

Lesson Plan Main Pool – Lane 4

Aim: Maintain use of streamlines, bubbles & body position. Efficient freestyle 100m, efficient backstroke 100m, legal breaststroke swim 75m, dolphin kick 75m, standing dives & tumble turns

Focus: freestyle, backstroke



Lesson 1:

Warmup – 6x50s 3 freestyle 3 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

4x50s 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

4x50s back stroke put it all together

5 minutes of either races , relays , dives or turns

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Focus: freestyle, backstroke

Lesson 2:

Warmup – 6x50s 3 freestyle 3 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

4x50s freestyle swim put it all together

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Focus: breaststroke, freestyle

Lesson 3:

6x50s 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

12x25 breaststroke swim on 1.15 – 1 arm pull 1 kick, eyes down & glide

freestyle kick & drill, swim

6x50s fast freestyle kick on 1.45

4x25s catchup drill on 60

4x50s 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:

6x50s 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

12x25 breaststroke swim on 1.15 – 1 arm pull 1 kick, eyes down & glide

freestyle kick & drill, swim

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Focus: backstroke, breaststroke

Lesson 5:

6x50s freestyle swim, with great technique, ask swimmers to count strokes

Streamline and break out practice

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

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

6x50s backstroke kick with board over legs,

4x25s as chicken wing drill with board

4x50s back stroke put it all together

breaststroke kick + drill

10x25 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

5 minutes of either races , relays , dives or turns

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Focus: backstroke, breaststroke

Lesson 6:

5mins push offs & floating drills

4 push offs underwater in streamline on tummy, blowing bubbles, eyes down + 8 freestyle strokes

10 mins backstroke kick + drill

100m (4 lengths) backstroke kick in a streamline

5x50m – 1 as chicken wing drill with board, 2 as 1 arm up 1 arm down 6 kicks and take 1 stroke to change sides, 2 as backstroke swim – attempt the backstroke tumble turn on the swim

Key point: continuous kick, pinky in on hand entry

10mins breaststroke kick + drill

4x25 breaststroke arm pull with board inbetween legs (to stop movement)

Cue: round the pizza, squeeze elbows (A, B, C of picture) and chop the pizza in half (D of picture)

3x50 breaststroke swim – 1 pull 1 kick per cycle – when finishing the length touch with two hands together

5mins – backstroke tumble turns – line up at flags and swim backstroke into the wall

See lesson 4 for progression

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Focus: butterfly, freestyle



Lesson 7:

6x50s 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

6x50s fast freestyle kick on 1.45

4x25s catchup drill on 60

4x50s 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 turn

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

Lesson 8:

100m freestyle, 100 backstroke, 75m breaststroke, 75m dolphin kick

Streamline and break out practice

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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

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6x50s backstroke kick with board over legs,

4x25s as chicken wing drill with board

4x50s back stroke put it all together

5 minutes finish with relays or races from a dive

Lesson 10 distance night