

Masters Swimming NSW Coaching Drill Handbook



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Masters Swimming NSW

Coaching Tips:

- Plan your program and have a focus for the session, make sure swimmers know what they are working on.
- Have variety but always include a freestyle set to get heart rate up
- Make coaching visible. Explain *how, what, why* we do certain drills/sets
- Encourage warm up with fins. All drills with fins
- Find out your swimmers' goals and work out a plan to help them achieve this
- Work out a yearly plan with focus events and plan, building towards these events and focusing on technique and maintaining fitness in off time. If your club has a coaching team, there must be communication between coaches to ensure all are working towards same goal.
- Plan swim programs working towards goals. The MSNSW programs have been divided into Aerobic Fitness and Sprint based – but there is a lot of crossover between the 2 areas. Basically a Sprint Program is allowing for more recovery time in max effort sets.
- Be flexible with your coaching, recognising the needs of Masters Swimmers
- Above all, make it fun!

Freestyle

Coaching Tips:

Key Concepts:

- Body position – long and strong, pull core in, shoulders back
- Initiate rotation with BODY, not head. Head follows to get breath
- Breathe low –think 1 goggle in 1 goggle out
- Focus on breathing *out*- relax
- Setting up for good catch: extend middle finger straight down pool, shoulders back, think elbow slightly higher than wrist, wrist slightly higher than fingers
- Accelerate through your pull, relaxed recovery
- Timing: when opposite hand passes ear, everything moves forward (pull commences)

Drill	Why?	How
Sculling	Improve catch/feel for water	Pull buoy – small movements with hands - 6 sculls in front, 6 under chest, 6 flipper (end of stroke- elbows tucked into waist, alternate arms), 6 doggy paddle- underwater recovery, then swim rest of 25 F/S .
Jelly Fish Float (no fins)	Body Position	Jelly fish float , slowly raise arms and legs to streamline position , kick and swim to end of pool
Popov Drill	Catch – feel of water	1 hand in front – scull for 12, other arm is held in bent recovery position, change arms
Closed Fist Drill	Improve catch /feel for water	Swim 25 m closed fist, Rub hands at pool end on rough surface, then swim 25 normal. (increases feeling on surface are of hand- helps find 'feel' of the water
Kicking on side	Catch/body position	1 arm extended in front slightly under water, other by side, take breath, then head in water, kick. *Maintain good posture and hand position in water to set up for catch
6-1-6 6 -3-6	Catch Maintaining high elbow underwater	As with kicking on side, kick for 6, stroke, change sides As above but with 3 strokes, change sides
Pause Catch	Catch Improve entry	Swim F/S, before hand enters, pause slightly , then enter
Double Dip	Catch Improve entry	Swim F/S, hand enters water(dip in) , reverse hand to hip, then bring over and enter as normal
Finger-tip drag	Relaxed recovery	High elbows , drag fingers on water , imagine elbow is being pulled forward on a string
Almost catch up	Setting up stroke Pull Timing	Swim bringing hands over to almost touch at front - <i>Almost catch up</i> –then accelerate your stroke though 2 nd ½ of underwater pull phase
224	Catch, timing	Stroke 2 on 1 side, 2 other , swim 4 strokes normal
6 kick	Kick, lengthen stroke	6 kicks to every arm stroke – quick little kick, long slow arms
Unco	Body rotation , timing	1 arm stroking, 1 arm by side, breathing to non-stroking side. Roll shoulder out and in as you breathe – then dip and stroke. Swim 25 1 side, 25 normal. Swap sides

Backstroke

Coaching Tips:

- Head straight, chin at water level and looking up
- Rotate around arm pits. Arm-pits out of water **ROTATE UP!**
- Take time at end of stroke, relaxed recovery
- Grab hold of water, pull through **ACCELERATE** through stroke
- Don't arch back – slightly hollow banana body shape
- Kick – turn 2 big toes in – gives good foot position for kick
- Straight arm recovery- thumb out first, rotate hand to palms facing out, little finger enters water first
- To stop cross-over of arms behind head, on catch rotate body slightly earlier
- **BREATHE** – every two arm strokes, inhale first arm stroke exhale 2nd arm stroke

Drill	Why?	How
Scull only	Body & head position	Arms by side and scull with hands. Keep hips up and shoulders down. Try with head UP and Head DOWN – Feel the difference
Cup drill	Head position	Kick & scull with a half filled cup on forehead - Try with arm stroke also for more advanced.
Kick	Practise kick for propulsion	A) Arms by side B) Board over knees – for straight legs C) Hands extended above head
6-3-6 or 6 kick switch	Practise kick and rotation	Lateral kick. Catch arm extended back , lower arm extended & other shoulder out of water - 6 kicks and rotate to side, 3 strokes, rotate to other side
1 arm backstroke	To practise rotation, underwater pull	Use lane rope to pull along to feel the bent arm phase in shallow pull 1 arm extended above head (beginner swimmers arm by side), other arm completes 1 arm stroke – SURGE on the pull
Periscope	To build strong core	Arms extended straight up. Kick!
Accelerator Drill	Practise rotation and accelerating through pull	Arms at 6 and 12 position, bring recovery arm up to ½ way and pause, pull arm completes underwater stroke , accelerating through to reach 12 and 6 position at the same time
Salute the flag	To practise + strengthen body position	As arm is recovering pause, bend arm down so fingers touch forehead(salute) return to straight position and continue stroke

Breaststroke

Coaching Tips:

- Hands out-sweep to V, little finger comes round to set up hands in catch position. Back of hand facing direction of travel
- Make a window with arms and pull head through, elbows up high
- Shoot your elbows forward explosive arm movement – get them quickly to the front.
- Kick: Narrow punchy whip kick
- Breathing: lift from your shoulders, tuck head, do not look at end of pool
- Complete your stroke! Try to “push a box in front of you with your fingertips
- There is no pausing in stroke – continual movement.
- Focus on going forward – not up!

Drill	Why?	How
Sculling	To get feel of out-sweep	Hands in front ,pull buoy between legs, practise out-sweep with hands
Kick on back	To practise keeping knees under water in narrow whip kick and glide	BR/S kick on back
Tennis ball	To lower head position	Tuck ball under chin and swim breaststroke – an overcorrection
Kick with pull buoy	To narrow kick – whip kick	Place pull buoy low between thighs – kick – an over correction
1 pull /2 kicks, 1 pull/3 kicks	To practise stream-line and timing	Hold hands together in front and complete 2/3 kicks. Go deep, keep streamlined
Penguin – heels to palm	To make sure kick is even	Place hands next to bottom , bring heels up to touch palm in kick
Fast arms/dolphin	To practise dynamic arm stroke	Fins -1 arm stroke to 1 dolphin kick , no glide, push elbows forward
Pull, breathe, kick, glide	To practise glide and timing	Slow stroke down , count least strokes

Butterfly

Coaching Tips:

- Initiating kick from chest – pressing down on water with chest
- chin low, forward on water
- Arms sweep across water , thumbs down
- To get timing say, “Kick your hands in” or hips up on hand entry
- Kick: Back of knees come near surface on upbeat , down beat has flexion in knees
- Sprint fly- accelerate through pull – grab the water and pull through, hands out quick

Drill	Why?	How
Dolphin kick Hand-led, head-led	Practise undulation	Hands in front Hands by side Hand-led 2 kicks then stroke
Vertical fly kick	Practise undulation	In deep end vertical fly kick
Dolphin dive	To increase undulation *good for beginners	Shallow end of pool. 1 fly stroke then next stroke dolphin dive, touch bottom with hands and push off with feet complete 1 fly stroke and repeat until water is too deep – swim fly to end.
Hypoxic A B	To practise sprint fly- fast arms	1 st 25 breath every stroke, 2 nd every 2 nd , 3 rd every 3 , 4 th every 4 th stroke Sprint fly: in 25's- 1 arm, 1 arm, stroke, (get 1 breath on single arm). Fast arms.
222	To get rhythm and timing, to warm up stroke	2 left, 2 right, 2 stroke For distance- build – 223, 224, 225 etc – keep count going over turns
1 arm	To get rhythm and timing, warm -up	Do 1 arm fly for length, then change arms
End of pull (keyhole Drill)	To practise acceleration through pull, end of stroke	Arms in front, couple of kicks, bring arms through pull, big kick and accelerate arms out, finishing with arms outstretched out of water at end of stroke, return arms underwater to start position

Turns

- Underwater Work very important
- Practise dolphin kick off wall, no stroke till flags, no breathe on first stroke

Tumble Turns Drills

- Somersault in water push off pool bottom and jump to streamline.
Next step - jump and rotate 180 degree
- Somersault down lane – couple of strokes and tumble slapping calves on water
- Time turns from 10m – full pace on wall

Touch Turns

Can be just as effective for novice swimmers as a tumble turn

- Finish on a full stroke
- Hit the wall at speed to come off quickly
- Head down – breathing - low and late
- Technique: eyes down, touch with hands, 1 hand come off almost immediately, knees up on wall and body starts to come onto side, arms go: **PUNCH YOUR BROTHER, PHONE YOUR MOTHER**

Turn Drills:

Hanging on side of pool, on whistle bring knees up on wall, then work through stages of turn until finally complete action with push off.

Starts

1. Launch

- Pull up on blocks= switches on and fire up gluts to drive you forward
- Hands directly below shoulders
- Launch is straight out
- Back leg pushed right back and up (ball of foot only on start wedge)
- Strongest leg in front

Test - jump in air – see which foot goes in front or someone pushes you from behind

- Arms come through
- Front leg pushes through and back to join back leg

2. Entry

- Punch through water – like a knife straight – *not like a paper airplane – crumpled!*
- Head in line
- Gluts switched on
- Underwater - get up and into stroke quickly

Breaststroke Start:

- To get most out of underwater work as you pull through include 1 fly kick in your streamline
- Dive, streamline, fly kick and pull through, 1 kick and then hands to top to commence stroke.

Backstroke Start:

- Pull yourself up to sit on the surface or as far as you can (limitations of an older swimmer!)
- Flat back – 90 degree power position for knees
- No need to pull in -Straight back, head in line with spine
- Feet – shoulder width apart and even
- Sequence: Arms then shoulders then hips then toes point to blocks
 - Like a dead lift movement
 - Arms switch up before legs – arms go back
 - Push against bar 1st- body driving back before legs ***prevent slipping
 - Arms **BACK, not UP!** Bend through and around
 - Grab to shoulders and then back. Not too far out of water – not big arch.
 - Head neutral

** Older Masters swimmers may find it just as effective to duck down on start and push off underwater.

