

# What Every Age Group Swimmer Should Learn

Mark Boerner

## FREESTYLE

Float on stomach. Legs and hips high

Float on back. Legs and hips high

Float on right and left side. Legs and hips high

Float with one arm extended. Legs and hips high

Streamline – overlapped hands, hooked thumb, ears under arms

Head position – still, looking forward and down, back of head on surface

Flutter kick – toes pointed, legs straight from hips, seat on surface, 6 beat

Distance per stroke (DPS) – count entries per length, reduce number per length

Swim smooth – look pretty copy a great stroke

Finish stroke at edge of suit

Extend entry arm shallow pushing it forward with the arm under the eyes

Recover with high elbows OR straight arm

Breathe to the side with the mouth below the surface and forward on angle

Breathe right 2-4-6

Breathe left 2-4-6

Breathe 3-5-7

Breathe with ear in water, goggle eyepiece in water and half mouth in water

Kick fly off the wall 3-10 kicks starting stroke after the feet are past the pennants

Finish touching the target with a lowered shoulder

Hold breath into and out of turns

Push-off underwater on side

Breath control – 5 to 15 yds

Circle swim right to left and left to right

Swim on lanemarkers (middle of lane) whenever possible

Follow clock reading rules drop on 9 to leave on 0 and 4 to leave on 5. Read times.

Leave 5, 10 and 15 seconds apart.

Learn to add times

Scull on back, side and stomach

Turn body to breath – pivot shoulders and hips

Turns – flip to push-off on back twisting to stomach and ½ going in and ½ going out

## BACKSTROKE

Streamline on back. Head between arms hands overlapped

Float on back with head position tilted a little higher

Kick on side, one arm extended looking at ceiling or sky

Kick hips on surface boiling water on surface

Hips near surface

Kick from hips, legs straight toes pointed

Head stationary – shoulders pivoting around neck and still head – smooth stone on head

Arm pattern – recover with rifle barrel (straight toward ceiling/sky),

karate chop entry above or outside ear,

arm wrestle pull – elbow at 100 degrees

shot put finish – outside hips

Lead recovery with thumb

Double arm backstroke

## **Kick 6 drill**

**Catch-up Riflebarrel drill – touching rope above lane**

**Swim with fists – feeling forearm**

**Distance per stroke – count entries and reduce number**

**Recover leading with shoulder**

**Dolphin kick with hands at sides, head back, 6 – 15 meters**

**Small fast kick, from stomach, not knees. Like a long flipper**

**Kick underwater**

**Laneline pulling**

**6/6 drill with head fixed**

**One arm pull**

**Rifle barrel catch-up**

**Rotate on axis**

**Touch thigh on finish**

**Karate on entry**

**Turn without looking at wall**

**Finish looking at target**

**5-12 dolphin kicks off the wall and on starts**

**Dolphin kicks from hips, feet together**

**Entry above shoulder, NO cross-over**

**Sculling on back, arms straight, hands at hips**

**Hips pivot on each entry**

**Head back for balance**

**Flutter kick on deck with feet 1' off the deck**

## **BREASTSTROKE**

**Body position: flat, head still, arms at 180 degrees sculling around the elbow**

**Press drill: out-sweep to 130 degrees, breathe with lower back, in-sweep to pistol fingers**

**V out drills, straight arm scull, in and out head down**

**V out drills, straight arm scull, in and out head up. Repeat as spin drill**

**Elbows forward as hands rotate around elbows**

**Fast recovery at surface, elbows to finger tips.**

**Streamline on surface after kick**

**Press out just below surface**

**Look at water on breathe**

**Look at bottom on glide**

**Pattern; pull, breathe, kick (when arms/hands are almost extended)**

## **BUTTERFLY**

**Body position: flat, head still, arms in front of shoulders (kickboard width)**

**Head still, looking at bottom**

**Press chest and head – tipping drill, arms at sides**

**Same drill with arms streamlined**

**Dolphin kick on back, side, stomach, side (rotate)**

**Vertical kicking**

**Small fast ripple kick from hips**

**Point toes**

**Use hips to kick**

**Single arm fly – breathe in front – straight arm recovery**

**Entry in front of shoulders in a; V, pronate or slide in front of ears**  
**2-4 kicks per pull**  
**3-10 kicks off wall**  
**Breathe on power phase**

#### **DISCIPLINE**

**Equipment out to use at every session**  
**Be on time (5 min early)**  
**Cooperate with teammates and coach**  
**Listen with eyes**  
**Above water and listening to coach's instructions**  
**Do not talk back to the coach**  
**Do not disturb teammates**  
**Support and encourage everyone. Compliment when they do things right.**  
**Finish every swim**  
**Stay off the bottom**  
**Stay off the lanes, except for elbow when necessary**  
**Don't put-down teammates**  
**Give your best effort on all sets and skills**  
**Never miss practice – good attendance**  
**Respect all teammates and adults**  
**Follow good nutrition**  
**Dress properly for meet travel and at meets**

#### **COACHING GUIDELINES**

**Be enthusiastic**  
**Be prepared for practice; arrive early, prepare practice, set-up gear, welcome swimmers**  
**Explain skills; explanation, demonstration, practice, evaluation, correction, REPEAT**  
**Don't talk when swimmers are not attentive and watching you. Listen with their eyes**  
**Make corrections from start to finish.**  
**Attention to details builds myelin and athleticism.**  
**Have a "level of expectation"**  
**Give purpose to every drill**  
**Repeat skills in done incorrectly. Use individual and squad DO-OVERS**  
**Talk to every swimmer at every practice**  
**Evaluate skills WEEKLY**  
**Skills must IMPROVE.**  
**Use charts, graphs, gear to make points**  
**Advancement set should be done 1-2 times per month**  
**Make use of videos, books, webinars to improve yourself**  
**Have skilled, older swimmers demonstrate**  
**Conduct squad meetings to discuss agenda regularly**  
**Foster good sportsmanship**  
**Support the team mission and goals by cooperating with staff**