

Station 1

Station Goal:

- 10 consecutive bobs in a rhythmic and consistent fashion

Skills:

- Increased comfort in water
- Having the ability to inhale above the surface and exhale below the surface of the water
- Blowing bubbles underwater
- Looking/spotting objects underwater

Station Focus:

- Focus on breathing
- Good breathing = Good/efficient swimming

Possible Station Drills:

- Blowing bubbles
- Hold onto wall and kick
- Blow bubbles while holding onto the wall and kick
- Assisted kicking with a kickboard
- Assisted kicking with bubbles
- Spotting objects underwater
- Assisted bobs
- Wall bobs
- Diving for coins
- Unassisted bobs

Station 2

Station Goal(s):

- Floating on back and stomach for 5 consecutive seconds
- Pushing off wall with good streamline on front and back

Skills:

- Establish good body position on front and back
- Floating with help
- Floating Independently
- Pushing off wall in horizontal position
- Streamlining on front and back

Station Focus:

- Establishing proper body position on front and back while streamlining

Possible Station Drills:

- Floating with the kickboard on back
- Kicking on back with board
- Continued work on breathing
 - Kick with board while blowing bubbles (face totally in water looking at bottom)
 - Proper breathing pattern
 - Inhale with face turned (keeping bottom ear in water)
 - Exhale bubbles with face in
- Assisted floating on back
- Unassisted floating on back
- Teaching streamlines
- Working on sendoffs
- Front sendoff
- Back sendoff

Station 3

Station Goal(s):

- Efficient/fast flutter kick on front and back
- Breathing while kicking on front (no doggy paddle)

Skills:

- Flutter kick on front and back (with and without kickboard)
- Assisted kicking on front and back

Station Focus:

- Increased kicking power while maintaining proper body position

Possible Station Drills:

- Beginning in station 3 – *kicking warm-up*
 - 6 widths kick on front with board
 - 4 widths kick on back with board
 - 2 widths kick on side (depending on ability level)
- Assisted kicking on back
 - Proper head position (head back)
 - Hips at the surface
 - Straight legs – pointing toes
- Unassisted kicking on back
- Kicking on side – assisted
- Kicking on side – unassisted
- Dolphin dives with noodles
- Dolphin dives – to bottom
- Roll over drill
- Fast kicking
 - On front
 - On back
 - On side

Station 4

Station Goal(s):

- Flutter kick on side with side breathing – half length
- Swimming freestyle with “big arms” with head still – 8 stroke cycles

Skills:

- Balancing on side with flutter kick
- Head rotation for breathing to side
- Body/head alignment
- Developing “big arms”
- Developing “feel” (sculling drills)

Station Focus:

- Swimming with balance on side
- Introduction to bilateral breathing
- Introduction to key swimming terms

Possible Station Drills:

Kicking warm-up (see station 3)

Freestyle

- Kicking on side – face out (body position focus)
 - One arm up/one arm by side
 - Face out of the water
 - Ear on shoulder
- Kicking on side – face in (body position focus)
- Six seconds switch (face in water before switch/continuous kick)
- Three second switch
- Three pulls without breathing – six seconds breathing on side (focus on proper breathing)
- Three pulls without breathing – three seconds breathing on side (focus on proper breathing)

Backstroke

- Kicking on back
- Assisted kicking with rotation
- Unassisted kicking with rotation
- Kicking on side – looking at ceiling (keeping ear on shoulder)
- Six seconds switch – arms rotating opposite
- Three second switch – arms rotating opposite