

# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK



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## PART 12



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# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK – PART 12

## 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





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# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK – PART 12

## BUTTERFLY 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

- Floor mat / floor space
- Foam Roller
- 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 BUTTERFLY DRILL VIDEO](#)

www.swimwales.org



BUTTERFLY DRILL PROGRESSIONS FRAMEWORK

12.

POWER

(ON / OFF)

just  
**BE**

Be inquisitive be prepared be relentless be passionate believe





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# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK – PART 11

## BACKSTROKE 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
- Hard Ball
- Resistance band/cord

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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](#)

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### BACKSTROKE DRILL PROGRESSIONS FRAMEWORK

12.

POWER DRILL

(ON / OFF)







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# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK – PART 12

## BREASTSTROKE 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
- Fixed hand anchor point
- Resistance band/ cord

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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](#)

www.swimwales.org



BREASTSTROKE DRILL PROGRESSIONS FRAMEWORK

12.

POWER ON / POWER OF

(HOLD LINE)





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# 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



FRONTCRAWL DRILL PROGRESSIONS FRAMEWORK

## 12. POWER ON / POWER OFF

