

# BEST SPORT ON PLANET

Water is always right  
Stopwatch never lies

## 10 ***Fun--***damentals.

- 1- Swimming is a sport of deceleration.
- 2- Quality of movement matters.
- 3- Kicking is 21<sup>st</sup> is the foundation of fast swimming.
- 4- We kick for aerobic fitness. For quality kicking efforts must be either 92% or 96% best efforts.
- 5- Air exchange for beginners; work till they are excellent at it.
- 6- Teach till everyone is proficient in every phase of skill acquisition.
- 7- Engaged discrete skills=deliberate practice=skill acquisition.
- 8- Energy begets energy for both coaches and swimmers.
- 9- Swimming in age group 3 gears, pretty, pretty fast, race.
- 10- Coach the person first, the athlete second. Every swimmer matters. As a team we get better one swimmer at time. Strive for greatness, with good practices, rather than brilliant practices followed by mediocre practices.

Age group 5 points per stroke.

Fly-

- 1- Whole stroke first WITHOUT BREATHING
- 2- Kick big to small in teaching progression.
- 3- Teach the up kick
- 4- Narrow pull early breath
- 5- Easy to fast hand pull pattern

Backstroke

- 1- Streamline off the wall—kick to pull
- 2- Head still
- 3- Throw the arms
- 4- Underwater pull easy to fast—NO HARD
- 5- 12 inches of white water with straight legs

Breastroke

- 1- Teach kick (on land) and pull separately
- 2- Kick narrow—recovery to the butt crack, keep knees in
- 3- Pull—with bouy, with flutter kick, with dolphin
- 4- Double kick foundation of first swimming
- 5- Stay on the boundary layer and flat back

Free

- 1- Whole stroke with no breathing
- 2- Drills to go with breathing 1 eye wet 1 eye dry. Catch up with board, no board, 1-arm swimming
- 3- Pull high elbow easy to strong---smooth to hard, strong to fast
- 4- Straight leg kick, work the up kick
- 5- Hips lead the hand, and then hands lead the hip.

USA Today: 38 percent of children are between ages 7 and 9 when they begin in youth sports, with 29 percent having started earlier. Organized sports only remained in the lives of the minority of those who answered, with 70 percent of children leaving organized sports by the time they are 13 years old.

What's happening in your program?

Toys:

Bucket: Whiffle balls 2 sizes  
Hockey puck  
Small board  
Brick board  
Single paddle  
Single fin

How would you use these in practice and why? This is what we have done and why.