



SHOOTING STARS SKILLS & ABILITY GOALS

TRAINING GOALS/PROGRESSIONS

This group is geared towards 12 and younger swimmers. Shooting Stars teaches the basic foundations for proper competitive swimming strokes while giving swimmers an introduction to practicing in a group environment. Coaches make learning fun! Coaches give specific technique feedback and work on stroke improvements, as well as swimming strength.

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

Each practice is 45 minutes.

WEEKLY TARGETS

At least 2x a week:

- Water comfort
- Air exchange
- Float + kick
- Backstroke
- Freestyle
- Dolphin kick
- Swim and kick endurance
- Practice etiquette

At least 1x a week:

- Breaststroke kick
- Butterfly arms

At least every other week:

- Diving
- Benchmarks and challenges



Skills: Comfort 1. Water Adaptation 2. Get in pool by self 3. Get out of pool by self 4. Flutter kick holding wall	Skill Development and Progression Strategies: Kick on the wall and do bobs to warm up. Red light/green light game.
Skills: Air Exchange 5. Go underwater by self 6. Hold breath and blow out (close mouth)	Skill Development and Progression Strategies: Blowing bubbles progression: • blow on surface of water • put mouth in water • put nose in water • blow bubbles. Count out loud is game-like. Increase counting. Motorboat sounds, red light/green light When going under the water, seal lips.
Skills: Floating 7. Jump into water unassisted 8. Maintain back float for 30 seconds 9. X and Y Float on Front- 10 Seconds 10. I Float and Kick- 15 yards 11. Tread Water for 1 min in deep water	Skill Development and Progression Strategies: When floating, make an airplane with arms. Front float progression • Secure swimmer with 2 hand, then 1 hand, then 0 hands Float with eyes down. Game to see who can make a perfect T shape Kicking- can hold swimmers' hands or go on a noodle. Game- kick as hard as you can. Point toes and relax ankles. Front float "jellyfish." • Eyes down. Some swimmers need to do a light scull or kick to stay afloat. Front glide- superman off wall, then streamline Front kick- work on increasing distance. Point toes and relax ankles. Countdown for treading water – make it a challenge. Treading water, teach eggbeater and breaststroke kicking.



Skills: Backstroke 12. Kick across pool in I position- (25 yards) 13. Backstroke Arm Movement, recovery for 15 yards	Skill Development and Progression Strategies: Back kick- support at first. Back float- push up the belly, press head back, chin up. Backstroke- first kick on back with arms at side. Toes pointed, toes break the surface, knees underwater, relax ankles when kicking. Encourage a constant kick. Practice one arm at a time. Rolling shoulder drill. Thumb to pinky progression for arm strokes. X-Y-I drill on stomach, build up to holding each letter for 5 seconds. Elementary backstroke- monkey/airplane/soldier drill for back position comfort and movement.
Skills: Freestyle 14. Kick across pool in I position- (25 yards) 15. Underwater Doggy Paddle 16. Breathe to the front with arm movement for 15 yards	Skill Development and Progression Strategies: Review kicking above. Freestyle- "windmill" for big arms. Reach with arms. Start w/ front glide & kick, then introduce arms. Can do 1-arm strokes on the wall or with a noodle. 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.
Skills: Breaststroke 17. Breaststroke Kick Movement (arms in I Position) 18. Breaststroke Kick- 10 yards	Skill Development and Progression Strategies: Breaststroke kick- "frog kick." Start by showing kicking on the land ("up, out, and around" for heels to rear, toes out, and legs kicking). Make sure the swimmer is squeezing water between inside of feet when finishing the kick. You can also hold the swimmer's heels and have him or her press your hands with their feet so they can feel the power of the kick. When doing kick on back, vary between having arms at side and I kick. Kick in I position Sculling with breaststroke kick



Skills: Butterfly/Dolphin Kick 19. Head Led Dolphin Kick for 15 yards 20. Dolphin Kick in I position for 15 yards 21. Dolphin kick with 1-arm strokes (no breathing)- 15 yards each arm	Skill Development and Progression Strategies: Butterfly drills: Head/hips/feet, dolphin kick Make sure the swimmer keeps hips. Wear a snorkel
Skills: Dives (In deep water) 22. Sitting Dive 23. Kneeling Dive 24. Standing Dive	Skill Development and Progression Strategies: Sitting dive- streamline, push while leaving the wall, and extend to the flags. Diving- do a progression starting with a sitting dive, then a kneeling dive, then standing. NO DIVING OFF BLOCKS! Make sure the swimmer is diving out towards the flags and pointing toes. Have the swimmer imagine a hole and try diving through it.
Skills: Demonstrates/Benchmarks 25. 25 freestyle with bilateral breathing 26. 25 backstroke 27. 25 dolphin kick in I position 28. 25 breaststroke kick in I position 29. 25 flutter kick in I position 30. 25 flutter kick on back 31. Streamline leaving the wall	