

# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK



SWIM WALES®  
NOFIO CYMRU

## PART 4



SWIM WALES®  
NOFIO CYMRU

# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK – PART 4

## 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





SWIM WALES®  
NOFIO CYMRU

# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK – PART 4

## 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

- Foam Roller
- Floor mat / floor space
- Bench

*\* 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

NOFIO CYMRU  
SWIM WALES

BUTTERFLY DRILL PROGRESSIONS FRAMEWORK

4.  
CHEST PRESS  
(HIGH ELBOW SCULL)

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



SWIM WALES®  
NOFIO CYMRU

# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK - PART 4

## 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

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

www.swimwales.org



BACKSTROKE DRILL PROGRESSIONS FRAMEWORK

4.

DOUBLE ARM BACKSTROKE







SWIM WALES®  
NOFIO CYMRU

# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK – PART 4

## 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

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

www.swimwales.org



BREASTSTROKE DRILL PROGRESSIONS FRAMEWORK

4.

FLAT LYING SCULLING  
(FINGERS UP / FINGERS DOWN)





SWIM WALES®  
NOFIO CYMRU

# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK - PART 4

## 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

- 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 FRONTCRAWL DRILL VIDEO](#)

www.swimwales.org

FRONTCRAWL DRILL PROGRESSIONS FRAMEWORK

4. SINGLE ARM KICK & SWITCH  
(12 / 6 KICKS)