

# Swimming



## Training Session Plan 1

**SKILL:** - Swimming Drills for combo stroke. (Short Axis Combo of Butterfly & Breaststroke.)

**OBJECTIVE:** - Using these Drills only for short distances in combination of Butterfly & Breaststroke. (Swimming pool area)

**WARM UP:** - (10 Min)

General Warm up – High jumping 25 counts, stretching exercises, jog around the pool,

Warm Up Game - In a game form tell student to act like what you are saying by “**simion says**” dance on place, jump on place, seat on place, stand on place etc.

**SKILL DEVELOPMENT:** - (25 Min)

Name of the Skill: - Swimming Drills for combo stroke. (Short Axis Combo of Butterfly & Breaststroke.)

Description about Skill: - This week’s drill is Short Axis Combo. Alternating between 2 cycles of butterfly and 2 cycles of breaststroke, this drill works on developing body awareness and forward undulation for both strokes.

Short Axis Combo requires swimmers to switch between short axis strokes through the length of the pool. Pushing off the wall, swimmers will alternate between 2 cycles of butterfly and 2 cycles of breaststroke, transitioning as seamlessly as possible between the strokes. The key to this drill is to maintain your momentum while transitioning between the different strokes. Butterfly and breaststroke are their most efficient when swimmers are focusing on undulating forward in their strokes. While butterfly and breaststroke have their own specific quirks, this drill is a great way to show your swimmers the similarities between the two strokes.

When explaining Short Axis Combo, emphasize maintaining high hips across both strokes and carrying momentum at the end of each stroke transition into the next one. This drill is a great opportunity for your swimmers to develop body awareness and learn how to “ride the glide” that is inherent in each stroke.

This drill is even greater to do with any level of swimmer as long as they have legal butterfly and breaststroke. It is a great drill to introduce in long course training, as swimmers will be challenged to maintain their momentum and smooth transitions for longer without the benefits of a wall to reset. Long course can also lend itself to some variations of this drill, such as changing the pattern of the drill to be 3 fly/3 breast, 2 fly/2 breast, and 1 fly/1 breast continuously through each length.

Images:-

**Resources:** No equipments

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## Coaching points (instruction):-

Coach need to memorize some Key points/vocabulary to tell student repeatedly like: - speed up, pull hard, 3 fly pull /3 breast pull, focused on combo drill.

**Introduction:** Students are introduced to swimming drills for combo strokes.

## Drills (diagrams):-



## **LEAD UP GAME/ACTIVITY:-**

**(10 Min)**

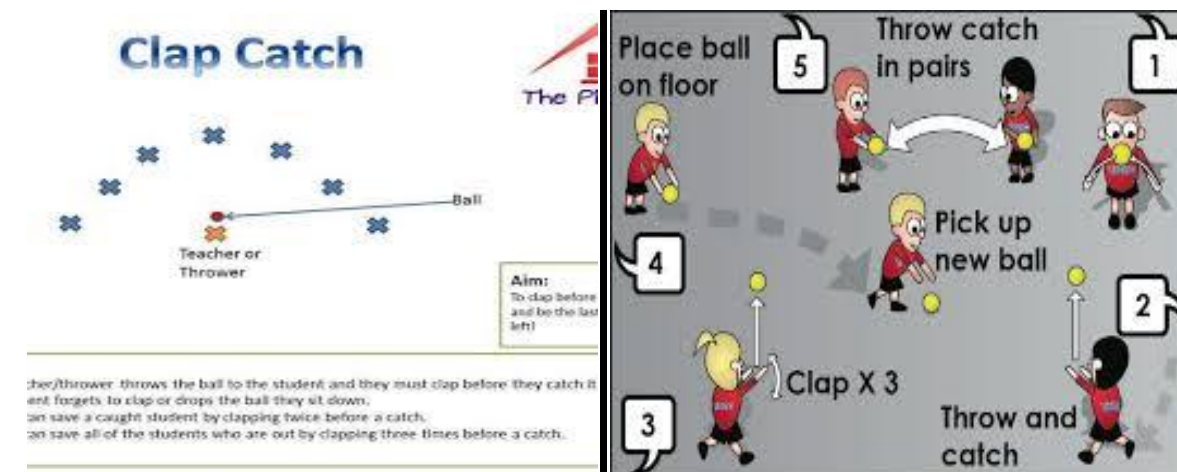
**Name of the lead up game:-** Catch the ball after the one clap:-

**Description about lead up game:-** Make a circle place one student inside the circle on visible He/she will start throwing the ball towards the student standing in circle by calling out anyone's name and

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the student who are catching the ball has to be so alert that before catching the ball they need to clap once and then hold the ball. Whoever drops the ball is looser, till you get the winner we can keep playing with the student

Diagrams for lead up game: -



**COOL- DOWN:-**

**(5 Min)**

Plenary: (Q&A) can asked

- 1] How many points we discuss for rules & regulation?
- 2] Did you enjoy the games?
- 3] Do you excited to go in water?