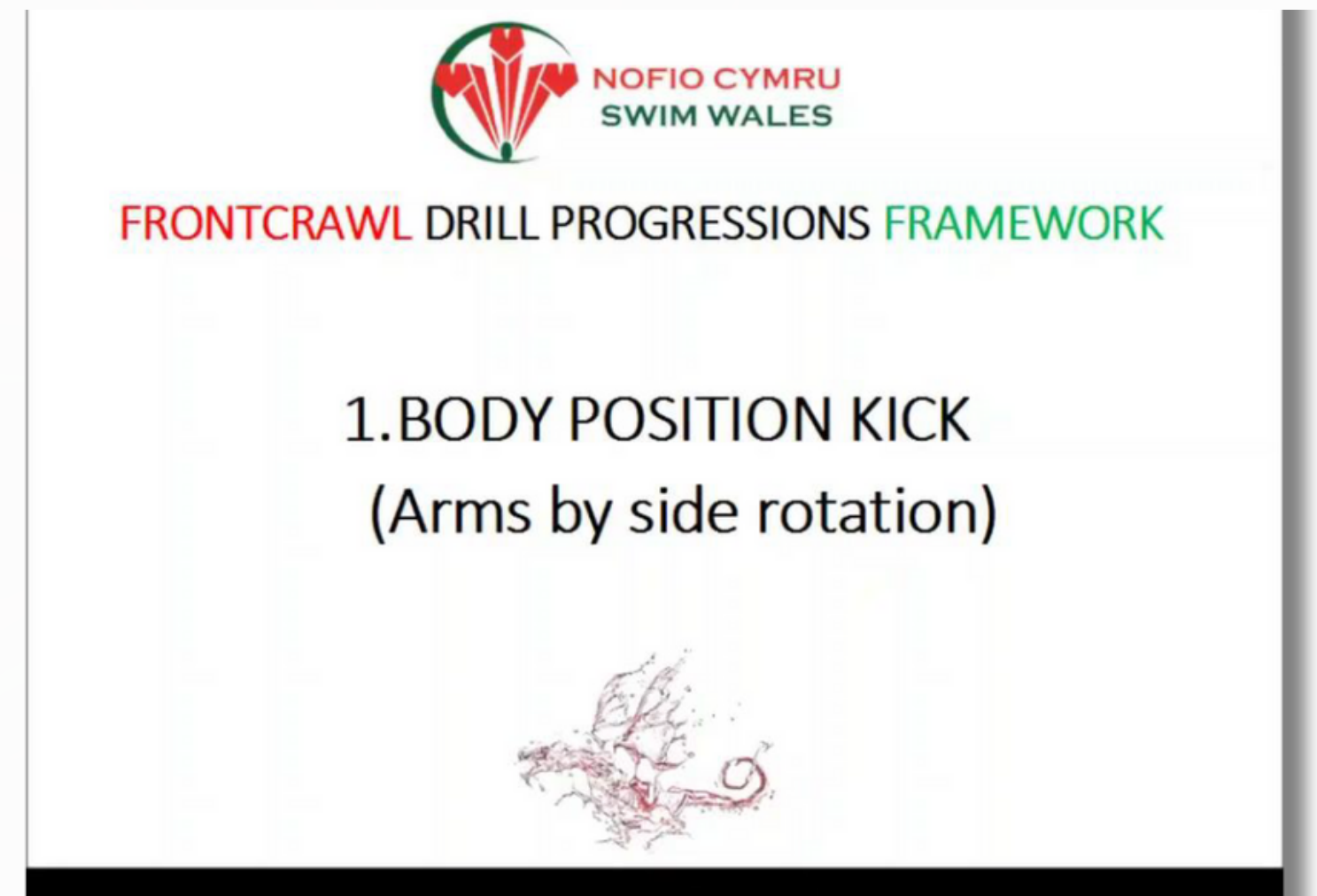
- Foam Roller
- Floor mat/ floor space

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

www.swimwales.org





SWIM WALES®  
NOFIO CYMRU

# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK – PART 2

## FRONTCRAWL STROKE 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
- Hand hold (i.e stairs handrail)

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

www.swimwales.org



### FRONTCRAWL DRILL PROGRESSIONS FRAMEWORK

#### 2. TORPEDO KICK (Hip led rotation)







SWIM WALES®  
NOFIO CYMRU

# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK – PART 3

## FRONTCRAWL 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

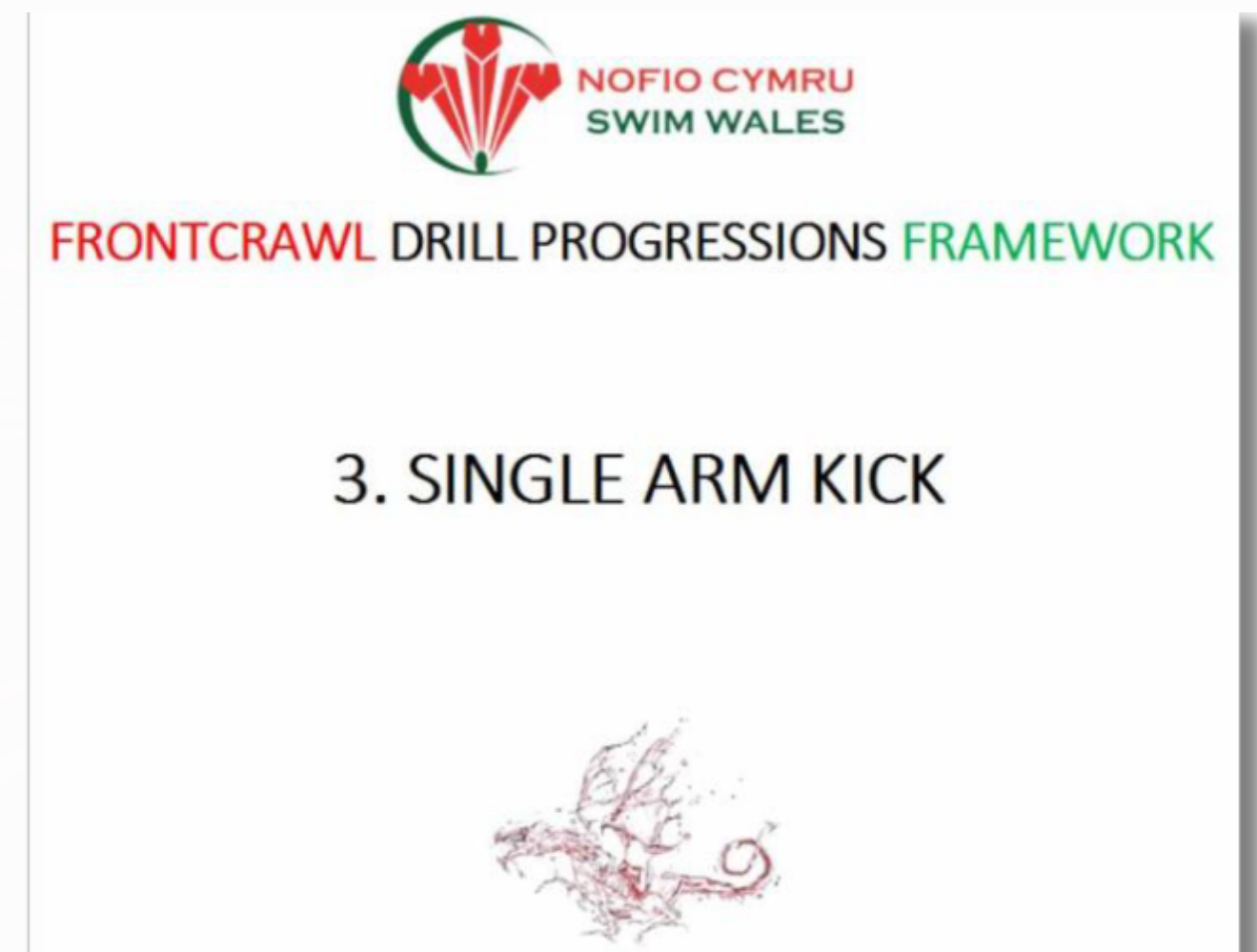
- Ball
- Floor mat/ floor space

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

www.swimwales.org





SWIM WALES®  
NOFIO CYMRU

# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK – PART 4

## FRONTCRAWL 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 FRONTCRAWL DRILL VIDEO](#)

www.swimwales.org



### FRONTCRAWL DRILL PROGRESSIONS FRAMEWORK

## 4. SINGLE ARM KICK & SWITCH (12 / 6 KICKS)







SWIM WALES®  
NOFIO CYMRU

# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK – PART 5

## FRONTCRAWL 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

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

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



### FRONTCRAWL DRILL PROGRESSIONS FRAMEWORK

#### 5. RECOVERY SWITCH

(Low / 90 deg / ext. arm )





SWIM WALES®  
NOFIO CYMRU

# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK – PART 6

## FRONTCRAWL 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
- Bench/raised level

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

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



### FRONTCRAWL DRILL PROGRESSIONS FRAMEWORK

#### 6. SINGLE ARM PULL (Arms by side)







SWIM WALES®  
NOFIO CYMRU

# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK – PART 7

## FRONTCRAWL 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
- Wall corner
- Hard ball
- 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 FRONTCRAWL DRILL VIDEO](#)

www.swimwales.org



## FRONTCRAWL DRILL PROGRESSIONS FRAMEWORK

### 7. FINGERTRAIL





SWIM WALES®  
NOFIO CYMRU

# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK – PART 8

## FRONTCRAWL 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
- Raised level/bench

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

www.swimwales.org



FRONTCRAWL DRILL PROGRESSIONS FRAMEWORK

## 8. WATER POLO SWIM







SWIM WALES®  
NOFIO CYMRU

# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK – PART 9

## FRONTCRAWL 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
- Resistance band/cord
- Raised level/ bench
- Stick

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

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



## FRONTCRAWL DRILL PROGRESSIONS FRAMEWORK

### 9. FC PULL





SWIM WALES®  
NOFIO CYMRU

# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK – PART 10

## FRONTCRAWL 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
- Resistance band/cord
- Hard Ball
- 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.

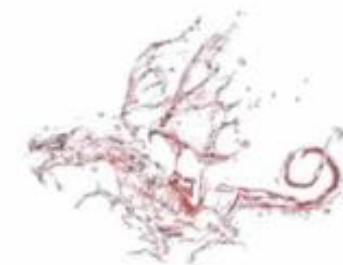
[CLICK HERE FOR FRONTCRAWL DRILL VIDEO](#)

www.swimwales.org



### FRONTCRAWL DRILL PROGRESSIONS FRAMEWORK

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







SWIM WALES®  
NOFIO CYMRU

# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK – PART 11

## FRONTCRAWL 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
- Resistance band / cord
- Foam Roller

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

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



## FRONTCRAWL DRILL PROGRESSIONS FRAMEWORK

### 11. SLOW MOTION





SWIM WALES®  
NOFIO CYMRU

# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK – PART 12

## FRONTCRAWL 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
- Fixed hand anchor point
- Resistance band/ cord
- Bench
- Fitness Swiss ball

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

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



### FRONTCRAWL DRILL PROGRESSIONS FRAMEWORK

## 12. POWER ON / POWER OFF

