

Daily Practice Plan

Date _____

Learning objectives

1. Swinging Sequence
2. Flutter Kick, Streamline Push off, Flip Turns
3. Freestyle/Stroke Endurance

Equipment needed

Kickboard

Time	Activities	Coaching Tips	Comments
5 Minutes Warm Up	<p><u>Arms Swings and Leg Stretches</u> one arm forward 15 sec other 15 sec one arm back 15 sec other 15 sec Speed skater 15 sec x-country Skier 15 sec both arms back 15 sec both arms forward 15 sec</p> <p>Hold streamline position</p> <p>Hamstring Stretch Legs Wide Legs Shoulder Width Legs together</p>	<p>Use everyone's name at least once during warm up</p> <p>Look for loose swings with students holding a vertical "line" through the legs, back and head. Limbs (arms and legs) should be straight but loose</p> <p>Thumb clasped around. Biceps on Ears. Belly Button pulled "in". Look for posture.</p> <p>No "bouncing" to try and get down further. No bending their knee too much to try and get down further</p>	
5 Minutes Land Work	<p><u>Strength/Endurance Exercises:</u> 3x30 Abdominal Exercises #1 Crunch #2 Flutter Kicks #3 Crunch and Lift</p> <p>3x8 Push Ups</p> <p>3x10 Streamline Jumps</p>	<p>Choose student to lead the count. Everyone to keep up.</p> <p>Good Line/Posture. Girls do modified pushups. No "breaking" at the hip</p>	Encourage abdominal contraction and correct head/neck position
5 Minutes Warm Up	<p>250 yards "easy warm up" Change style every 25 (no fly)</p>	<p>Assign lanes based on what you know about fitness/endurance levels. No more than 6 to a lane Remind students about <u>lane etiquette</u> (including swimming to the right/stopping/standing/turning and finishing</p>	

18 minutes Kick Set	12x50 Free style (Flutter) Kick @1.15 4 with kick board 4 arms at side breathing to the side 4 laying on side one arm expended	Take an extra minute after each round of 4 if needed. Flutter Kick is done with legs straight and toes pointed.	Motion initiated in hip (NOT the knee).
15 Minutes Drills Set	Push off's + Breakouts 10x push off's + breakouts Flips Turns 10xFlip Turns	Insist on SHALLOW Push-off's (less than 1 f1 ½ feet under) STREAMLINE hand position Engage legs BEFORE arms Insist on tight tuck Streamline Push-off on back	
42 Minutes Main set	4x150 Freestyle Swim @2.30 4x150 (100 Free- 50 Stroke) @2.45 4x150 (50 Free – 100 Stroke) @3' 4x150 Freestyle Swim @2.20	Stroke is IM order (Fl, Ba, Br, last one all Free) Look for strong kicks in and out of turns. Shallow, streamline Push-off's	
2 Minutes Loosen Down	1x150 Easy Loosen Down	Offer plenty of positive reinforcement Insist they finish 150 yards with putting their feet down	

Coach evaluation: