



**SWIM WALES  
NOFIO CYMRU**



# Skills Development Framework

**Part 3**

## 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

# Part 3




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# Butterfly Stroke Skills

## Level 3

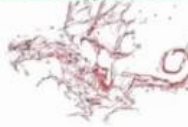
In order to develop your foundational skills and specific movement patterns for each stroke, please watch the video carefully (see link below). After the specific pool based skill has been presented there are key land based exercises prescribed to directly impact this skill in the water

 NOFIO CYMRU  
SWIM WALES

BUTTERFLY DRILL PROGRESSIONS FRAMEWORK

3.  
CHEST PRESS  
(EXTENDED ARM SCULL)

*just*  
**BE** Be inquisitive be prepared be relentless be passionate believe



### 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 3



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# Backstroke Skills

## Level 3

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BACKSTROKE DRILL PROGRESSIONS FRAMEWORK

3.

HANDS BEHIND HEAD KICK



### Equipment Needed

Bench

Floor mat / floor space

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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 Backstroke Drill video](#)

## Part 3



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# Breaststroke Skills

## Level 3

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



BREASTSTROKE DRILL PROGRESSIONS FRAMEWORK

3.

VERTICAL KICK

(MOVE TOWARDS THE WALL)



### Equipment Needed

Foam Roller / Ball

Floor mat / floor space

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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 3



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# Frontcrawl Skills

## Level 3

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

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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 3