

Age Group Development

Coach planning and execution for pre-competitive program –
2016 - Milak

Overall Themes

- *Put on a happy face, and bring a suit... tactile feedback is huge*
- *Fins every day, racing, and teaching tool.... Make it easy, gonna have a success rate doing something easy than something hard*
- *Simple stuff, but progressions and “base drills” are not that different from what the senior group does*
- *Base drill, then 2-3 building block skills/drills after that...*

Practice Structure

- Always building from one skill to the next (just 1-2 pieces of lingo/thoughts per “stop”, don’t fill the plate)
- 2-3 progressions per practice
- Rule of 3 → Motor Learning
 - Intro (what we’re doing, 1-2 bits of what I’m looking for)
 - Refine (comments on how it was done, maybe add an additional thought point)
 - Repetition (more feedback, enhance 1-2 points, do it again)

Practice Structure

- 90% of what we are doing is body position and timing
- (25s@ 60), clock, some racing, basic aerobic
- kicking with a board every day, racing kick with fins/board every day
- right after warm-up, gets ants out of pants after school, get ready to learn

Practice Structure

- **Sample Practice:**
Warmup: 50 Free/Back, 50 Kick
- 10x25 @ 60 kick with a board
 - (good effort for #1-3, Racing #4 & 5)
- Backstroke Progression:
 - Extension Kick, 10&10, 10&10w3 betw, perfect stroke
- Fly Drill Progression w fins
 - Arms Side Kick, Extension Kick, Single Arm, Doubles
- Freestyle Pushoffs and breakout progressions
 - Drop Push, Streamline flutter, bottom arm, 3 strokes before first breath
- Games, Fun, Relay, Racing, Misc

Butterfly

- notes: learning phase is primarily 75ish% done with fins,
- End goal: stroke being 50/50 arms & legs
- Fly Kick Underwater with arms at sides w fins
- Streamline on back
- Extension kick (one arm up / one down on side)
- Single Arm (focus on Timing of kick and body position)
- Singles, Doubles, Triples

Backstroke

- Backstroke
notes: learning phase is done at least 50ish% with fins...
- Balance Kick with board (on back, with board over legs – ears back, bellybutton up, feet keep moving)
- Streamline kick
- Double arm (both arms at once – focus on propulsion)
- Extension Kick (one arm up / one down on side)
- Single arm (focus on keeping legs moving), then 2 left/2 right
focusing on not pausing hands at sides
- 10&10, 5&5, 10&10w3, 5&5w3, adding in half-catch up progression, etc

Breaststroke

- note: conquer kick and timing...
- Self talk: gonna be saying “pull, breathe, kick, stretch” till you’re blue in the face)
- Kick with board, head up
- Kick with board, hands on bottom of the board working timing (breathe / kick /stretch)
 - *Note: doing this drill until we’re “pretty dang good” before we even start the pull*
- Swim focus on self talk “pull, breathe, kick, stretch”
- Breaststroke with noodle under armpits (small pull, big kick)
- 3 count stretch, 2 count stretch, 1 count stretch progression
- Once we get the hang of things (not week one): arms crossed kick, breathing every kick

Freestyle

- Learning phase done 50ish% with fins
- Kick with board, racing with a board (almost daily warm-up set)
- Kick with board, hands on bottom of board, pull and breathe on interval (10s? when needed?)
- Freestyle while holding board (make rotary breathing easy, intro to catch-up)
- Catch-up, fingertip drag, overkick
- Extension Kick, 10&10, 5&5, 10&10w3betw, 5&5w3betw
- Streamline flutter off wall (5-10 yards then swim)
- Short bursts of head-up (propulsion)

Starts/Turns/Finishes/misc

- Proper Drop Push (every time we do anything)
- Streamline to breakout (never having both arms at the sides on free and back)
- USA Swimming racing start certification checklist & compliance
 - Sitting
 - Kneeling
 - Compact
 - Stride
 - Shallow Angle Dive