

Lesson Plan Main Pool – Lane 2

Aim: Maintain use of streamlines, bubbles & body position. Efficient freestyle 50m, efficient backstroke 50m, legal breaststroke swim, dolphin kick

Focus: freestyle, backstroke



## Lesson 1

**Warmup – 4x50s 2 freestyle 2 back stroke 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*

3x50s freestyle kick on board

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

3x50s freestyle swim put it all together

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

3x50s backstroke kick with board over legs,

4x25s as chicken wing drill with board

3x50s back stroke put it all together

*5 minutes of either races , relays , dives or turns*

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## **Lesson 2:**

**Warmup – 4x50s 2 freestyle 2 back stroke 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*

3x50s freestyle kick on board

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

3x50s freestyle swim put it all together

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

3x50s backstroke kick with board over legs,

4x25s as chicken wing drill with board

3x50s back stroke put it all together

*5 minutes of either races , relays , dives or turns*

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Focus: freestyle, breaststroke

### **Lesson 3:**

**4x50s 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

10x25s kick on back with board to half way , roll onto tummy and freestyle kick to end on 60

#### **freestyle kick & drill, swim**

**5x50s fast freestyle kick on 1.45**

**4x25s catchup drill on 60**

**3x50s swim great technique – as swimmers to count their strokes**

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

*5 minutes of either races , relays , dives or turns*

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Focus: Breaststroke, freestyle

**Lesson 4:**

**4x50s 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

10x25s breaststroke kick on 60 – start on back, and swimmers who are ready progress to tummy breaststroke kick

**freestyle kick & drill, swim**

**5x50s fast freestyle kick on 1.45**

**4x25s catchup drill on 60**

**3x50s swim great technique – as swimmers to count their strokes**

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

*5 minutes of either races , relays , dives or turns*

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Focus: backstroke, breaststroke



### **Lesson 5:**

**4x50s 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*

5x50s backstroke kick with board over legs,

4x25s as chicken wing drill with board

3x50s back stroke put it all together

#### **breaststroke kick + drill**

6x25 breaststroke kick with board on tummy – 2 kicks eyes down, bubbles breathe

4x25 sitting on board – using arms in a breaststroke motion to move down the pool

4x25 breaststroke swim

*5 minutes of either races , relays , dives or turns*

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Aim: Maintain use of streamlines, bubbles & body position. Efficient freestyle 50m, efficient backstroke 50m, legal breaststroke swim, dolphin kick

Focus: backstroke, breaststroke

**Lesson 6:**

**4x50s 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*

5x50s backstroke kick with board over legs,

4x25s as chicken wing drill with board

3x50s back stroke put it all together

**breaststroke kick + drill**

6x25 breaststroke kick with board on tummy – 2 kicks eyes down, bubbles breathe

4x25 sitting on board – using arms in a breaststroke motion to move down the pool

4x25 breaststroke swim

*5 minutes of either races , relays , dives or turns*

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Focus: butterfly, freestyle

**Lesson 7:**

**4x50s 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**

10x25s 12.5 alternate 8 freestyle kicks 4 fly kicks for the whole length

Cue: press chest, snap hips, flick toes

**freestyle kick & drill, swim**

**5x50s fast freestyle kick on 1.45**

**4x25s catchup drill on 60**

**3x50s swim great technique – as swimmers to count their strokes**

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

*5 minutes of either races , relays , dives or turns*



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Aim: Maintain use of streamlines, bubbles & body position. Efficient freestyle 50m, efficient backstroke 50m, legal breaststroke swim, dolphin kick

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

**Lesson 8:**

**50m freestyle, 50m backstroke, 25m breaststroke swim, 25m 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**

10x25s 12.5 alternate 8 freestyle kicks 4 fly kicks for the whole length

Cue: press chest, snap hips, flick toes

*5 minutes of either races , relays , dives or turns*

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Aim: Maintain use of streamlines, bubbles & body position. Efficient freestyle 50m, efficient backstroke 50m, legal breaststroke swim, dolphin kick

Focus: check any swimmers who missed assessments

### **Lesson 9:**

**Warmup – 4x50s 2 freestyle 2 back stroke 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*

### **Lesson 10 distance night**

Property of Swimming Southland

