

SWIM SQUAD

SKILLS CHECKLIST



COMPETITION

Front Crawl

No breathing on the breakout stroke

No breathing in the last 5 metres

4 - 5 kicks off every wall

Breathe every 3 - 4 strokes, as directed by the coaching team

Backstroke

4 - 5 kicks off every wall, breaking out at the flags

Consistently perform a legal, competitive turn with a good underwater phase as described above

Be confident in turning and finishing, using stroke count from the flags effectively

Breaststroke

Hold each underwater phase for 2 seconds

Use dolphin kick in the underwater phase, as per FINA laws

Count strokes every length

Turn and finish with two hands

Butterfly

Breathe every 2 strokes to maintain a good body position

4 -5 kicks off every wall

No breathing in the last 5 metres

Turn and finish with two hands

Other key skills

Perform a legal competitive start with the correct use of the appropriate underwater phase

Be in a streamlined position off every wall

Understand and demonstrate a basic sculling action on their back and their front

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DEVELOPMENT ONE

Front Crawl

- No breathing on breakout
- No breathing last 5 metres
- 2 - 3 or more kicks off every wall
- Breathe every 3 - 4 strokes

Backstroke

- Breakout at the flags on competitive push offs
- Finish on back (count strokes from flags every time)

Breaststroke

- Hold each underwater phase for 2 seconds
- Turn and finish with 2 hands

Butterfly

- Breathe every 2 strokes
- 2 - 3 kicks or more off every wall
- Turn and finish with 2 hands

Other Key Skills

- Perform a legal competitive start with the correct use of the appropriate underwater phase
- Be in a streamlined position off every wall.

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DEVELOPMENT TWO

Front Crawl

- No breathing on breakout
- No breathing last 5 metres
- 3 - 4 or more kicks off every wall
- Breathe every 3 or 4 strokes

Backstroke

- Breakout at the flags on competitive push offs
- Perform legal competitive turn
- Finish on back (count strokes from flags every time)

Breaststroke

- Hold each underwater phase for 2 seconds
- Count strokes every length
- Turn and finish with 2 hands

Butterfly

- Breathe every 2 strokes
- 3 - 4 kicks or more off every wall
- No breathing last 5m
- Turn and finish with 2 hands

Other Key Skills

- Perform a legal competitive start with the correct use of the appropriate underwater phase
- Be in a streamlined position off every wall
- Understand and demonstrate a basic sculling action on their back