

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