How to be a Great Stroke Teacher

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WHEN to Teach Strokes

• Private / Semi Private

• Small Group Lessons / Clinics (3-9 swimmers)

• Age Group Practice (Large Group Instruction 10-36 swimmers)

• Senior Workout (warm up, sets, warm down)
We will not discuss WHAT to teach…but

HOW to TEACH

What do you need to be a GREAT STROKE TEACHER
#1 Be Knowledgeable

- Read Books and Magazines
- Watch DVD’s
- Attend Clinics
- Have a Mentor or Mastermind Group
- Visit other Coaches / Programs
- New Ideas give you New Energy
#2 Be Entertaining

• Teach Creatively – have an open mind
• Have FUN – speak “snorkel”
• Keep Instruction Fast Paced – kids have a short attention span
• Use Visual Aids – hold something in your hand
• Smile / Laugh
• Be Dramatic
#3 Have High Expectations

- Believe you can **Teach** it and they can **Learn** it
- Passion for Long Term Goals
- Passion for Big Goals
- Don’t Give Up
#4 Constantly Re-Evaluate

- Always look for Ways to Improve
- Take Responsibility for the Behavior and Learning of your Students
- Change Your Approach
#5 Strong Deck Management Skills

• Eliminate Distractions – You need to be the main event
• Preparation = Confidence
• Clear and Commanding Voice
• Polite but Authoritative
• Have a Listening Routine/Position for your swimmers – hand on wall, stop moving, eyes on the coach, focus on what is being said
• Make Eye Contact
• Get their Attention before Speaking
• Compliment “Listening Lanes”
• Move around, Get Down to their Level
• Get in the Water
• Have Swimmers Respond: Answer questions, fill in the blank, repeat after me…
• Have swimmers predict your progressions
• Explain WHY this drill/technique helps
#6 Be Motivating

• Project Excitement about What you are Doing – something new
• Transferring Emotion = Motivating your Swimmers
• Back up Emotion with Logic
• Kids love to feel they have mastered something
• Kids want to be part of something bigger than themselves
• Create Internal Motivation – it out performs external motivation every time
#7 Have a Variety of Effective Teaching Progressions, Styles and Techniques

- Follow logical teaching progressions – simple to complex, parts to whole
- Have a variety of teaching progressions for each stroke
- Use various Teaching Styles - Visual
  - Kinesthetic
  - Auditory
• Use a routine
• I do, we do, you do
• Fast paced – put your teaching on an interval
• Talk for 30 seconds or less
• Give Feedback
• Clear Objectives – have the end in mind
• Emphasize a focused concentrated effort
• Teach from mindful → mindless → competition
CONCLUSION

• Use EVERY opportunity to improve stroke technique - Warm Up
  - Sets
  - Warm Down
  - Meets

• Create One-on-One teaching opportunities – bring kids out of the water individually during sets

• Be aware that different STYLES of swimming work better for different swimmers