

Practice Plan

Sport Aquatics Date 2/8/2013 No. of athletes 12 No. of coaches 4

Goal for session In week 1, assess level of each swimmer

Facility safety check: Equipment Surface Layout Supervision

Time	Session	Specific Objectives	Drills and Activities	Layout
20 minutes	<p>Warm-up exercises Ensure muscles are warm.</p> <p>Stretching exercises Evaluate flexibility.</p> <p><i>Through warm-up laps, evaluate swimmers' strokes and endurance.</i></p> <p>Enter water</p> <ol style="list-style-type: none"> Evaluate safety; assign level. Work on rhythmic breathing (blow ping-pong balls across water). Swim fun laps (cross-pool width). 	<p>March in place (exaggerated arm movements). <i>Scattered on deck</i></p> <p>Stretch through range of motion.</p> <ul style="list-style-type: none"> Arm circles (large and small; forward/backward); arm hugs Triceps stretch; push-ups (according to level; chart number) Calf stretches <p>Water adjustment <i>Pool entry</i></p> <ol style="list-style-type: none"> With new swimmers—shallow water entry Developmental swimmers—shallow water entry; water adjustment with flotation devices Independent swimmers—fun laps; being acclimated to the water, keeping the body moving 		
25 minutes	<p>Skills instruction—according to ability</p> <ol style="list-style-type: none"> Developmental swimmers: Demonstrate, then work on starts keeping face in water; glide as far as possible. Increase distance with each attempt. Independent swimmers: Demonstrate, then work on starts, next level of ability—feet on wall, one arm holding wall behind, the other extended forward. <ul style="list-style-type: none"> Work on rotary breathing and arm sync. Swimmer follows line on bottom of the pool. Work on efficiency of movement and rhythm. 	<ol style="list-style-type: none"> Developmental swimmers—starts (with flotation devices and person in the water assisting): Practice pushing off the wall with force, holding the body in a streamlined position (body extended with arms over head squeezing ears). Repeat 5 to 10 times. Independent swimmers—in-water starts: Use start command; swimmers push off wall, streamline (bring back hand forward); before forward motion slows, begin kick, keeping arms extended and face in water. Next group goes. Rotate swimmers through 5 to 10 times. <ul style="list-style-type: none"> Add rotary breathing and arms: The exhale is underwater, face turns to the side, ear stays in water, inhale and rotate face back in water. Arms: Elbow is bent on recovery while rotating body; the hand extends forward, and a bent arm is pulled under the body extending completely to the leg before exiting the water. 		
35 minutes	<p>Competition experience</p> <p>Apply skills in competition experiences.</p>	<ol style="list-style-type: none"> Ball pass: Two swimmers on each team. First swimmer swims across pool with a ball; cannot touch the ball with the hands, forcing the athlete to swim with the face in the water, reinforcing rhythmic breathing. Once the swimmer gets across and touches wall, second swimmer continues back across the pool. Discuss relay starts. Variations: Use different-sized balls. Smaller balls increase difficulty and work on endurance and strength. 		
10 minutes	<p>Cool-down Vary the cool-down; should be different from rest of activities.</p> <p>Team talk</p>	<ul style="list-style-type: none"> Kicking: Use a kickboard or flotation device. Swimmers kick freestyle, beginning with 4 x 25 meters with 30-second rests between sets. Athletes circle swim using time and pool space. Easy swim: Athletes practice starts, glide, and kick. Final stretches, on deck: Biceps stretch, quadriceps stretch, hamstring stretch, calf stretch, neck stretch. <p>Reward efforts. Make announcements.</p>		