

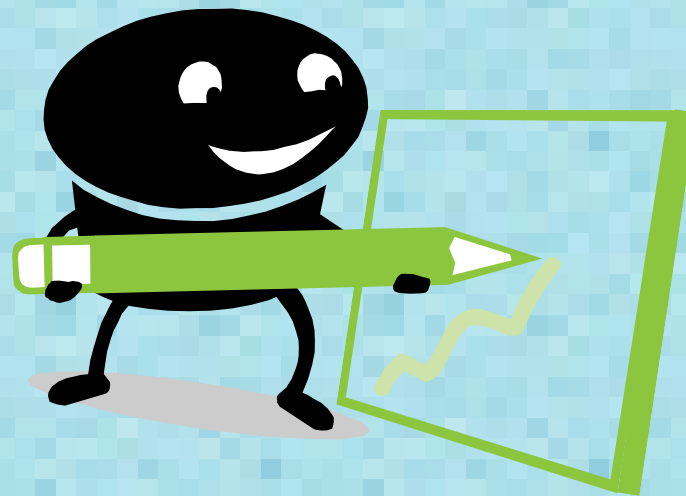
# Ten Skills and *How to Teach' em*



By Ron Campbell

# Your Input

- Got a way to teach a skill, have a fave saying, gimmick etc. that seems to get the job done?
- Please share on the paper provided



# Target: Novice Coaches of Clients Aged 6 - 8



# Teaching, not Training

- Know your Clients



# ...How to Teach' em

## How to Demonstrate a Skill

- Energy
- On deck first, then in water
- Have them say it back to you
- Sayings, acronyms
- Mirroring issues? Be with them
- Pictures, videos

# Know Yourself

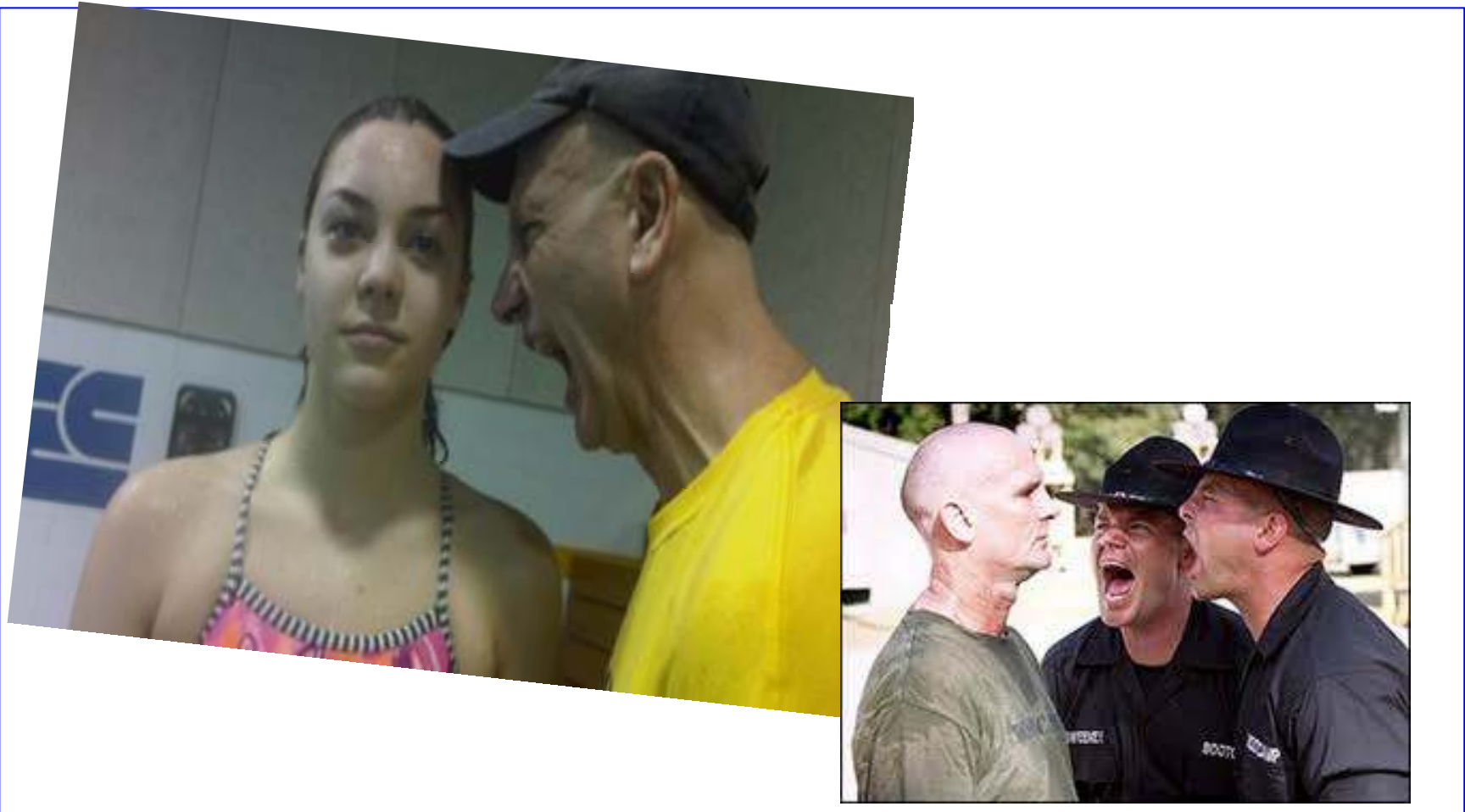
- Shy, but show attention to detail?
- Extrovert, but scambly organization
- Big voice, squeaky voice
- Former swimmer
- Another sport background
- ...Hey, it's all good, make it work for your swimmers

## ...How to Teach' em (2)

- Teach in progressions  
once they have it, they can move on
- Quick bits, leave it, go back later
- SMILE



They're little kids!





# I know...

- It can get frustrating when they can't seem to learn the skills.
- But it's nothing compared to....

# BOYS!



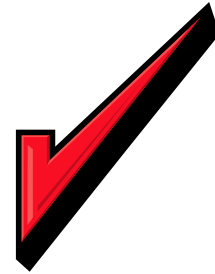
# Boys Learn Differently

- Short Commands...then action
- They like to jump and splash and show off and fool around...go with it!
- Male Groups (GMAC)
- Male Coaches?



# What are you Doing?

- A) Coaching Little Champions
- B) Teaching Career Long Habits
- C) LTAD



Teach Skills

Teach the Culture

Educate Parents

# Now The 10 Skills...

## 10. Blow Bubbles



Lots of bubbles, one big one, open eye bubbles, stay down there for a while bubbles...beginning of breath control



# 9. Kayak Backstroke

- Are they gunslinger backstrokers?
- Try showing them a kayak in action
- Switch, Switch!  
Call it



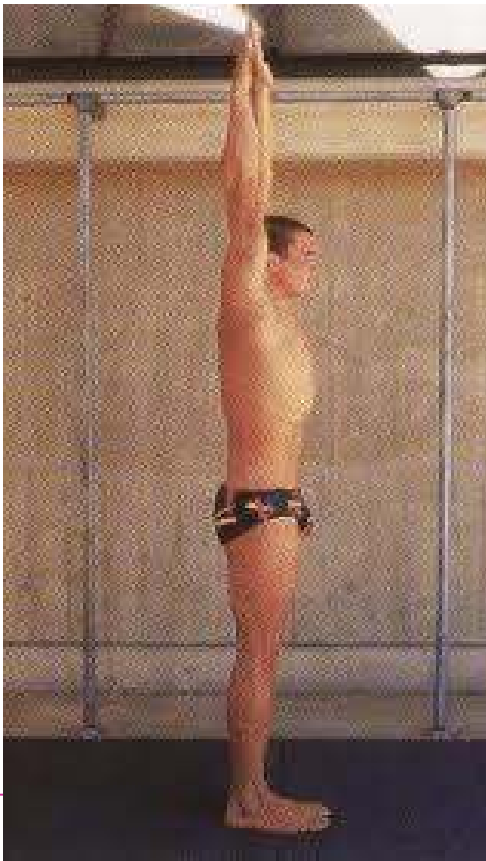
## 8. Back Turn Count

- No, actually have them count out loud as they approach the wall



# 7. Streamline Position

Images...Pencil, not a Ballet Dancer





## 6. Streamline in Water

- Chin up
- Elbows tight to head
- One hand over the other
- Hook with top thumb



## 5. Kick off Wall

- Must See Six Kicks:  
(not a distance)
- Streamline throughout

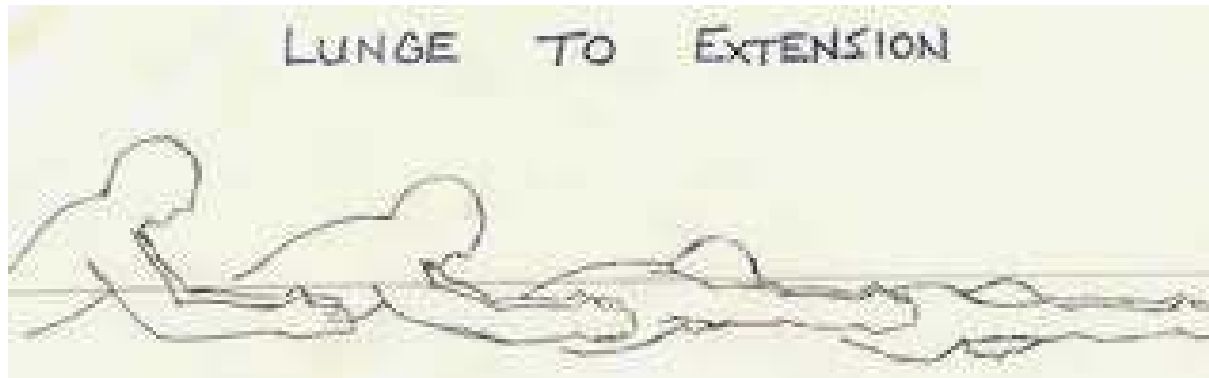
## 4. Slink and Streamline

- One hand on the wall
- Slink down underwater 6 - 12 inches
- Push off on side, collect hands, streamline



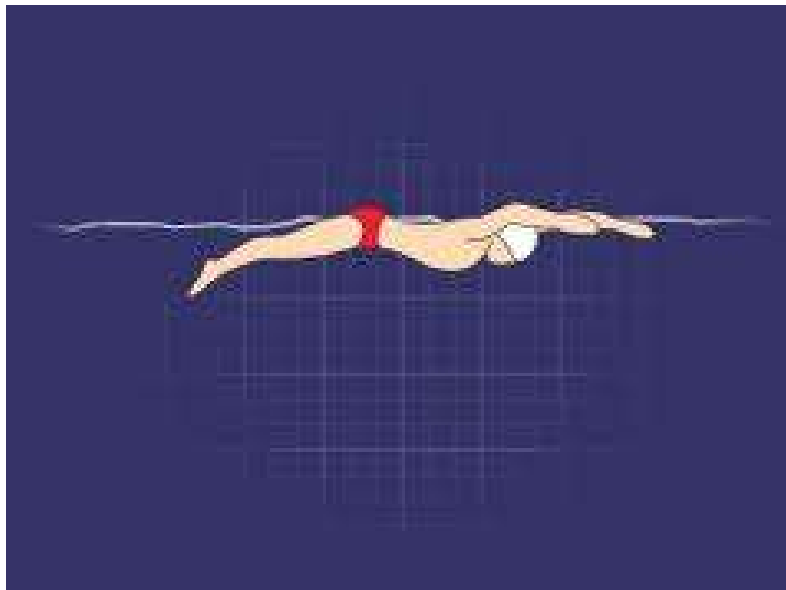
## 3. Breast: Long

- Get back to home base



## 2. Fly: Yes, Long

- Hula Hoop
- Get back to home base



# 1. Belly Flop Start

- Go from the wall first
- Teaches explosiveness
- Get some distance from the wall



# Your Job is **Vital**

- You are the gateway to our sport
- I.D. them



- Advocate for them
- Enjoy them

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