

SWIM WALES DRILL PROGRESSIONS FRAMEWORK- BREASTSTROKE

NO	DRILL TITLE	COACHING EXPLANATION	TOOLS
1	STREMLINED KICK (Big – Small)	First find a flat streamlined body position on the surface. Start the kick movement pattern with a large kick, ensure that there is no reaction through the upper body or core e.g. lower back submerging. As you progress through the length make the kick narrower and more powerful, snapping the feet together into streamline after every kick.	Snorkel. Can use small float but allow the float to rise up to the hands. Do not push down.
2	STREAMLINED KICK ON BACK (Knees on surface)	Find a flat streamlined position on the surface without the ribs flaring. Recover the feet up under the knees ensuring that the knees remain at the surface without lifting out of the water, (the knees can separate but should remain as neutral as possible) turn the feet out after full recovery. Kick back to a streamlined position snapping the feet and heels together and pointing the toes down the pool.	Pullbouy to retain knees in neutral
3	VERTICAL KICK (Move towards the wall)	This drill should be started away from the wall as the swimmer is competent at kicking around the knee (without recovering the knee upwards) they can progress towards the wall. There are three difficulties to this drill, firstly start with your hands by your side, then raise your hands out of the water, then progress into a streamlined position. This requires more power in the kick.	Pullbouy to retain knees in neutral position
4	FLAT LYING SCULLING (Fingers Down – Fingers Up)	Again find a flat streamlined body position on the surface, maintaining face in the water, hold your core and streamlined positions. With your arms extended out in front point your hands to the floor and scull out to shoulder width and back to central position generating forward movement. To travel backwards upturn the fingers to point to the ceiling and repeat the sculling motion.	Snorkel, Finger Paddles , Hand Paddles
5	WINDSCREEN WIPER SCULL (Body alignment)	During this drill try to maintain a tight core ensuring the curvature in your back is minimal. Your arms should be in line from your shoulders to your elbow to fingertips and sculling under your chest working hard to maintain the height of your body over the water. Your legs should be held high and in line, pointing back down the pool not allowing any drag, heels and toes snapped together.	Pullbouy, Finger Paddles, Hand Paddles
6	BR PULL (Body to hands)	Focussing on all of the above points, start in a streamlined position and after every full pull hit streamline. It is important that as soon as the swimmer sculls out they hold as much water as they are strong enough to, normally outside of shoulder width. Then turn the hand to face back down the pool trying to pull the body to the hands, Not pulling the hands towards the body!	Pullbouy, Finger Paddles, Hand Paddles
7	TIMING DRILL (Hips / Heels / Catch / Head)	Timing on Breaststroke is essential. The kick must drive backwards when the front of the body is almost streamline, this generating as much forward momentum from the kick as possible. To achieve this effect the timing starts as the hips recover to the surface, then the heels recover in line. At this point start the catch and the scull should generate the recovery of the head to breathe.	Finger paddles, Hand Paddles
8	¼ STROKE	This drill encourages connectivity from the finger tips through the core, especially for younger swimmers who are not strong enough to complete a wide pulling action. Coach swimmers to pull forwards and not straight upright. Body lift should only be generated through the power of the catch. A strong catch and hitting streamlining should be the main focus.	Finger Paddles,
9	2 KICKS / 1 PULL (Reduce resistance)	By using two kicks to one pull the focus is on the streamlined position and the ability to control breathing. The swimmer should be encouraged after breathing to place the head back into streamline as quickly as possible, diving forwards shallow not down deep try to submerge the body just under the surface, with the second kick driving an arrow like forward drive before repeating the pattern	No equipment
10	BR ARMS / FC KICK (Hit streamline)	From a streamline position, with a maximum effort front crawl leg kick complete BR Pulls, encouraging the swimmer to have a strong catch, Fast hand recovery, and hit streamline! These 3 focusses are critical, do not let the body submerge fully under the water.	Fins
11	FAST HANDS BREASTSTROKE	Fast hands on Breaststroke encourages the timing of the leg kick to be most effective ensuring a streamlined position is in place as the legs drive backwards. Once again the hands should be driven forwards not downwards. Always turn the hands flat, palms facing the water as early as possible on the recovery into streamline, to prepare immediately for the outward scull at the catch.	Seniors may practice assisted swimming with bungee cords under strict supervision
12	POWER ON / POWER OFF (Hold line)	Breaststroke as much as any other stroke require efficiency. Often it is about maintaining technique at a maximum effort. Encourage the swimmer to power on through the insweep of the pull, and when the legs drive backwards, Powering off and encouraging a swimmer to hold streamline as long as momentum is maintained, possibly count 1000, 2000, 3000 after each full stroke.	No equipment

There are variations and progressions of all of these skill elements. I would encourage everyone to explore, challenge and check within your coaching communities.

This framework aims to guide and outline principles of how to achieve world class technique with club development and performance swimmers ensuring the quality of the technique helps smooth transitions through growth and athletic development. The swimmer should be encouraged to understand the relationship between swimming technique & land conditioning. This is not meant to be a measure of how good someone is, just a framework to assess your readiness to train Breaststroke