

Mastery Skills – Summer Team: How Basic Should We Start?

[illegible]

Technique Priorities: <ol style="list-style-type: none"> 1. Ready Position + Pushoff + Breakout 2. Head position & breathing 3. Kick 4. Pull 5. Rotation, recovery 6. Turns 7. Diving 	Ready Position – CUES: <ul style="list-style-type: none"> <input type="checkbox"/> R/L – wall, leading <input type="checkbox"/> Knees up <input type="checkbox"/> Butt down <input type="checkbox"/> Look at clock <input type="checkbox"/> Look at wall <input type="checkbox"/> Watch hands <input type="checkbox"/> Ready, go!

FR PROGRESSION		BK PROGRESSION	
<i>Feedback:</i> <i>Bubbles first! Don't advance unless they are blowing bubbs.</i>		<i>Feedback:</i> <i>Are you calm-breathing?</i>	
Step 1	Blow bubbles kicking at wall (two hands)	Step 1	Floating while keeping lungs full & head relaxed
Step 2	Bubble kicking with a board (crab claw)	Step 2	Floating with little kicks (toenails to surface)
Step 3	Bubble kicking no board (12 yds, then 25)	Step 3	Float, kick and superman arms (back of hand)
Step 4	Side breath kicking at wall (arm @ side)	Step 4	Float, kick, double arm (fingers point at wall)
Step 5	Side breath kicking with board (crab claw)	Step 5	Float, kick, single arm
Step 6	Side breath kicking (inline) no board (12, 25 yd)		
Step 7	Add arm movement on wall with side breath kicking		<i>Advanced move: balance ducks on head</i>
Step 8	Arm movement with board		
Step 9	Arm movement no board (12, 25 yd)	DIVING PROGRESSION <i>Feedback:</i> <i>Do they keep control once they enter the water?</i> <i>If NO, go back to previous step until they are ready!</i>	
Step 10	Alternating inline kick (8-kick switch, 6 kick sw)		
	<i>Advanced move: use boards sticks as catch-up</i>	Step 1	Ready position, pushoff, SL and kick to surface
		Step 2	From seated: pushoff, SL and kick to surface
		Step 3	From kneeling: pushoff, SL and kick to surface
		Step 4	From Split/stride: pushoff, SL and kick to surface
		Step 5	From block: pushoff, SL and kick to surface

Week-By-Week – Skills to Teach & Review

	ABC Groups		D Group	
	New Skills	Review Skills	New Skills	Review Skills
Week 1: June 4-7 4 practices	Circle swimming Clock: 5 sec apart Ready position & pushoff Streamline Diving Progression BK progression FR progression		Circle swimming Clock: 5 sec apart Ready position & pushoff Streamline Diving Progression BK progression FR progression	
Week 2: June 11-14 4 practices	Open turns BR kick Clock: Intervals SL Kick to breakout Relays BK start into streamline BK finishes & flag counts	Clock: 5 sec apart Ready position & pushoff Streamline Diving Progression BK progression FR progression	Diving progression, cont. BK progression, cont. FR progression, cont. Open turns	Circle swimming Clock: 5 sec apart Ready position & pushoff Streamline Diving Progression BK progression FR progression
Week 3: June 18-21 4 practices MEET week	BR breath timing FL Kick FL breath timing Flip turns? BR arms BR finishes Clock: intervals, cont.	Diving Progression BK progression FR progression SL Kick to breakout Relays BK start into streamline BK finishes & flag counts Open turns	Diving progression, cont. BK progression, cont. FR progression, cont. Open turns BK: finish on back BK: starts into streamline Relays	Ready position & pushoff Streamline Diving Progression BK progression FR progression Open turns
Week 4: June 25-28 4 practices	Flip turns? FL arms BR: arms/kick timing	BR breath timing FL Kick FL breath timing Flip turns? BR arms BR finishes Clock: intervals, cont.	FR: SL Kick to breakout Basic intervals Open turns? Flip turns?	Diving progression Open turns BK: finish on back BK: starts into streamline Ready position, pushoff
Week 5: July 2-5 3 practices (No July 4)	BR: underwater pull FL timing arms & breath	Clock: intervals FL kicking BR arms/kick/breath timing Flip turns Open turns	FL kicking	SL kick to breakout Basic intervals Open/flip turns BK & FR progression
Week 6:	Eyes down finishes	BR: underwater pull FL timing & breath	BR Kick – board with eyes down	Relays Ready position, PO

July 9-12 4 practices MEET week				Open turns
Week 7: July 16-17 2 practices (No July 18-19, except Utah Tech on 18 th)	IM transition turns	Eyes down finishes Flip turns	ALL skills should have been covered by now	Coaches' discretion: what do your kids need most?
Week 8: July 23-26 3 practices (No July 24)	ALL skills should have been covered by now	Coaches' discretion: what do your kids need most?	ALL skills should have been covered by now	Coaches' discretion: what do your kids need most?
Week 9: July 30-Aug 1 2 practices MEET week (Thursday) SELECT CAMP	ALL skills should have been covered by now	Coaches' discretion: what do your kids need most?	ALL skills should have been covered by now	Coaches' discretion: what do your kids need most?

Planning for Practices – USING BLOCK METHOD:

Warmup: 5 minutes
Block 1: Review & Practice Skill (use cues)
Block 2: Teach & Practice Skill #1
Block 3: Kicking
Block 4: Teach & Practice Skill #2
Block 5: Meet prep a/o fun!
= 55 min

Warmup: 5 minutes
Block 1: Review & Practice Skill (use cues)
Block 2: Teach & Practice Skill #1
Block 3: Kicking
Block 4: Meet prep a/o fun!
= 45 min

Break Practices Into Time Blocks

PreTeam A, B, & C

5 x 10-minute blocks

PreTeam D

4 x 10-minute blocks