

SWIM WALES SKILLS DEVELOPMENT FRAMEWORK



SWIM WALES®
NOFIO CYMRU

PART 5



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SWIM WALES SKILLS DEVELOPMENT FRAMEWORK – PART 5

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 5

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
- Fixed hand anchor point

*** 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](#)

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BUTTERFLY DRILL PROGRESSIONS FRAMEWORK

5.
FLAT FLY PULL

just
BE Be inquisitive be prepared be relentless be passionate believe



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SWIM WALES SKILLS DEVELOPMENT FRAMEWORK – PART 5

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
- Seat

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BACKSTROKE DRILL PROGRESSIONS FRAMEWORK

5.

SINGLE ARM KICK





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BREASTSTROKE SKILLS

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EQUIPMENT NEEDED

- Foam Roller
- Floor mat / floor space

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[CLICK HERE FOR BREASTSTROKE DRILL VIDEO](#)

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BREASTSTROKE DRILL PROGRESSIONS FRAMEWORK

5.

WINDSCREEN WIPER SCULL
(BODY ALIGNMENT)





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SWIM WALES SKILLS DEVELOPMENT FRAMEWORK - PART 5

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
- Fixed hand anchor point
- Resistance band/cord

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Do the work on alternate days until you can tolerate a daily dose.

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[CLICK HERE FOR FRONTCRAWL DRILL VIDEO](#)

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FRONTCRAWL DRILL PROGRESSIONS FRAMEWORK

5. RECOVERY SWITCH

(Low / 90 deg / ext. arm)

