750+ Competitive Team Swimmers Ages 9-18
2 “Sites”: North Charlotte (Huntersville), South Charlotte
Same structure and philosophy at each site.
Compete as ONE Team, Teach as ONE Team.
4 Divisions by age:
   - Marlin (9-10): 3 Practice Groups
   - Dolphin (11-12): 3 Practice Groups
   - Shark (13-14): 3 Practice Groups
   - Senior (15-16): 3 Practice Groups

FROM DANIEL COYLE’S TALENT CODE BLOG: “HOW TO SPOT A MASTER TEACHER”

- MASTER TEACHERS LOVE DETAIL. THEY WORSHIP PRECISION. THEY RELISH THE SMALL, CAREFUL, EVERYDAY MOVE.
- THEY DEVISE SPECTACULARLY REPETITIVE EXERCISES to help develop that detail, and make those exercises seem not just worthwhile, but magical.
- THEY SPEND 90 PERCENT OF THEIR TIME DIRECTING STUDENTS TOWARD WHAT IS PLAINLY OBVIOUS. THEY SPEND THE OTHER 10 PERCENT IGNITING IMAGINATION as to what is possible.
- THEY WALK A THIN LINE BETWEEN CHALLENGING AND SUPPORTING. THEY DESTROY COMPLACENCY WITHOUT DESTROYING CONFIDENCE.
- THEY DO NOT TEACH LESSONS; THEY TEACH HOW TO WORK. AS DENK WRITES, THEY “ENNOBLE THE ART OF PRACTICE.”
IN WHAT WAYS DO WE WORK TO ACHIEVE ENGAGING PRACTICES?

• **Plan the details from the beginning**
  • **Evaluate what needs to be repeated through the season**
  • **Plan a week to week strategy to include teaching and application**

• **Use External Tools and Tricks**
  • **Create consequences or cues — not expectations**

• **Balance workout structure**
  • **Give “traditional” sessions clear purpose and measurable patterns**
  • **Use “outside the box” sessions to challenge athlete’s approach to learning**

PLANNING THE DETAILS

• **Starts with coaching staff considering the end in mind: “What do we want to see our athletes excelling at in their championship meets?”**
  • **Keep it simple: no more than 3-5 skills per ‘season’**
  • **Example: UW Kicking & Kickouts**

• **When planning a season, include a weekly focus for teaching**
  • **Start with pushoffs at right angles**
  • **Teach the right motions — break down the skill**
  • **Build endurance / comfort underwater — keep it safe!**
  • **Find ways to measure speed or competition**

• **Explain the “Why” - Understanding purpose increases engagement which leads to more effective practice sessions**
## Example Season Planning

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<th>Dates</th>
<th>Events</th>
<th>Monday AM</th>
<th>Monday PM</th>
<th>Tuesday</th>
<th>Wednesday AM</th>
<th>Wednesday PM</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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### Body Dolphin Kick Season Progression

- **Teach – Break Down the Kick (Videos)**
- **Count – Fewest Kicks Possible – Maximum Efficiency**
- **SWolf – Low Count With Speed – Maximum Efficiency and Effectiveness**
- **Progression – 6 x 25 Low Count / 6 x 25 SWolf / 6 x 25 For Time**
- **Speed – Tempo Trainers – How Far in 6 Seconds (Mode 2)**
- **Fine Tune – What Works Best for You – Time the 15 Meter – Try Different Variations**
USING TOOLS AND TRICKS

Athletes learn by having consequences to actions, usually not by trying to meet expectations.

Instead of: Coach says “Do 5-6 fast body dolphin kicks off each wall for 10 x 100.”

Result: Athlete must DECIDE to do the 5-6 kicks – which will ultimately be determined by the athlete’s motivation, work ethic, focus, grit, determination, etc. (All things that teenagers are not necessarily good at … yet)

Try: Coach says “You will need to use 5-6 fast body dolphin kicks and a deep pushoff to get under the kickout stick on each turn during this set.”

Result: The athlete has a specific task to accomplish, and you have provided a solution to achieve it – that gets the desired effectiveness, so when the ‘going gets tough’ the athlete does not have to DECIDE what to do, but instead can RELY on what to do.

WHERE ELSE CAN WE USE THIS?

• Tempo Trainers
  • To force specific race tempos
  • “Mode 2” – endless options!
    • Race UW to 15M
    • Use to set Paces – Work on EVEN or NEGATIVE Splitting
    • Use for changing drills or strokes
  • Water Cups & Tennis balls – Oldies but Goodies
  • Ladder Turns – Be Narrow!
  • Kickout Sticks
    • UW Markers

• Pool Markings and Widths – Keep their eyes on the bottom!
  • Swim/Kick Vertically – keep your face out!

• Partner / Peer coaching
  • How creative can you get? Can you create instant feedback to an athlete that forces them to seek the desired skill?
Use Tempo Trainer on “Mode 2”
Gives 3 beeps on set interval.
Set to a pace to learn even splitting
Or use shorter ‘intervals’ for technique patterns or races!
Press mode button to start the cycle.

PRACTICE SESSION STRUCTURE:

10 x 30s @ 3:40
Free or IM
Best Average!

10 x 30s @ 3:40
Free: 2+3 Rhythms under sticks
Best Average!
IM: 2+100 IM @ 1:35
No Pk on Open Turns
Speed under sticks
DRILLS AND CYCLE COUNTS FOR LCM BREAST/FLY

34 [OCC, TK, LC (Choice)]
12 x 50 Freestyle @ 1:10
20 head/loose hand
10 x 50 Breast @ 2:2 (breath, thing)
6 @ 40
12 x 25 Pellet touch Tempo breach or Free
25 Breaths
6 x 100 Freestyle
12 x 50 w/Fins @ 1:10
6 x 50 Kick Coop Drill
6 x 50 Kick Coop Drill
4/1000 / 2hrs 15 min

SOMETHING MUCH DIFFERENT...

FROM COACH DAVE KUCK...
THANKS FOR LISTENING, LET US KNOW IF YOU HAVE QUESTIONS!

“ENNoble THE ART OF PRACTICE”

• **Plan the details** — Work the plan.
• **Use tools and tricks to create external cues for the athlete, not decisions.**
• **Balance your approach** — Try new things to create new learning sessions.

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