

Open Water Activities

- Put buoys in the pool (4) (w/o lane lines)
 - Activity #1 Pack Swimming (Sighting, Becoming comfortable in packs, Understanding pack dynamics)
 - Break athletes into groups (6-8)
 - Send groups a minute apart to do a loop
 - Pairs, Box and Diamond Formations
 - Pairs xx
xx
xx
 - Box xxxx
xxxx
 - Diamond x
xxx
xx
 - Single and Double Pace Line
Single x Pairs xx
x xx
x xx

Last swimmer sprints to front when he/she tucks-in the next one goes. In pairs the last swimmer in each pace line sprints to the front on the outside.

- Form and Re-form
 - Using the same Pair, Box and Diamond formations have the swimmers start in one formation and reconfigure the formation by the end of the loop. For example, Start in pairs and re-set to Diamond by the end of the loop. Specify who should be in front and/or back.
- Activity #2 Changing Position (Learning positional techniques and tactics)
 - Hop over legs below knee
 - Corkscrew over legs below knee
 - Swim under
- Activity #3 (w/o lane lines) Turns (Negotiating turns – technically and in a pack situation)
 - Do left-shoulder and right-shoulder turns in singles to teach. Swim around or duck-dive and corkscrew.
 - Add pairs – one swimmer on inside line, one on outside
 - Start non-competitive and then make it game-like
 - Continue to add pairs to get small groups – create a start and finish line so they can be competitive.
- Activity #4(w/o lane lines)
- Relay's, depending on numbers
 - 4(2M & 2W) people in each relay
 - Have athletes decide order
 - Do a loop around all buoys tag next person

- Have some sort of fun prize for winners
- Non-buoy activities
 - Activity #1 (w/o lane lines)
 - Have them spread out across one end of the pool send groups in waves
 - One person sets speed everyone in group needs to stay in horizontal line with that person
 - Depending on numbers let everyone in the group get the opportunity to set speed
 - Activity #2 (lane lines)
 - In pairs in their lanes have them swim easy to a designated meter mark. At that point swimmers are allowed to race to the end of the pool. The swimmer who has a shoulder advantage has the right of way and can cut out the other swimmer using the lane ropes, etc. The other swimmer needs to use positional techniques and tactics to gain advantage before the finish line.
 - Add swimmers to the race to increase the complexity.
 - Can do up to 4 wide in a single lane more in a double lane.
- Sighting games (incorporate during warm up)
 - Activity #1
 - Need two cards of bright colored paper (two or 3 different colors)
 - Have swimmers do a longer swim and ask them to sight every 4th or 5th length
 - When athletes sight during that length they must locate coach and shout out the color the coach is hold up
 - Coach repositions after each sighting length