



# Building and Developing Stronger Kickers

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# Dynamo Quick-Stats

- Founded in 1964
- Two sites in Metro Atlanta
  - Chamblee
  - Alpharetta
- 837 Athletes
- 16 Coaches
- Lessons/Juniors/Team



## Mission Statement:

To pursue Excellence in Competitive Swimming

## Vision Statement:

To be the model 18 and Under club team in the USA

## Core Values:

Respect

Our teammates, our coaches, our tradition, ourselves

Honor

Our sport and the pursuit of excellence

Be Bold

Pursue without reservation

Show Grit

and overcome setbacks

Recognize

the need to work as a team

Commit

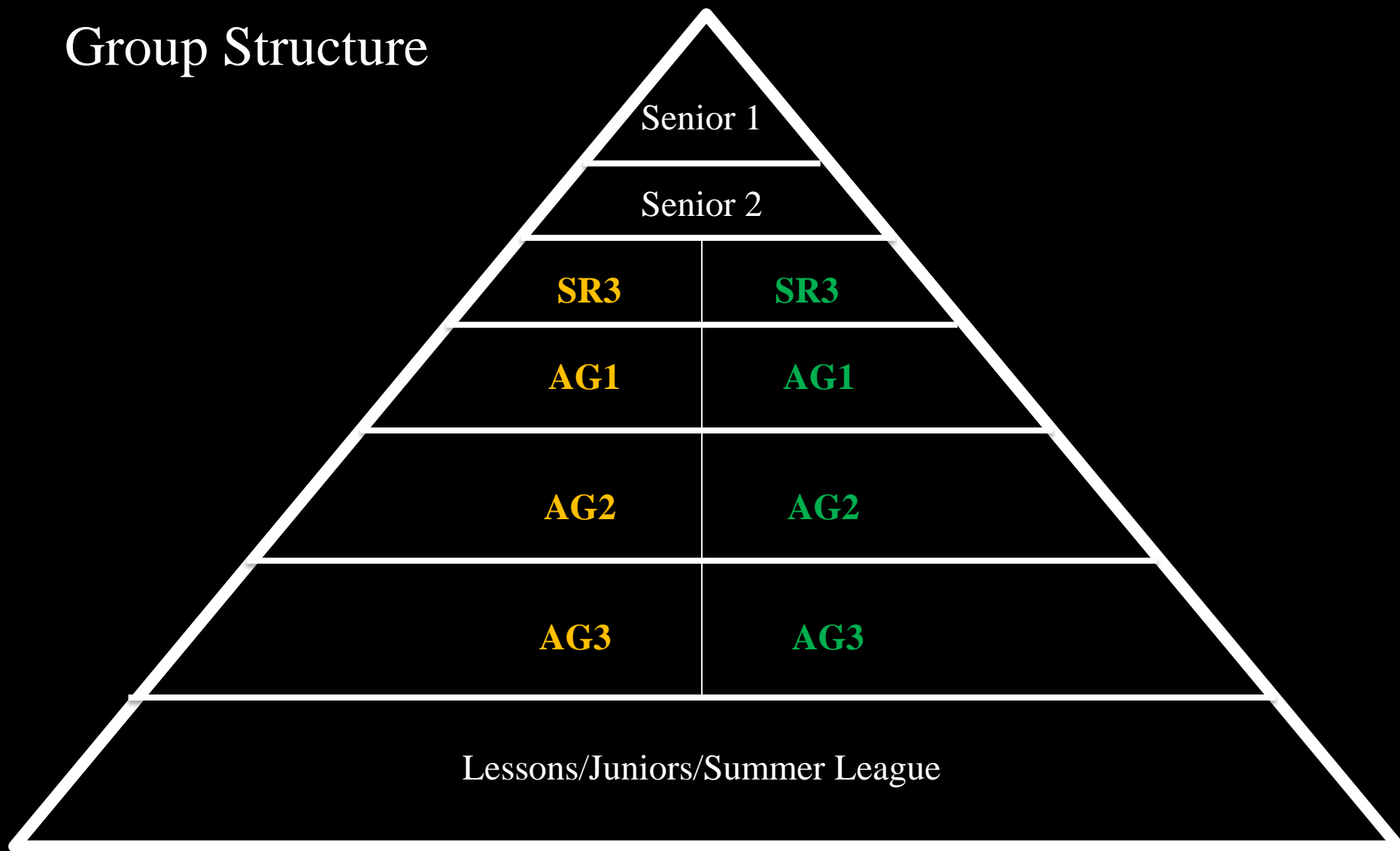
to growth and development of all individuals at Dynamo

Set High Standards

rather than rules



# Group Structure



# Fundamentals of Good Kicking

- Posture/Line/Balance (Age Group)
- Good Technique (Age Group)
- Speed (Senior)
- Power (Senior)
- Endurance (Senior)



# Benefit of Improved Kicking

- Minimizing Resistance in Water
- Improve Distance Per Stroke
- Increased Propulsion
- Improved Race Strategy
  - Strong, steady kick throughout race to allow for stronger finish



# Age Group Kicking Progression

- Head Lead Kicking: Front and Back
- Hand Lead (Split Hand) Kick: Front and Back
- One Arm Up/One Arm Down: Front and Back
- Hand Lead Kick: Side
- Water Bottle Kicking: Back
- Kickboard and Streamline



# Progression Videos





# Coaching Cues For Age Groupers

- Fly
  - Emphasize down and up kick
  - Hip movement
  - Pointing toes towards wall moving away from
  - Matching pull and kick emphasis
  - Amplitude of kick (small and steady)
  - Avoid water resistance



# Coaching Cues For Age Groupers

- Back
  - Amplitude of kick (small and steady)
  - Keeping hips and knees at water line
  - Kick driven stroke
  - Uninterrupted (no spurts)
  - Equal up and down kick
  - Balanced body position



# Coaching Cues For Age Groupers

- Breaststroke
  - Knees narrower than shoulders
  - Ankles wider than knees
  - Heels to surface/rear quickly
  - Snap feet together
  - Back of knees under surface of water at kick finish (streamline)



# Coaching Cues For Age Groupers

- Freestyle
  - Kick from the hip rather than knee
  - Pointing toes to wall moving away from
  - Small amplitude, steady and continuous kick
  - No crossing of legs



# Fundamentals of Good Kicking

- Posture/Line/Balance (Age Group)
- Good Technique (Age Group)
- Speed (Senior)
- Power (Senior)
- Endurance (Senior)



# Kicking Speed – FR/BK/UWK

- Tempo Trainers
  - Free/Back
    - 0.20-0.30
  - UWK
    - 0.50-0.70
  - Begin with slower tempos, and gradually build
  - Mix kicking and swimming
- |  |      |
|--|------|
| 8x25 FR K with TT                        | :30  |
| 3x100 FR SW                              | 1:30 |
| 1. 25 Fast (K @ T) 75 smooth             |      |
| 2. 25 smooth, 50 fast (K @ T), 25 smooth |      |
| 3. All fast (K @ T)                      |      |
| 6x50 FR K with TT                        | 1:00 |
| 3X200 FR SW                              | 2:45 |
| 1. (50 smooth/50 fast (K@T))x2           |      |
| 2. 50 smooth/100 fast(K@T)/50 smooth     |      |
| 3. All fast (K@T)                        |      |



# Kicking Speed- Breaststroke

- Piston kick
- Push water with bottom of foot
- Not going to move far/fast
- Emphasis on heel speed from end of kick to set up for power phase
- Progress into full stroke/kick, try to maintain heel speed

4x50 BR 1:00

- 10 fast piston kicks
- 5 fast strokes
- Kick on back the rest of the 50

4x100 BR SW 1:45

Build the kick, moderate to sprint

4x50 BR 1:00

- 10 fast piston kicks
- 5 fast strokes
- Kick on back the rest of the 50

4x50 BR SW 1:15

Best average, from a dive



# Piston Kick Video





# Kicking Power – FR/BK

- Kicking with shoes
- Shorter sets, longer intervals
- Generally repeat set multiple times and change equipment/intervals (i.e. Round 1 with shoes, Round 2 no equipment, Round 3 with fins)
- Mix in swimming with the kicking



# Kicking Power – FR/BK/BR/UWK

## Example Power Tower Set

12x50 on 15 seconds rest

3-25K Fast/25 SW easy

1-25 SW Fast/25 SW easy

Add 5lbs each round

- Kicking with parachutes/power towers/stretch cords
- 25s or less, lots of recovery (rest interval rather than swim interval)
- Sets incorporated into circuits

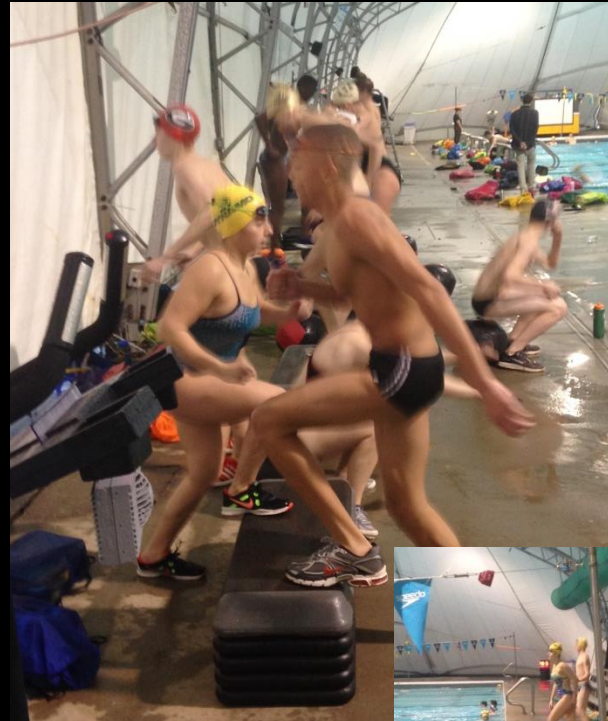


# Kicking With Shoes Video



# Kicking Endurance

- Most practices (if not all) incorporate some form of a kick set
- Kick sets as the main set
- Kick sets as test sets
- Practices that are exclusively kick
- Combine leg oriented dryland with kick practices



# Be Creative!

- Train all 4 strokes kicking
- Use various “toys”
  - PVC Pipe
  - Snorkel
  - Fins
  - Water bottle
- Mix in swimming and kicking



# Questions?

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