Stroke analysis and techniques seminars

Freestyle

Seminar objectives
1.Understanding of body position
2.Understanding of the leg action
3.Understanding of the arm action
4.Understanding of breathing technique
5.Understanding of timing of the stroke

Who for?
Teachers and coaches involved in teaching swimmers at Fundamentals and Swim Skills stage of development.

Backcrawl

Seminar objectives
1.Understanding of body position
2.Understanding of the leg action
3.Understanding of the arm action
4.Understanding of breathing technique
5.Understanding of timing of the stroke

Who for?
Teachers and coaches involved in teaching swimmers at Fundamentals and Swim Skills stage of development.

Breastroke

Seminar objectives
1.Understanding of body position
2.Understanding of the leg action
3.Understanding of the arm action
4.Understanding of breathing technique
5.Understanding of timing of the stroke

Who for?
Teachers and coaches involved in teaching swimmers at Fundamentals and Swim Skills stage of development.

Butterfly

Seminar objectives
1.Understanding of body position
2.Understanding of the leg action
3.Understanding of the arm action
4.Understanding of breathing technique
5.Understanding of timing of the stroke

Who for?
Teachers and coaches involved in teaching swimmers at Fundamentals and Swim Skills stage of development.

Effective sculling

Objectives
1.Introduce eight types of sculls
2.Develop effective sculling techniques
3.Explore teaching practices and teaching points for all eight sculls
4.Explore fun methods of teaching sculling to motivate pupils
5.Introduce and develop sculling into the four competitive strokes

Who for?
Level 1 and 2 teachers/coaches of all disciplines

Teaching turns

Objectives
1.To explore the techniques involved in teaching/coaching turns at a basic level
2.To understand the different phases of the turn
3.Introduce techniques for teaching turns for 4 competitive strokes

Who for?
Level 1 and 2 teachers/coaches of all disciplines