



AGE GROUP EXPLORER SKILLS & ABILITY GOALS

TRAINING GOALS/PROGRESSIONS

This group is geared towards ages 8-11. This group combines endurance, stroke technique and a fun group environment to ensure that all participants make big improvements. Swimmers develop the four competitive strokes, starts and turns while improving endurance through drills and kick work. Swimmers progress in skill and speed.

Once a swimmer has demonstrated all or most of the benchmarks in this group, the swimmer must advance to the Age Group Performance Prep Group.

Each practice is 1hr.

WEEKLY TARGETS

At least 2x a week:

- Streamlines and walls
- Freestyle Drills for flotation, alignment, timing and propulsion skills
- Backstroke Drills for flotation, alignment, timing and propulsion skills
- Breaststroke Drills for flotation, alignment, timing and propulsion skills
- Butterfly Drills for flotation, alignment, timing and propulsion skills
- Dolphin kick
- Swim and kick endurance
- Practice etiquette

At least 1x a week:

- Dives
- Flip turns
- Snorkels
- Challenge sets

At least every other week:

- Benchmark sets
- Meet etiquette



Skills: Streamline / Walls 1. Streamline and Kick out past flags with dolphin kick and breakout 3 strokes, swim 25 2. Streamline and Kick out past flags on back with dolphin kick and breakout 3 strokes, swim 25	Skill Development and Progression Strategies: Streamline- "Rocketship", have the swimmer squeeze back of ears, keep eyes down, and kick hard. Progression – superman on surface with flutter, superman on surface with dolphins (1-2-3) then flutter, submerge and push, submerge and push with flutter, submerge and push with dolphins (1-2-3) then flutter, submerge and push with flutter, submerge and push with dolphins (1-2-3) then flutter then 1-2-3 strokes, submerge and push with flutter, submerge and push with dolphins (1-2-3) then flutter then swim 25.
Skills: Freestyle 3. Learning Side Glide Drill 4. Learning 6-3-6 Drill 5. Learning Catch-up Drill 6. Learning One Arm Freestyle with Opposite Arm Out Front 7. Freestyle with side breathing (bilateral) 8. 25 Freestyle with Snorkel 9. Freestyle- 100 yards	Skill Development and Progression Strategies: Review proper kicking and breathing techniques. Freestyle drills: catch-up, one arm freestyle, fingertip drag (high elbow), kicking in I position, and side glide kick with an arm extended. Encourage a constant kick. Practice with a snorkel. Side breathing- start on wall & teach air exchange. Have swimmer blow out all air underneath water, turn head, take breath, etc.). 1 eye/goggle in the water when breathing. Encourage quick breaths / kick through the breath Encourage high elbow through drills Use catch-up sticks for front quadrant swimming.
Skills: Backstroke 10. Learning Backstroke Shoulder Roll Drill 11. Learning 1-Arm Backstroke with proper shoulder roll & still head 12. 50 Flutter Kick on Back in streamline 13. 50 Backstroke	Skill Development and Progression Strategies: Review proper kicking techniques. Kick hands at side, hands in streamline and I position. Still head kick Backstroke drills: 6 kick and switch, 1 arm backstroke, I kick. Do backstroke drills and progress up to actual backstroke. Encourage a constant kick.
Skills: Butterfly	Skill Development and Progression Strategies:



14. Dolphin Kick in I position for 25 yards with fins 15. Dolphin Kick with Fins on sides, back and front 16. 50 Dolphin Kick with Board with fins 17. Dolphin kick with 1-arm strokes 18. Learning Proper Timing of 2 Dolphin Kicks with Arm Stroke with fins 19. Learning Proper Head Alignment After Each Butterfly two arm stroke 20. 4x25 Fly with Fins breathe one up, one down	Butterfly drills: Head/hips/feet, dolphin kick, 1 arm with breath forward. Make sure the swimmer keeps hips up and takes a breath before arms go in. Wear a snorkel Work scull and feel for beginning fly position. Side dolphin kick 1 up, 1 down breathing
Skills: Breaststroke 21. 25 front scull eyes down, with snorkel 22. Breast Kick in sets of 25s 23. Learning One Pull, Two Kick Breast Drill 24. Learning KP Drill 25. Breast Kick with Small Arms 25 yards 26. 4x25 Breaststroke, with proper glide 27. Learning Breaststroke Pullouts	Skill Development and Progression Strategies: Review proper kicking techniques. Breaststroke drills: Review kick, kick in I position, 1 arm stroke/2 kicks, long glides with a quick pull, sculling with breaststroke kick. Work scull and feel for beginning breast position. Use elementary backstroke for kick – it can be easier to do. Encourage eyes down position
Skills: Practice/Meet Etiquette 28. Clock Reading – Know :30, :15, and :20 patterns on clock 29. 8 x 25 Freestyle @:45 30. Perform Meet Whistle Command Order and step up on blocks 31. Perform Flip Turn with tight streamlines 32. Perform Backstroke Flip Turn with tight streamlines 33. Practice with No Breaths off walls	Skill Development and Progression Strategies: Learn clock patterns and do warm-up sets with intervals. Switch lane leaders from time to time so all learn. Flip turns in one spot, swimming away from wall and then into wall. Open turns “elbow brother and call mother.” Challenge no breath walls in small doses at first
Skills: Dives 34. Work on Diving off the edge and blocks 35. Backstroke Start	Skill Development and Progression Strategies: Diving- do a progression starting with a sitting dive, then a kneeling dive, then standing. Make sure the swimmer is diving out towards the flags and pointing toes. Can have the swimmer imagine a hole and try diving through it. Back start from side first then bars.
Skills: Set Examples/Benchmarks	Skill Development and Progression Strategies:



36. 6x50 Freestyle with Flip turns and Cut-Aways @1:30 37. 4x50 Backstroke with Flip turns and Cut-Aways @1:30 38. 4x25 Breaststroke with proper walls and Cut-Aways @1:00 39. 200 Flutter Kick for time under 6:00 40. 100 Legal IM 41. 1x25 Perfect Fly @1:00	Add speed Use different stroke counts Use different training aids (buoys, paddles, snorkels, etc.) Increase volume or number repeat on sets Increase intensity on sets Change the rest intervals on sets Increase frequency of sets over time Add dolphin kick counts over time
Challenge Sets/Benchmarks: 200 Free with all turns, no stopping, circle swimming 25 Underwater with Fins Set 100 Freestyle w Snorkel and proper turns 500 Kick w fins (work distance and counting practice) 200 Dolphin Kick on Back with all turns, no stopping, circle swimming	