



TRI SWIMMERS

Lesson Ideas: Front Crawl – Drills and Technique

Skills and Techniques

Tri Swimmers will learn:

- The importance of good swimming technique and if we practice these drills we can improve.
- To improve body position, reducing resistance.
- To get a feel for the water.
- Swimming can be fun!
- Teamwork.

Technique Guide

- Body position – Imagine swimming through a small tube - long body, streamlined.
- Kicking – Legs straight, kick from the hip, toes pointing inwards.
- Sculling – Thumbs up, thumbs down, scraping the bowl. Minimal movement from the wrist – forearm/ wrist paddle.
- Breathing – Trickle the breath out.

Think about:

(these can also be used in a quiz)

- What happens if your legs are too low in the water when swimming front crawl? *Legs drag behind and cause resistance!*
- What happens if your head is too high in the water when swimming front crawl? *Your legs will drop down and cause resistance!*
- Why can it be helpful to breathe both sides when swimming in triathlon? *To know who is around you and see where you are going.*

What to do – before the session

Equipment

Floats for kicking, loud hailer, goggles for swimmers.

Venue

Swimming pool ideally 20-25m with 4 lanes.

Safety

Pool depth, lifeguard. Work within facilities' normal operating procedures. Use a loud hailer to gain swimmers attention, especially when floating on warm up with face down! Ensure swimmers know which direction to swim.

Organisation

Divide swimmers in to lanes by ability if necessary.

What to do – during the session

1. Warm up (5 min)

2 lengths – 1 front crawl and 1 backstroke. Provides a good opportunity to assess swimmers and group lanes by ability if necessary.

Who can float?

'Star' – on front and back with arms and legs spread wide.

'Pencil' – on front and back, long and thin arms straight and legs straight.

'Mushroom' – holding knees to chest with arms and chin tucked in.

Practice then see who can hold the position the longest.

2. Body Position - (5min)

Push and Glide – with arms and legs out wide Repeat with arms straight and legs together – streamlined. What was the difference? Who can glide the furthest?

3. Kicking -(5min)

On Front holding float, straight-arms in front. On Back holding float straight over legs - try not to Kick the float, which will keep your legs straight. Swim one length Front Crawl - How did that feel after kicking?

4. 'Sculling' - (5min)

Sculling is a figure of eight moving with hands moving inwards and outwards quickly. Maintain water pressure on hands. 1 length of each. Feet first - Lay on back leading with feet. Head first – Lay on back leading with head. Seated – Knees to chest, look & move forward. Swim one length Front Crawl - How did that feel after sculling? Could you feel the water more?

5. Breathing – (5min)

1 length of each. Every 2 – breathing every 2 strokes. Every 3 (Bilateral) – both sides

6. 'Golf' – (5min)

Swim 1 length and count strokes (each time your hand enters water) and record for the length. Stroke count + time for the length = golf score. Feedback/swimmers thoughts. How can you reduce the score? Better push and glide and push past hip – long strokes. Reducing the score = efficient swimming and conserving energy for the bike & run

Differentiation

Easier:

3. Hands holding on the side & practice kicking action.
3. Widths instead of lengths.

Harder:

3. More lengths.
5. 3,5,7,9 breathing pattern.

Including others:

Non-swimmers can count strokes and golf score. . Observe and provide feedback – group discussion.

Top Tips:

Each activity can be finished off with a relay if you have time. Select teams and record scores throughout session. Team names can be countries in the Olympics.

