Key Skills & Drills II: **Drill Demos**
For
Age Group Coaches

Presented by: Coach Jennifer Gibson
Wednesday, May 15, 2013
Started “teaching” swimming in 1975.
Began coaching in 1978, at 18 and have been ever since!

Has coached in 4 states, with 5 great teams:
- Fort Wayne, IN
  - Southeast Family YMCA (1983-87)
- Charlotte, NC
  - Mecklenburg Aquatic Club (2003-2007)
- Phoenix, AZ
  - Phoenix Swim Club (2007-2011)
- Ft. Lauderdale, FL
  - Swim Fort Lauderdale (2012-present)

20+ yrs of HS coaching as the Head Coach
Extensive Clinic Attendance throughout career
Coach Jennifer’s Practice Prep

❖ Be On Time – “Meet” the Swimmers

❖ “Walk the Walk” – Look/act professional at all times
  • Staff Dress Code (Thanks to Mission Viejo & FLA for influence)
  • Smile
  • Be relaxed
  • Be Organized, but flexible

❖ Goal – Oriented each and every workout
  • End Practice with Muscle Memory goals in mind

❖ Coach “Runs the show” (Quarterbacking)
  • Keep it a “2 – way street”
  • Try to personalize for each athlete
  • Incorporate different learning styles for athletes: (Visual, Auditory, Kinesthetic)
  • NO Parental Interruptions!! (Stay steadfast with this)

❖ Have FUN!
Freestyle – Drill Demo’s

1. Kick in the Catch Position
2. DeMont Left/Right
3. Kicking On Side = Wrap Arm
   • (Reinforces finish to high elbow, showing patience through rotation to other side)
4. Catch Up w/ Pipes
5. Bow & Arrow
6. Freestyle Swim – “Front Quadrant”
   • Demonstrated by: Raphael – 15yrs – Swim Ft. Lauderdale
7. *New!* The use of rubber flexi – balls
   • Demonstrated by: Veronica – 8 yrs - SFTL
Kick in the Catch Position
Kick On Side = Wrap Arm
Catch Up w/ Pipes
Bow & Arrow
Freestyle Swim – Front Quadrant
Freestyle Wrap – Up & Thoughts

- Focus on “Front – quadrant” swimming
- Fingers pointing to the bottom of pool helps keep elbows high and helps limit crossover
- Finish stroke at hip or slightly past; pop elbow up on exit of hand. Don’t over-emphasize finish
- Dislike when freestyle is swum “back to front”. Survival mode; leading with head and/or breathing early.
- Do not agree with teaching age groupers straight-arm freestyle
Backstroke – Drill Demo’s

1. Kick in Streamlined Position – (fingertips point up)
2. 2 – 2 – 2 Drill*
3. 3 – 2 – 1 Drill*
4. Double – Arm Controlled**
5. L – Drill**
6. Puck Balance – Head Position
7. Backstroke Swimming
   • Demonstrated by: Sarah – 13 yr – SFTL

*(Good Rotation Drills) – Exit thumb up/ Enter pinkie first
**(Great for controlling rotation)
2 – 2 – 2 Drill
3–2–1 Drill
Double – Arm (Controlled)
L – Drill
Puck – Head Position
Backstroke Swim
Backstroke Wrap – Up & Thoughts

- Relax Shoulders, open & back. Brings up hips.
- Enter pinkie 1st/pop the opposite hip.
- At the catch, hand follows natural line to finish at the hip.
- Dislike wrist first hand-exit. Carries too much water with the hand.
- “Duck” hand position to work on entry correction from flat or overreaching entry.
- Look at the hand on the recovery arm versus looking away.
Butterfly – Drill Demo’s

1. **Kicking On Back/hands down.**
   - Focus = “Fast Feet” – Limits Knee bend.

2. **3 Right Arm/ Streamlined Kick/ 3 Left Arm**

3. **2 – 2 – 2, 2 – 2 – 3, 2 – 2 – 4**

4. **Push Off; 3 Full Strokes (no breath); glide into EZ Free**
   - Series: 2 Full Strokes, 3 Full, 4, 5

5. **Fly Arms/ Free Kick**
   - (Hand speed/ Continuous)

6. **Butterfly Swim**
   - Demonstrated by: Violeta – 12 yrs – SFTL
Kicking On Back/Hands Down
3 Rt Arm/Streamline Kick/3 L. Arm
Push Off-No breath swim-EZ Free
Fly Arms/Free Kick
Butterfly Swim
Butterfly Wrap – Up & Thoughts

- Using the body, not just knees to kick.
- Prevention or breaking the habit of big, slow kicking.
- Low chin, sneak the breath.
- Lifting elbows to start recovery, instead of staying low and relaxed while finishing stroke with the fingertips.
- Equal exposure to short-axis stroke work!
- Avoid having swimmers swim “survival” fly swimming
Breaststroke – Drill Demo’s

1. With Kickboard: “Pull-Breathe-Kick-Glide”
   • Great for timing & emphasizing the finish “Ride the glide”
2. 2 Kick/ 1 Pull (no pullout to start)
3. 3 Strokes UP/ 3 Strokes Under
4. Breast Pull w/ Free Kick (vs. Fly Kick)
5. Breast w/ Paddles – No Straps
6. Breaststroke Swim
   • Demonstrated by: Kristoff Kertesz – 19yr – SFTL
Pull – Breathe – Kick – Glide
2 Kick/ 1 Pull (no pullout)
3 Strokes UP/3 Strokes Under
Breast Pull w/ Free Kick
Breast w/Paddles – No Strap
Breaststroke Swim
Breaststroke Wrap – Up & Thoughts

- Not looking up nor lifting up to breathe
- Hands hesitating at the chest or under the chin during pull.
- The key to most IM’ers is the Breast leg.
- Having the patience to spend the time necessary to conquer breaststroke
- Kicking back vs. kicking too wide and letting go of water.
- Not using the hips or undulation in stroke, most evident at the end of the stroke.
Thank You

- To MJ for gently encouraging me to do another webinar.
- To my son Harrison, without him my webinar productions would NOT be, PowerPoint design to pictures and video recording and editing.
- To Fort Lauderdale Aquatic Complex for being a great place to coach.
- To All of you for your interest.

Coming Soon…

- Developing The Basic Team Dryland Program