



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

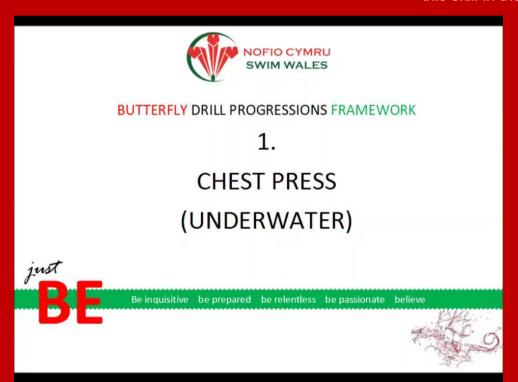
Part 1



Butterfly Stroke Skills

Level 1

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 Butterfly Drill video



Backstroke Skills

Level 1

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 Backstroke Drill video



Breaststroke Skills

Level 1

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

1.

STREAMLINED KICK
(BIG/WIDE >SMALL/NARROW)



Equipment Needed

Foam Roller / Ball

Floor mat / floor space

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Respect your rest and recovery between sessions.

Click here for Breaststroke Drill video



Frontcrawl Skills

Level 1

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



FRONTCRAWL DRILL PROGRESSIONS FRAMEWORK

1.BODY POSITION KICK (Arms by side rotation)



Equipment needed

Foam Roller
Floor mat / floor space

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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