

Improving Attention in Swim Sessions

Presenter: Peter McGee

Question: what can a coach do to counter the decline in attentiveness that inevitably happens after about 20 minutes. Timing of these alternative activities is important: include something different every 15 to 20 minutes

INCLUDE SOMETHING VERY **Different**: ideas include

- Walk backwards
- Jump outs from pool
- Sink to the bottom, push back
- Start from the other end of the pool
- Bay watch – take steps and then dive under,
- Breast stroke/Fly: under and over noodles or lane rope
- Backstroke push off under lane ropes across the pool
- Include techniques that relate to the purpose of the set such as: how far can you “kick”, count your kicks per stroke, stroke count: quality is important!
- Stop and have a chat at the end of a set
- Serpentine: swim up one lane (eg fly at race pace) and return in a second lane with a different stroke
- Mix the groups so that fast and slow swimmers occasionally work together.
- Group exercise: pairs or groups working together (eg relay): cat mouse game
- Sprints in pairs, or sequence with front swimmer using arms, rear swimmer kicking
- Think about including something that is fun
- Setting: make sure that each swimmer is connected with the club
- Change the set around to encourage the swimmer to think about purpose of the set
- Determine the goals of each of your swimmers, and fit their program around their goals
- Know what each swimmer needs to work on: individualise feedback, eg video
- Identify weakness, swim slowly, and have them work on it

