

SWIM WALES SKILLS DEVELOPMENT FRAMEWORK



SWIM WALES®
NOFIO CYMRU

PART 9



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SWIM WALES SKILLS DEVELOPMENT FRAMEWORK – PART 9

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 9

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
- 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

9.

FINGERTRAIL
(WATER ANGELS)

just
BE

Be inquisitive be prepared be relentless be passionate believe





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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
- Bench/ raised level
- Stick

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[CLICK HERE FOR BACKSTROKE DRILL VIDEO](#)

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BACKSTROKE DRILL PROGRESSIONS FRAMEWORK

9. CATCHUP AT HIPS
(HIPS/SHOULDER/HAND)





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BREASTSTROKE SKILLS

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EQUIPMENT NEEDED

- Floor mat / floor space
- Foam Roller
- Resistance band/cord

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[CLICK HERE FOR BREASTSTROKE DRILL VIDEO](#)

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BREASTSTROKE DRILL PROGRESSIONS FRAMEWORK

9.

2 KICKS / 1 PULL
(REDUCE RESISTANCE)





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SWIM WALES SKILLS DEVELOPMENT FRAMEWORK – PART 9

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
- Resistance band/cord
- Raised level/ bench
- Stick

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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](#)

www.swimwales.org



FRONTCRAWL DRILL PROGRESSIONS FRAMEWORK

9. FC PULL

