



# Coaches Training Guide to Sports Camp

## Equipment Needed:

- Towel
- Wall
- Chair

## Swimming –

- Skill 1 – Butterfly
- Drill 1 – Loosen the Hips!
  - Stand up and put your arms over your head
  - Keep your head and shoulders above your toes and try not to move them while you move your hips forward and back.
  - You might need to bend your legs a little. You should relax the muscles around your stomach. Relax, so you are more flexible
  - Try this skill. Go slowly until you get the hang of it, and then you can speed up
  - Try this exercise for 40 seconds
  - Make sure your head is staying still and only your hips are going back and forth.
- Drill 2 – Strengthen your Arms
  - Stand facing the wall with your toes pointed to the wall
  - Put your hands on the wall, keeping your body straight
  - Lean into the wall and push back to the straight position
  - Try this exercise for 30 seconds
  - To make it harder; move your hands up higher, by the top of your head and do the pushups.
- Skill 2 – Backstroke
- Drill 1 – Arm stroke
  - Stand up and put your arms over your head
  - Rotate your right shoulder and twist your wrist so your pinky leads your arm into the water
  - As your right arm passes your leg, your left shoulder rotates and your hand twists so your pinky finger enters the water
  - Alternate between the right arm and the left arm for thirty seconds.
  - Remember to keep your arms straight. No turning left and right!

## Swimming Continued

- Skill 3 – Breast Stroke
- Drill 1 – Working the kick – strengthening the ankles
  - Sit on the edge of a chair; put your feet straight in front of you.
  - You may lean back on your hands
  - Using your right foot, bend at the ankle to spell out the letters of the alphabet (A, B, C, D ETC.) This is just like using your pointer finger to write the letters in the air.
  - After you complete the alphabet with your right foot, do the same with your left foot.
- Skill 4 – Freestyle
- Drill 1
  - Lie flat on your beach towel – face down
  - Put your arms above your head, shoulder width and lay them straight
  - Lift your left leg and right arm off the towel about 8 inches and hold for 5 seconds
  - Lift your right leg and left arm off the towel about 8 inches and hold for 5 seconds
  - Alternate left, right, until each side had gone 5 times
- Drill 2
  - Lie flat on your beach towel – face down
  - Put your arms above your head, shoulder width and lay them straight
  - Lift your left arm and your right leg – Hold for a second
  - As you put your leg and arm down – left your right arm and left
  - Continue switching sides for 1 minute