



COACHING TOOLBOX



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BUILDING A TOOLBOX

- ▶ Creative uses for equipment & everyday items
- ▶ 2+ ways to use every piece of equipment
- ▶ Building equipment into drill work & sets
- ▶ Swimmers have ideas, too!
- ▶ Making it fun



BUILDING A TOOLBOX

- ▶ Look at a swimmer
- ▶ Look at the tools available
- ▶ What do you have?
- ▶ How can you use it?

PADDLES

Regular



Used with fins
 High speed
 Quality
 Race speed
 and beyond
 They are very
 loose

PacMan



Used with fins
 or pull buoys
 Drill work
 Emphasis on
 correct angle
 on entry

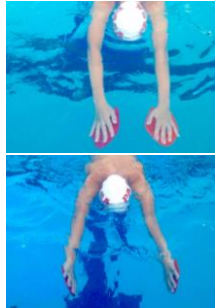
Gorilla



Used for
 breaststroke a
 lot
 Can also be
 used with fins
 for free and
 back
 Forearm
 emphasis

PADDLES

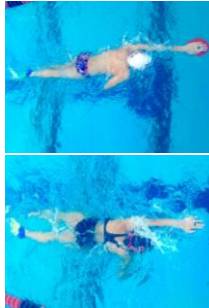
No Strap



Immediate
feedback

Skulling,
breaststroke

Opposite Fin / Paddle



On Your Head



Great for
teaching body
alignment &
balance

Head in line for
side breathing

Fantastic for
pulldowns

- ▶ PacMan
 - ▶ 005 free 9 o'clock PacMan

- ▶ Gorilla
 - ▶ 010 Gorilla Salmon breast stroke
 - ▶ 008 Punch Gorilla free, PacMan back

- ▶ On Your Head
 - ▶ 007 Parker paddle 9 o'clock back
 - ▶ 013 Parker paddle pulldown better
 - ▶ 014 paddle pulldown through Hula Hoop

KICK BOARD VARIATIONS

Regular



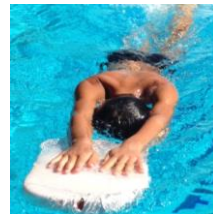
Warm up
kicking
20 x 25
@ 30, 25 free

Swim Lesson



Drill work and
body alignment
All Strokes

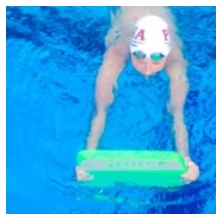
Flat Hands



Usually
Breaststroke
kick

KICK BOARD VARIATIONS

Wide Board



Dolphin kick
and usually with
fins

Perpendicular
in the water and
its Snowplow

Vertical Board



Easy way to
create
resistance

“Snowplow” or
“Tombstone”

Kicking races,
and / or short
distances

Pool Noodle



Hands shoulder
width apart

Better for
younger
swimmers

Less buoyant,
less impact on
body position

BALLS, STICKS, & BANDS

Wiffle Ball



Hand
Awareness

Breaststroke

All strokes

Tennis Ball - Chin



Continuous
Pullouts

Breaststroke

Freestyle / fist

Golf Ball - “OK”



All Strokes

Pressure on the
outside of the
forearm

- ▶ Wiffle – for more hand awareness
 - ▶ Wiffle Ball
 - ▶ Chien Wiffle Breast

- ▶ Tennis ball
 - ▶ Tennis Ball - Pull

BALLS, STICKS, & BANDS

Medicine Ball



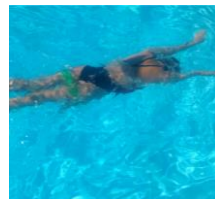
Hand
Awareness

Catch-Up Sticks



Freestyle
Shoulder-width
apart
Flutter-kicking
too

XL Rubber Bands



Breaststroke
kick & pull

- ▶ Medicine Balls
 - ▶ Henry ball to line
 - ▶ Henry ball to 1 stroke
 - ▶ Henry ball to 3 strokes

- ▶ Golf Balls
 - ▶ Golf Ball - free
 - ▶ Golf Ball - fly

- ▶ XL Bands
 - ▶ Bands - kick
 - ▶ Bands - pull

CONES

Kick in the cone



Resistance
Different sizes
Fun &
challenging

As a marker



Kick a specific
distance
Easy feedback

Inverted cone



Lots more
Resistance

- ▶ Cone videos
 - ▶ Cone - single kick out
 - ▶ Cone - inverted flutter
 - ▶ Cone - group kickout
 - ▶ Cone - group inverted
 - ▶ Group flutter



QUESTIONS

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