

Club Awards – Sample Scheme of Work

- Medium Sized Programme: 3 squads working towards two award levels in each squad.
- This squad is working towards awards 1 and 2.
- Offered 3 x 1 hr sessions per week; swimmers typically train 2/3 sessions per week on Monday, Wednesday and Friday evenings from 18:00 – 19:00.
- Current age range 7 –10 years.

WC 02/09/19	PM (1 hour pool session)
Monday	Prone floatation. Prone streamlining. Front crawl technique work – focus on body alignment and rotation through kicking drills. <i>*Use of pace clock.</i> <i>*Check understanding of equipment use.</i> <i>*Check understanding of basic hydration and nutrition needs for training.</i>
Tuesday	
Wednesday	Supine floatation. Supine streamlining. Backstroke technique work – focus on body alignment and rotation through kicking drills. <i>*Use of pace clock.</i> <i>*Check understanding of equipment use.</i> <i>*Reinforce as required basic hydration and nutrition needs for training.</i>
Thursday	
Friday	Reinforce prone floatation. Reinforce Prone streamlining. Butterfly technique work – focus on body alignment, anti – rotation and body wave through kicking drills. <i>*Use of pace clock.</i> <i>*Check understanding of equipment use.</i> <i>*Reinforce as required basic hydration and nutrition needs for training.</i>
Saturday	
Sunday	

WC 09/09/19	PM (1 hour pool session)
Monday	Reinforce Prone floatation. Reinforce Prone streamlining. Breaststroke technique work – focus on body alignment and anti – rotation though kicking drills. <i>*Use of pace clock.</i> <i>*Check understanding of equipment use.</i> <i>*Reinforce as required basic hydration and nutrition needs for training.</i>
Tuesday	
Wednesday	Push off and UW phase for front crawl. Front crawl technique work – aim to progress to rotation/ connectivity drills e.g. single arm <i>*Use of pace clock to complete a short set.</i> <i>*Check understanding of equipment use.</i> <i>*Reinforce as required basic hydration and nutrition needs for training.</i>
Thursday	
Friday	Push off and UW phase for backstroke. Backstroke technique work – aim to progress to rotation/ connectivity drills e.g. single arm. <i>*Use of pace clock to complete a short set.</i> <i>*Check understanding of equipment use.</i> <i>*Reinforce as required basic hydration and nutrition needs for training.</i>
Saturday	
Sunday	

WC 16/09/19	PM (1 hour pool session)
Monday	Push off and UW phase for butterfly. Butterfly technique work – aim to progress to anti – rotation/ connectivity drills e.g. 3 scull/ 1 swim. <i>*Use of pace clock to complete a short set.</i> <i>*Check understanding of equipment use.</i> <i>*Reinforce as required basic hydration and nutrition needs for training.</i>
Tuesday	
Wednesday	Push off and UW phase for breaststroke. Breaststroke technique work – aim to progress to anti – rotation/ connectivity drills e.g. 2 kicks/ 1 pull (swim). <i>*Use of pace clock to complete a short set.</i> <i>*Check understanding of equipment use.</i> <i>*Reinforce as required basic hydration and nutrition needs for training.</i>
Thursday	
Friday	Approach, rotation and touch on front crawl turns. Sitting dives. Reinforce push off and UW phase for front crawl. <i>*Reinforce as required basic hydration and nutrition needs for training.</i>
Saturday	
Sunday	

WC 23/09/19	PM (1 hour pool session)
Monday	Approach, rotation and touch on backstroke turns. Back dives in the water and from feet in the trough. Reinforce push off and UW phase for backstroke. <i>*Reinforce as required basic hydration and nutrition needs for training.</i>
Tuesday	
Wednesday	Approach, touch, rotation and touch on butterfly turns. Kneeling dives. Reinforce push off and UW phase for butterfly. <i>*Reinforce as required basic hydration and nutrition needs for training.</i>
Thursday	
Friday	Approach, touch, rotation and touch on breaststroke turns. Kneeling dives. Reinforce push off and UW phase for breaststroke. <i>*Reinforce as required basic hydration and nutrition needs for training.</i>
Saturday	
Sunday	