

## Coaching Session Plan – Swim 2

Learner:	Jane Pottie	Date produced:	7 <sup>th</sup> May 2012
		Time available for session:	1 hour

### Group Details

Number in session: 12	Group age: Adult	Group ability (tick as appropriate) <input type="checkbox"/> Beginners <input type="checkbox"/> Intermediate <input type="checkbox"/> Mixed ability <input type="checkbox"/> Other (specify) .....
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### Medical information:

None

### Summary of group information that may affect session:

All participants working at front crawl but some limited in volume.

### Facilities, Resources and Session

Session no: 1 of 1	Session date: 7 <sup>th</sup> May 2012	Session time: 9-10pm	Session length: 1 hour
Club: Triathlon Inverness		Venue: Inverness Lesiure	

### Facility requirements:

2 lanes

### Equipment required:

6 x fins  
12 x pull buoys

### Human resources required:

1 x assistant coach

### Health and safety considerations (before session):

- |  |  |
|--|--|
| <input type="checkbox"/> Review and implement risk assessment/equipment check<br><input type="checkbox"/> Clothing check | <input type="checkbox"/> Safety briefing<br><input type="checkbox"/> Other (please specify)<br>..... |
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### Action Points from Previous Session(s)

N/A

<b>Coach and Others Involved in Delivery</b>		
Coach: Jane Pottie		Others: Paul Ovenstone
<b>Session Plan</b>		
Session goal(s): Improve body position and roll, especially in relation to breathing mechanics. Improve exhalation throughout drills and full stroke. Increase speed of recovery and decrease pause in strokes linked to overgliding.		Delivery method(s): <input type="checkbox"/> Individual <input type="checkbox"/> One to one <input type="checkbox"/> Pairs <input type="checkbox"/> <u>Groups</u>
		Coaching style(s): <input type="checkbox"/> <u>Democratic</u> <input type="checkbox"/> Facilitative <input type="checkbox"/> Autocratic
<b>Timing</b>	<b>Organisation/presentation</b>	
	Warm-up: Land based movements: arm swings, YTWL, leg swings, hip rotations and trunk twists (before 9pm) 5 minute swim: aim to complete 200-300m swim which must include at least 100m front crawl but this doesn't need to be continuous. <u>Recap breathing in warm-up</u> <u>Full Stroke</u> <ul style="list-style-type: none"> <li>• Focus on "bubble, bubble, breathe"</li> <li>• Focus on inhalation using body rotation to keep 1 goggle in the water</li> <li>• Looking for the bow wave</li> </ul>	
	Main content: <u>Skulling – no.1</u> Arms out in front - Finger tips below wrists, wrist below elbow. Differentiation: use no.2 for individuals who are struggling with elbow. <u>Shoulder tap</u> Full arm stroke but between recovery and entry tap shoulder with fingertips. Focus on arm entry in front of shoulder, fingertips stay down and enter first. Exaggerated body roll and breathing after every stroke. <u>Unco drill (6-3-6 for beginner lane)</u> Link to body rotation – single arm drill breathing only to the opposite side. Discussion regarding timing of arm pull. <u>Stroke rate development</u> Measurement of stroke rate – possible video capture if enough assistants. $60 / \text{Time for 10 strokes} \times 10 = \text{Strokes per minute}$ Timing of 100m at race pace i.e. 1500m pace. Consideration of SR using graph from swim smooth. Possible moderation of SR. Using metronome to set pace. 8 x 100m	Coaching points: Arm entry in front of shoulder – fingertips first. Finger tips below wrists, wrist below elbow. Pushing water down at the front of your stroke not only ruins your catch, it also acts to sink your legs. Dropping the wrist shows the palm of the hand forwards - into the water flow towards you. When you have this in your technique you feel pressure on the palm from the flow. When you're swimming avoid over-reaching at the front of the stroke as this causes wrist and/or elbow to drop. Relax and go with the flow of your new stroke rate. Trust your stroke technique to hold together, don't think about the actions of the stroke too much and just concentrate on the rhythm and timing of it. Think about starting the catch earlier. Keep the lead hand in constant motion, it's either extending, tipping, catching or pulling. It never actually stops moving in good swimming technique.
		Safety considerations (during session): Space on poolside for warm-up / cool down
5 mins	Cool-down: 3 minute swim: 100 – 150m swim own choice Land-based stretching	

Summary of session/feedback to group:

Injuries/accidents:

**None**

Accident Report Form completed for each participant involved.