

# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK

## FRONT CRAWL



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# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK

## 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 1

## FRONTCRAWL 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

***\* 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

The thumbnail features the Swim Wales logo at the top left, with the text 'NOFIO CYMRU SWIM WALES' to its right. Below the logo, the title 'FRONTCRAWL DRILL PROGRESSIONS FRAMEWORK' is displayed in red and green. The main content of the thumbnail is '1. BODY POSITION KICK (Arms by side rotation)'. At the bottom, there is a small image of a swimmer in a pool, with red lines indicating body position or movement.



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# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK – PART 2

## FRONTCRAWL 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
- Hand hold (i.e stairs handrail)

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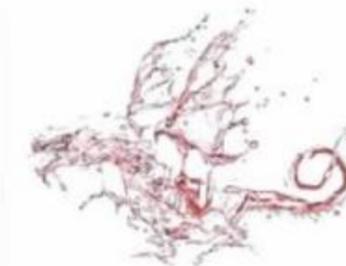
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### FRONTCRAWL DRILL PROGRESSIONS FRAMEWORK

#### 2. TORPEDO KICK (Hip led rotation)





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# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK – PART 3

## FRONTCRAWL SKILLS

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### EQUIPMENT NEEDED

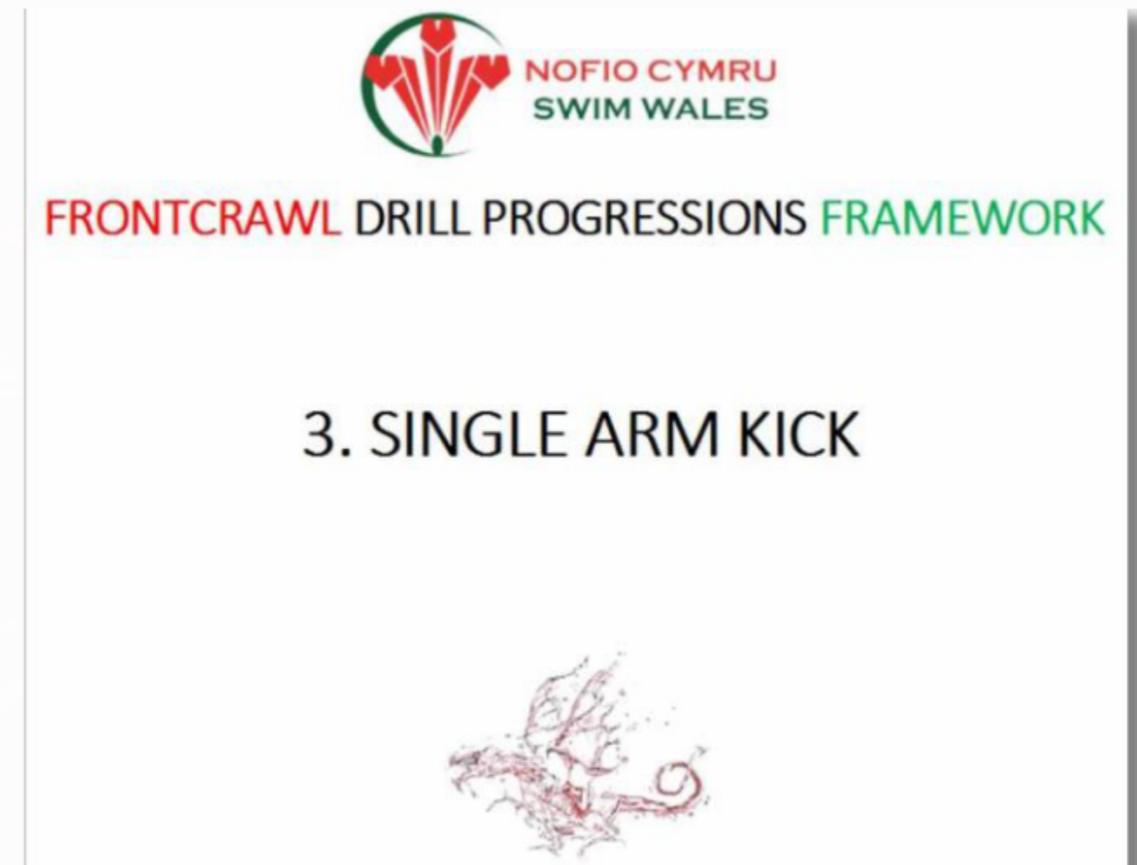
- Ball
- Floor mat / floor space

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# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK - PART 4

## FRONTCRAWL SKILLS

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### EQUIPMENT NEEDED

- Foam Roller
- Floor mat / floor space

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FRONTCRAWL DRILL PROGRESSIONS FRAMEWORK

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



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# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK – PART 5

## FRONTCRAWL SKILLS

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### EQUIPMENT NEEDED

- Foam Roller
- Floor mat / floor space
- Fixed hand anchor point
- Resistance band/cord

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## FRONTCRAWL DRILL PROGRESSIONS FRAMEWORK

### 5. RECOVERY SWITCH

(Low / 90 deg / ext. arm )





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# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK – PART 6

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### EQUIPMENT NEEDED

- Floor mat / floor space
- Bench/raised level

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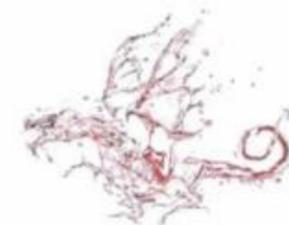
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## FRONTCRAWL DRILL PROGRESSIONS FRAMEWORK

### 6. SINGLE ARM PULL (Arms by side)





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# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK – PART 7

## FRONTCRAWL SKILLS

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### EQUIPMENT NEEDED

- Floor mat / floor space
- Wall corner
- Hard ball
- Resistance band/cord

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FRONTCRAWL DRILL PROGRESSIONS FRAMEWORK

## 7. FINGERTRAIL





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# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK – PART 8

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### EQUIPMENT NEEDED

- Floor mat / floor space
- Foam Roller
- Resistance band/cord
- Raised level/bench

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FRONTCRAWL DRILL PROGRESSIONS FRAMEWORK

## 8. WATER POLO SWIM





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# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK – PART 9

## FRONTCRAWL SKILLS

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### EQUIPMENT NEEDED

- Floor mat / floor space
- Resistance band/cord
- Raised level/ bench
- Stick

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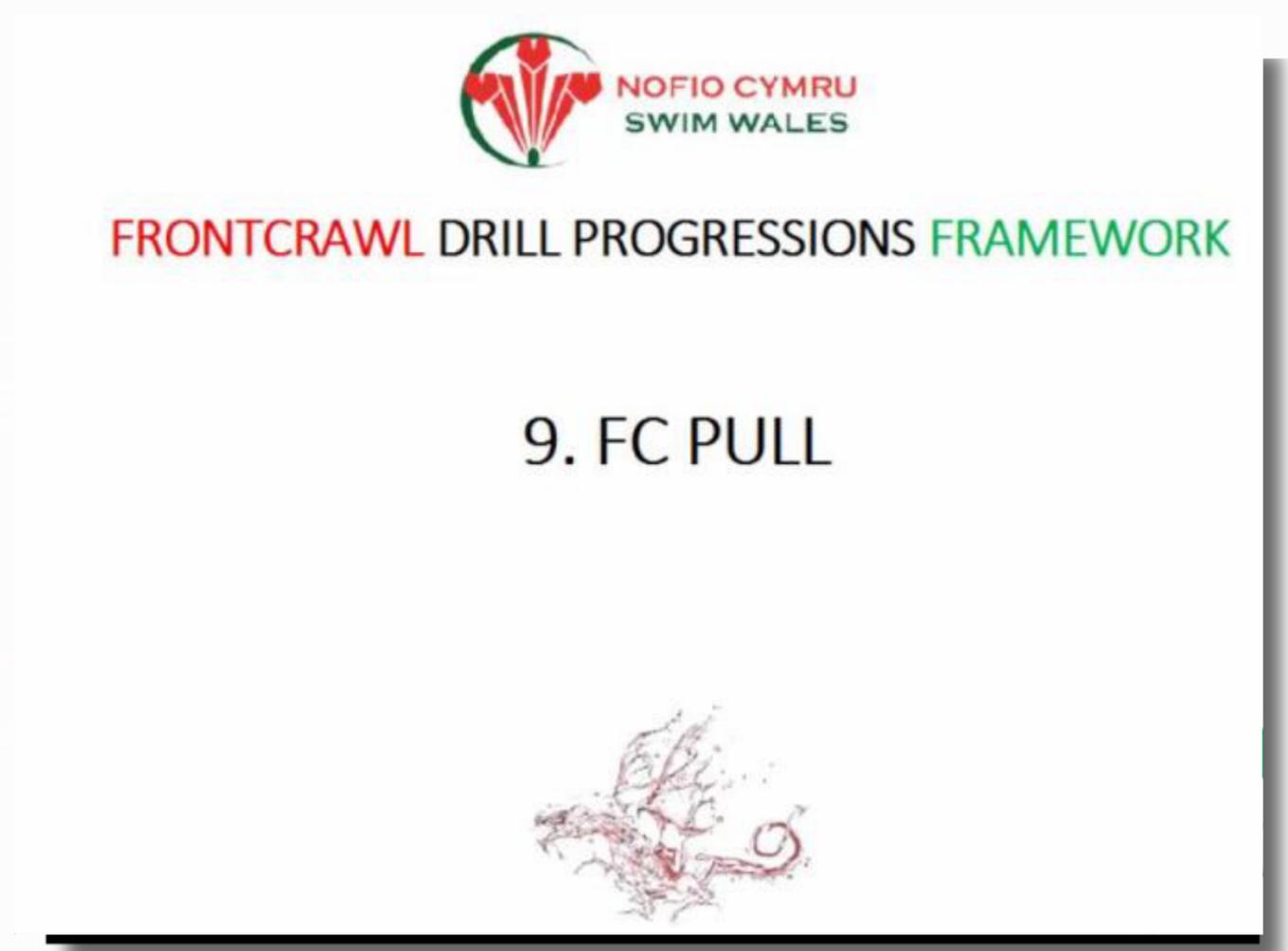
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# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK – PART 10

## FRONTCRAWL SKILLS

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### EQUIPMENT NEEDED

- Floor mat / floor space
- Resistance band/cord
- Hard Ball
- Fixed anchor point

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## FRONTCRAWL DRILL PROGRESSIONS FRAMEWORK

### 10. $\frac{3}{4}$ CATCHUP (with pause)





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# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK – PART 11

## FRONTCRAWL SKILLS

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### EQUIPMENT NEEDED

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

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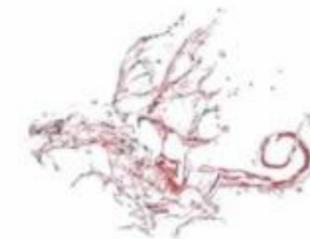
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FRONTCRAWL DRILL PROGRESSIONS FRAMEWORK

## 11. SLOW MOTION





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# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK – PART 12

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### EQUIPMENT NEEDED

- Floor mat / floor space
- Fixed hand anchor point
- Resistance band/ cord
- Bench
- Fitness Swiss ball

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## 12. POWER ON / POWER OFF

