

Lesson Plan Main Pool – Lane 1

Aim: Maintain use of streamlines, bubbles & body position. Efficient freestyle 25m, efficient backstroke 25m, legal breaststroke kick, dolphin kick

Focus: freestyle, backstroke **Lesson 1:**



Warmup – 8x25s 4 freestyle 4 backstroke with great technique, ask swimmers to count their strokes

streamline practice

4 push offs underwater in streamline, blowing bubbles, eyes down, all swimmers to go past the flags

freestyle kick & drill: *Key point: continuous kick at all times, catch & pull in a straight line*

4x50s freestyle kick on board

4x25s on 60 2 with board as 6K catch-pull to side, 6K lift & slide

2x50s freestyle swim put it all together

backstroke kick & drill: *Key point: continuous kick, pinky in on hand entry*

4x50s backstroke kick with board over legs,

4x25s as chicken wing drill with board

2x50s back stroke put it all together

5 minutes finish with relays or races from a dive

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Aim: Maintain use of streamlines, bubbles & body position. Efficient freestyle 25m, efficient backstroke 25m, legal breaststroke kick, dolphin kick

Lesson 2 Focus: freestyle, backstroke



Warmup – 8x25s 4 freestyle 4 backstroke with great technique, ask swimmers to count their strokes

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Focus: freestyle, breaststroke



Lesson 3:

8x25s 4 backstroke with great technique, ask swimmers to count their strokes

Streamline and break out practice

4 streamlines aim for 7 metres and plus 3 strokes once at surface

breaststroke kick:

on dry land – sitting down – UP – OUT – TOGETHER – ankle flexed

8x25s kick on back with board to half way , roll onto tummy and freestyle kick to end on 60

freestyle kick & drill, swim

4x50s fast freestyle kick on 1.45

4x25s catchup drill on 60

2x50s swim great technique – as swimmers to count their strokes

Key point: continuous kick through breath, big circles with the arm

5 minutes of races or relays from a dive

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Focus: freestyle, breaststroke



Lesson 4:

8x25s backstroke with great technique , reinforce the same key points from last week

Streamline and break out practice

4 streamlines aim for 7 metres and plus 3 strokes once at surface

breaststroke kick:

on dry land – sitting down – UP – OUT – TOGETHER – ankle flexed

8x25s kick on back with board to half way , roll onto tummy and freestyle kick to end on 60

freestyle kick & drill, swim

4x50s fast freestyle kick on 1.45

4x25s catchup drill on 60

2x50s swim great technique – as swimmers to count their strokes

Key point: continuous kick through breath, big circles with the arm

5 minutes of races or relays from a dive

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Aim: Maintain use of streamlines, bubbles & body position. Efficient freestyle 25m, efficient backstroke 25m, legal breaststroke kick, dolphin kick

Focus: backstroke, breaststroke



Lesson 5:

8x25s freestyle swim , with great technique , ask swimmers to count strokes

Streamline and break out practice

4 streamlines aim for 7 metres and plus 3 strokes once at surface

backstroke kick & drill: *Key point: continuous kick, pinky in on hand entry*

4x50s backstroke kick with board over legs,

4x25s as chicken wing drill with board

2x50s back stroke put it all together

breaststroke kick + drill

8x25 breaststroke kick with board on tummy – 2 kicks eyes down, bubbles breathe

2x25 sitting on board – using arms in a breaststroke motion to move down the pool

5mins races or relays from a dive

Lesson Plan Main Pool – Lane 1

Aim: Maintain use of streamlines, bubbles & body position. Efficient freestyle 25m, efficient backstroke 25m, legal breaststroke kick, dolphin kick

Focus: backstroke, breaststroke



Lesson 6:

8x25s freestyle swim with great technique, ask swimmers to count their strokes

Streamline and break out practice

4 streamlines aim for 7 metres and plus 3 strokes once at surface

backstroke kick & drill: *Key point: continuous kick, pinky in on hand entry*

4x50s backstroke kick with board over legs,

4x25s as chicken wing drill with board

2x50s back stroke put it all together

breaststroke kick + drill

8x25 breaststroke kick with board on tummy – 2 kicks eyes down, bubbles breathe

2x25 sitting on board – using arms in a breaststroke motion to move down the pool

5mins races or relays from a dive

Lesson Plan Main Pool – Lane 1

Aim: Maintain use of streamlines, bubbles & body position. Efficient freestyle 25m, efficient backstroke 25m, legal breaststroke kick, dolphin kick

Focus: freestyle, butterfly



Lesson 7:

8x25s freestyle swim with great technique, ask swimmers to count their strokes

Streamline and break out practice

4 streamlines aim for 7 metres and plus 3 strokes once at surface

fly kick – place a cone or board at 12.5m and get swimmers only to swim to that point & back

8x25s 12.5 alternate 8 freestyle kicks 4 fly kicks for the whole length

Cue: press chest, snap hips, flick toes

freestyle kick & drill, swim

4x50s fast freestyle kick on 1.45

4x25s catchup drill on 60

2x50s swim great technique – as swimmers to count their strokes

Key point: continuous kick through breath, big circles with the arm

5 minutes of races or relays from a dive

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Aim: Maintain use of streamlines, bubbles & body position. Efficient freestyle 25m, efficient backstroke 25m, legal breaststroke kick, dolphin kick

Focus: assessments , assess the swimmers when they are doing fullstroke in free back breast .



Lesson 8:

8x25 – 3 freestyle, 2 backstroke, 2 breaststroke, 1 dolphin kick

Streamline and break out practice

4 streamlines aim for 7 metres and plus 3 strokes once at surface

fly kick – place a cone or board at 12.5m and get swimmers only to swim to that point & back

8x25s 12.5 alternate 8 freestyle kicks 4 fly kicks for the whole length

Cue: press chest, snap hips, flick toes

freestyle kick & drill, swim

4x50s fast freestyle kick on 1.45

4x25s catchup drill on 60

2x50s swim great technique – as swimmers to count their strokes

Key point: continuous kick through breath, big circles with the arm

5 minutes of races or relays from a dive

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Lesson 9:

Warmup – 8x25s 4 freestyle 4 back stroke with great technique, ask swimmers to count their strokes

streamline practice

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freestyle kick & drill: *Key point: continuous kick at all times, catch & pull in a straight line*

4x50s freestyle kick on board

4x25s on 60 2 with board as 6K catch-pull to side, 6K lift & slide

2x50s freestyle swim put it all together

backstroke kick & drill: *Key point: continuous kick, pinky in on hand entry*

4x50s backstroke kick with board over legs,

4x25s as chicken wing drill with board

2x50s back stroke put it all together

5 minutes finish with relays or races from a dive

Lesson 10 distance night

