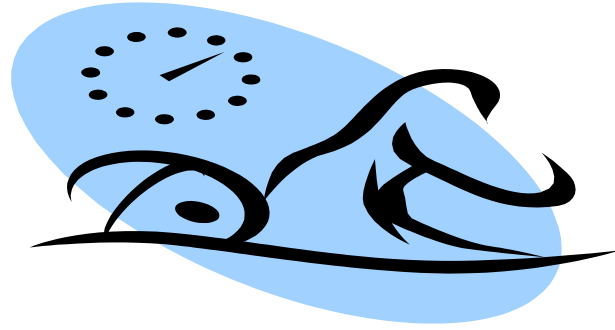


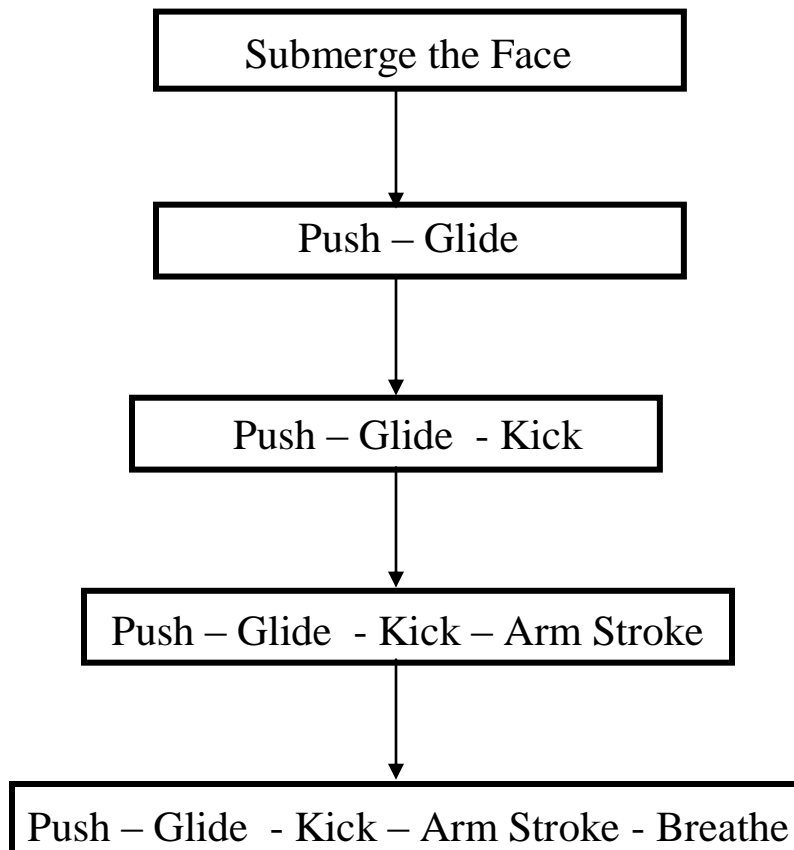
Cupar and District Swimming Club



Teaching Notes

KEY SKILLS

To achieve a high level of mobility in the water beginners must develop the basic skills of water confidence, streamlining, propulsion and breathing. These skills need to be taught in an easy to remember sequence that will become the foundation for all future stroke development and can be reinforced as the strokes are further developed and refined at all levels:



FRONTCRAWL

STROKE FEATURES

BODY POSITION

- The supine body position is flat and horizontal, with ears slightly below the water surface.
- The waterline is around the natural hairline with eyes looking forward and down.
- If the position of the head is raised it will cause the position of the hips and legs to lower which in turn will increase frontal resistance.
- If the head position is too low it will cause the legs to raise and the kick to lose its efficiency.
- Shoulders remain at the surface and roll with the arm action. Hips also roll with the stroke technique, close to the water surface and the legs remain in line with the body.

HEAD POSITION

- Head should be tilted up so that water is along the hairline just above the goggles.
- Head should follow the roll of the body

ARMS

- Fingers should be held loosely together.
- On entry the hand should be tilted with the thumb downwards.
- The hand should enter the water in line with the shoulder.
- During the pull the hand should describe an S.
- At the end of the pull the arm should be straight and the thumb should graze the thigh.
- As the arm recovers from the water the elbow should be held high.

LEGS

- Legs should be straight and toes pointed.
- Leg action should be continuous.
- Kick should start in the hips.

BREATHING

- The head should turn to the side only enough such that the mouth is just clear of the water.
- Breathing should be done every three arm strokes.
- While the mouth is under the water swimmers should be breathing out.

FRONTCRAWL DRILLS

- Push – Glide - Kick – Arms – Breathe
- With float kicking on front breathing to both sides
- With float kicking on side
- In pairs swimmers face each other with float between them – teach kicks to try to move partner back
- Kicking deep / shallow / gently / hard
- Kicking with fins
- Extended 'doggie paddle' developing long underwater phase of the stroke.
- Arms only with pullbouy between the legs (for more able swimmers)

- Catch-up. Left arm remains extended in front until the right hand touches it as it enters the water. The right arm remains extended while the left arm pulls and recovers and enters to touch the right hand etc.
- Single arm crawl. Right arm for set distance with left arm extended then switch to left arm pulling and right extended.
- Single arm crawl, 3 right pulls – 3 left pulls etc.
- Full stroke but drawing the thumb up the side on the recovery phase to the armpit.
- 'Fists' Full stroke with fists clenched.
- Stroke count. Count number of strokes over length then reduce by one each subsequent length. (good for encouraging strong pull and glide)

CHECKLIST FOR EVALUATING FRONT CRAWL

- Continuous arm motion
- Hands held relaxed and fingers together
- Bilateral breathing
- Continuous kicking
- Water level just above goggles
- High elbow on recovery

BACKCRAWL

STROKE FEATURES

BODY POSITION

- The supine body position is flat and horizontal, with ears slightly below the water surface.
- The body should roll smoothly in the water to assist entry and recovery of the hands and arms while the head is kept as still as possible.

ARMS

- The entry into the water is made with little finger first and palm outwards and should be in direct line with the shoulder, brushing the ear as the arm enters the water.
- Following entry the hand rotates to 'grab' the water as the elbow bends and pressure is applied to the palm of the hand
- As the arm pulls the water the elbow continues to flex until it is bent to approximately 90 at the end of the pulling action.
- Once the hand is level with the shoulder the arm is straightened and the palm pushes the water away.
- The shoulder now lifts, followed by the arm and hand with the thumb uppermost.
- As the recovery arm reaches the vertical position the palm rotates outwards ready for the re-entry into the water.

LEGS

- The legs kick in an alternating action, continuously up and down to help balance the action of the arms
- The ankles should be flexible with toes turned slightly inwards and a low splash performed.*
- The knees flex very slightly on the down-beat and straighten on the up-beat..
Ideally there should be 6 leg kicks to one arm cycle

BREATHING

- Breathing should be in time with recovery of each arm, breathing in with one arm recovery and out with the other.

BACKCRAWL DRILLS

- Push – Glide - Kick – Arms – Breathe
- Kicking on the back with one / two floats. Float above chest or above belly button
- Kicking on the back with arms by side – hands can scull to maintain balance.
- Kicking on back with arms extended behind head (for able swimmers)
- Kicking on back with float held at arms length over knees.
- Rolling Kick - on the side with one arm extended and one by the side – six kicks then roll onto other side with other arm extended and repeat.
- Kicking with arms by the side – rolling to raise shoulder to elbow of raised arm clear of the water.
- Single arm pull with other arm by the side – arms alternating
- Arms only with pullbouy between legs (for able swimmers)
- Catch-up. As for front crawl.

- Back crawl with single arm, lifting shoulder of non-pulling arm to emphasise body roll of stroke.
- Full stroke with object balanced on forehead.
- Stroke count. Count number of strokes over length then reduce by one each subsequent length. (good for encouraging strong pull and glide)

CHECKLIST FOR EVALUATING BACKCRAWL

- Head back, chest up, streamlined position
- Continuous arm and leg action
- Breathing naturally – ideally breathing in on the recovery of one arm and out on recovery of the other.
- Hands enter the water with small finger leading
- Straight arms during recovery as arms come over the water
- Body rotating but head remaining still

BREASTSTROKE

STROKE FEATURES

BODY POSITION

- Body should be as flat as possible.
- Arms and legs should be symmetrical

HEAD POSITION

- Head should be relaxed and rise and fall with the shoulders.

ARMS

- Stroke begins with arms fully extended with hands turned outwards.
- Arms then pull out and backwards until hands are in line with shoulders.
- Arms now sweep inwards to just below the chest then stretch forward with hands together.
- All arm action takes place in front of the shoulders.

LEGS

- From the fully extended glide the heels should come together.
- Legs bend to draw the heels towards the buttocks.
- When the knees are fully flexed the feet rotate outwards.
- The legs straighten back and to the side with the feet coming together :

BREATHING

- The chin should rise just above the water towards the end of each pull when a breath is taken.

BREASTSTROKE DRILLS

- Push – Glide - Kick – Arms – Breathe
- With two floats on back one under each arm watching their kick
- With one float on front practicing kick
- As before but with float in vertical position (for more able swimmers)
- Kicking on front with hands performing small scull in the extended position in front – gradually extend the size of the sculling till it becomes the full arm stroke.
- Full stroke with 2, 3 or 4 kicks to each arm pull.
- Full stroke with 2, 3 or 4 pulls to each kick.
- Stroke count. Count number of strokes over length then reduce by one each subsequent length. (good for encouraging strong pull and glide)

CHECKLIST FOR EVALUATING BREASTSTROKE

- Body as flat as possible
- Arms and legs move symmetrically
- Feet and knees should pointing outwards during kick
- After kick there should be an obvious glide with legs and arms outstretched
- Hands do not push past the shoulders

BUTTERFLY

STROKE FEATURES BODY POSITION

- The body should be streamlined.
- During the stroke the body should maintain an undulating movement.

HEAD POSITION

- The head is held looking forward moving up and down in time with the stroke

ARMS

- The hands enter the water at the same time, at shoulder width with the palms outwards.
- The hands now sweep outwards until the hands are wider than the shoulders.
- The arms then sweep downwards and inwards until they are under the chest close to the midline of the body.
- The arms are now straightened and the water pushed back with hands coming close to the surface beside the thighs.
- As the arms come clear of the water they should be straight and sweep just over the surface of the water ready for the next entry.

LEGS

- Legs are held close together and move simultaneously.
- The kicking action consists of a down-beat and an up-beat performed in a continuous manner.
- The down-beat commences with the knees bent and the ankles just out of the water.
- During the down-beat the legs are forcefully extended or straightened resulting in a lifting of the hips.
- On the up-beat the knees bend and the hips go down.
- Throughout the kicking action it is important that the body maintains an undulating action.

BREATHING

- As the arms move over the surface the head should be down and breath is exhaled
- The head should begin to be raised as the arms sweep up with a breath taken and completed during the first half of the recovery.
- As the arms complete the recovery the head drops back into the water.

BUTTERFLY DRILLS

- Push – Glide - Kick – Arms – Breathe
 - Leg kick with float extended in front
 - Arms extended and body undulating
 - Kick as before on the back
 - Kicking on the side with float extended in front and other arm by the side. Change sides.
 - Kicking underwater with arms extended in front.
 - Single arm fly with float extended in front. Change arms.
 - Single arm fly with other arm extended in front. This can be varied by mixing single arm and full stroke e.g. 3 right arm – 3 left arm – 3 full strokes etc.
 - Push off with arms extended – body undulating – arms complete pull with arms at the end of the underwater phase straight and hands flicking back out of the water – arms recover to start position as in breaststroke (not over the top of water) then repeat.
- All the above exercises can be done with fins.

CHECKLIST FOR EVALUATING BUTTERFLY

- Good streamlined body position
- Undulating body action throughout kick
- Kick initiated from hips, legs together with simultaneous movement
- Continuous arm action
- Relaxed arm action on recovery
- Breathing starts during last part of upsweep
- Breath taken and completed during first half of the recovery

DIVING

There are four stages which a swimmer goes through when learning to dive:

1. Diving from a sitting position
2. Diving from a kneeling position
3. Diving from a standing position on poolside
4. Diving from a block

When teaching to dive it is important to determine what the swimmer can already do from this list. It is important that they do not move onto the next stage until they can competently do the preceding one.

The features to look for at each of the stages are:

Diving from a sitting position

- Start from a sitting position on poolside
- Arms straight out in front – one hand on top of the other
- Head tucked between the arms looking down
- Rolling into the water keeping arms straight out
- Push off from the gutter with the heels
- Hands enter water first and feet last with body straight
- Keep hands straight out until start stroke
- Kicking as soon as in the water

Diving from a kneeling position

- Start by kneeling on one knee on poolside
- Arms straight out in front – one hand on top of the other
- Head tucked between the arms looking down
- Rolling into the water keeping arms straight out
- Push off with kneeling foot
- Hands enter water first and feet last with body straight
- Keep hands straight out until start stroke
- Kicking as soon as in the water

Diving from a standing position on poolside

- Start by standing on poolside with legs slightly apart and knees slightly bent
- Arms straight out in front – one hand on top of the other

- Head tucked between the arms looking down
- Rolling into the water keeping arms straight out
- Push off by straightening legs
- Hands enter water first and feet last with body straight
- Keep hands straight out until start stroke
- Kicking as soon as in the water

Diving from a block

- Start by standing at the front of the block legs slightly apart and knees slightly bent
- Arms straight out in front – one hand on top of the other
- Head tucked between the arms looking down
- Rolling into the water keeping arms straight out
- Push off by straightening legs
- Hands enter water first and feet last with body straight
- Keep hands straight out until start stroke
- Kicking as soon as in the water

CHECKLIST FOR EVALUATING DIVING

- Correct starting position
- Good push from legs at start of dive
- Hands enter water first followed by rest of body in a streamlined position.
- Head kept down throughout dive
- Hands kept on top of each other – following entry hands point towards surface
- Arms straight in front till stroke commenced.

Session Structure

Warm Up

Usually 8 lengths as presented on white board along with teaching points for the stroke which is the focus of the session.



Teaching Points

Make sure you know the names of the swimmers in your lane and they know your name.
Introduce the stroke and the teaching points from the board.



Full Stroke

Between 4 and 6 lengths.
Set your swimmers off on one length full stroke – at the end of each length comment on their strokes in terms of the teaching points introduced.



Drill

4 – 6 lengths (stopping at the end of each length to comment)
Give the swimmers a drill to develop a teaching point (look at the variety of drills in the teaching notes)



Full Stroke

Between 4 and 6 lengths.
As before set your swimmers off on one length full stroke – at the end of each length comment on their strokes in terms of the teaching points introduced.



Drill

4 – 6 lengths (stopping at the end of each length to comment)
Give the swimmers another drill to develop a teaching point (look at the variety of drills in the teaching notes)



Full Stroke

Between 4 and 6 lengths.
As before set your swimmers off on one length full stroke – at the end of each length comment on their strokes in terms of the teaching points introduced.



Race

We usually finish the session with a one length race of the main stroke for all swimmers – I will reorganise the lanes to ensure that we have a mix of swimmers in each lane.
The swimmers should arrange themselves by age with the youngest at the front.

The plan above is the one we use most often for our sessions – the full stroke / drill / full stroke is the basic pattern and can be repeated as time allows. There are occasions however when we will be timing or working on diving or turning skills.

When we do Butterfly we will work on widths with the warm up being the swimmers swimming two widths each of Back, Front and Breast and repeating for about 10 mins. Then following the structure as above.