-Progressive Developmental Model-

...For Age Group Swimmers...

ASCA World Clinic in Swimming
New Orleans, LA
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Monika E. Schloder, Ph.D.

-Program and Personal Philosophy-
Program and Personal Philosophy-

- Short-term Goal-Objectives-
- Long-term Goal-Objectives-
- Overall Aim...Life-time Pursuit-

Friedrich Wilhelm August Fröbel

- German Pedagogue (1782-1852)-
  - Foundation of Modern Kindergarten...
    - Based on the recognition that...
      - All Children have unique needs and capabilities...
  - Erik Erikson Psychologist (1902-1994)-
    - ‘Smorgasbord’ of activities (6-12 years)...
Ready? Set? Go?? NO!

-Effective TEACHING-COACHING-

- Creative-
- Experiential-
- Sequential-
- Progressive-
-Progressive Model-

-Permits-
  - exploration of suitable methods...
  - experimentation with selected methods...
  - establishing common and consistent vocabulary...
    - simple to complex...
  - analyzing progressive development...
  - charting and follow-up of progress...
  - establishing program continuity...

-Skill Link and Transfer-

-Skill Link for easier Transfer-
  - physical skills - physical preparation and technical skills...

-Age Group to Elite Swimmers-
  - simple to complex...
  - transfer through effective delivery and learning...
-Progressive Model-

- Permits-
  - establishing swimmers’ progressive goal ladder…

Factors for Effective Delivery

- Swimmer Characteristics
- Environment
- Teacher-Coach Characteristics
- Variables affecting Effectiveness
  - Teacher-Coach Ratio
  - Drills and Activities used
  - Progression of Drills and Activities
  - Sequencing of Drills and Activities
-Individual Differences-

- Teaching -
  - based on developmental versus chronological age…
    - 'late bloomers'…
  - Consider 'stage of readiness'…
    - skill level…
    - physical ability…

Interactive
Inter-dependent

Motor Fitness

Progressive Mental Preparation

Selected Cross-training Skills

Functional Fitness + Enrichment

1
-Fun - Fitness and Fundamentals-

Practical Application…
- linking physical skills to technical development…
- identify physical and motor attributes…
- prioritize physical components…

-Nine Key Elements-
- Strength-
- Power-
- Agility-
- Balance-
- Flexibility-
- Local Muscle Endurance-
- Cardio-vascular Endurance-
- Strength Endurance-
- Coordination-
- {Rhythm}- frequently neglected in teaching/coaching
### Athletic Ability

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<th>Age (Years)</th>
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**Legend:**
- Optimal training age
- Should be avoided
- Not a priority
- In moderation
- As needed for the sport

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### Endurance

- Muscular endurance
- Endurance of speed
- Agility
- Mobility

### Strength

- Maximum strength
- Anaerobic endurance
- Aerobic endurance

### Speed

- Maximum speed

### Coordination

- Perfect coordination

### Flexibility

- Full range of motion
-Power - Strength - Speed - Agility-

-Agility - Mobility - Speed-
Fitness - Mobility - Upper Body Strength-

-Creative Flexibility-
-Flexibility-

Swimmers - Not Gymnasts!
-Conditioning and FUN Activities- Elite

-Warm-up and Coordination Activities- Elite
-Posture Assessment and Posture Training-
...through Remedial Exercises...

-Modified Ballet - Upper-Lower Body Stretching-
-Modified Ballet for Swimmers-
-Leg Flexibility - Posture-

-Modified Ballet for Swimmers-
-Hip Mobility - Posture-
Skills Pyramid

- Water Sensation
- Water Mastery
- Skill and Stroke Competency
- Performing Stage
- Refining Stage
- Competition Stage
- Refinement
- High Performance

Toddlers

-Water Sensation-
-Water Mastery - Comfortable in Water-

-Individual Differences-

- Teaching- ‘What stroke first’?
  - breaststroke…
  - positives…
    - better breathing potential…
    - better orientation through eyes and ears…
    - ‘steady-state’ performance is more easily reached…
-Individual Differences-

- Teaching- “What stroke first”? 
  - front crawl stroke…
  - positives…
    - transfer from natural movement pattern of crawling…
    - ‘paddling’ easily develops into crawl stroke…
    - alternating arm-leg action beneficial for mobility of spine and improvement of posture…

-Train to Win - Keep Winning-
  Elite Training - High-Performance Technique Maintenance

-Train to Compete and Win-
  Transition to Elite Training 15-18 year old Technique Refinement

-Train to Perform and Compete-
  Constructional Build-up Training 12-14 year old Technique Refinement
  FUN – Fitness – Fundamentals

-Learn to Train-
  9-12 year old Technique
  FUN – Fitness – Fundamentals

-Introduction to Fundamentals-
  4-6 year AND 7-9 year olds
  Basic skills
  FUN – Fitness – Fundamentals

Integrated ‘Learn to Swim Program’
  Toddlers - 4-year olds

Progressive Developmental Model
-Progressive Developmental Model-

-Introduction to Fundamentals-
4-6 Year And 7-9 Year old

FUN – Fitness – Fundamentals
Fundamental Swimming Skills
2 x per Week-30 minutes AND 2 x per Week-45 minutes

Functional and Motor Fitness – General Athleticism
Multiple Enrichment Activities/Selected Cross-training
1 x per Week - 1-hour

Introducing Mental Thought Pictures
Progressive Relaxation

-Interactive Teaching and Learning-

- Guided Discovery -

  - imagination...
  - ‘tool box’ for cues...

  creative thinking...
-Overall Aim-

-Teaching-Coaching-
  -analytical-critical thinking…
  -creating the ‘ultimate athlete’…

-‘Top-down’ Teaching Approach-

3-Year old- Learning Butterfly with Discovery Style-
-Progressive Developmental Model-

-Learn to Train-

9-11 Year old

FUN

- Technique and Skill Refinement
  - 3 x per Week - 90 minutes

- Enrichment Activities
  - Cross-training for Motivation and avoid Burnout
  - Enhancement of Physical Components
  - Increasing Fitness and Maintenance
  - 1 x per week - 60 minutes

- Begin Imagery
- Relaxation Skills
- Begin Coping Strategies

-Train to Perform and Compete-

Constructional Build-up Training

12-14 year old

- Talent Identification - Start of Specialization

- FUN

- Continued Refinement of Technique
- Begin Racing Strategies
- Begin Concentrated Training Build-up
  - Increased Volume and Intensity

- Increased Fitness and Maintenance
- Strength Training and Alternatives

- Imagery – Relaxation – Coping Strategies
-Progressive Developmental Model-

-Train to Compete and Win-

Transition to Elite Training

15-18 year old

Continued Refinement of Techniques
Increases Volume and Intensity
Racing Strategies
Strength Training and Alternatives
Fitness Maintenance
Alternative Outside Activity as Compensation

Visualization – Imagery
Various Relaxation Techniques – Coping Strategies

-Progressive Developmental Model-

-Train to Win And Keep Winning-

Elite Training - High-Performance

Continued Refinement of Technique
Strength Training and Alternatives
Fitness Maintenance

Alternative Activity as Compensation

Visualization – Imagery
Relaxation – Coping Strategies
-TLC Model-

- Teach-Learn-Compete-
  - success at higher level lies in correct...
    - progression...
    - sequencing...
    - continuous refining of fundamental skills...at each skill level...

-Effective Teaching-

- Drills with a Purpose-
- Drill Linkage to Set-
  - create fitting movement theme to make patterns more consistent...
  - isolate components...land drills... transfer to water...
  - short duration but correct performance...
  - create ‘thought pictures’...
Common Progressive Drill Framework

The Four Competitive Sw

- Common Features
- Body Streamlining
- Leg Action
- Breathing Action
- Stroke Rhythm
- Starts

- Common Errors
- Body and Head Float
- Arm Action
- Breathing Pattern
- Stroke Coordination
- Turns
- Finishes

- Dry-land and Beginner Dry Games
- Intermediate Advanced Dry

Fun - Fitness - Fundamentals

- Practical Application-
  - linking physical skills to technical development and skills...even in warm-up...
  - from here to there...
    - learning skills - simple to complex...
    - learning-performing-refining...
    - competing-refining...
-Creating Hand Shapes-

-Body Streamline Progression-
-Body Awareness - Streamline Technique-
-Skill and Stroke Competency-
-Front Crawl Arm Action using Mirror- Age Group

-Back Crawl Stroke Arm Action using Mirror- Elite
-Breaststroke Kick Progression- Age Group and Elite

-Frontal Start Progression - Reaction Time-
-Frontal Start Progression - Body Position- Elite

QuickTime™ and a H.264 decompressor are needed to see this picture.

-Frontal Start Progression - Body Position- Elite
-Back Crawl Start Progression- Body Position-

QuickTime™ and a H.264 decompressor are needed to see this picture.

-Back Crawl Start Progression- Body Position-
QuickTime™ and a
H.264 decompressor
are needed to see this picture.

-Back Crawl Start Progression- Body Position-

QuickTime™ and a
H.264 decompressor
are needed to see this picture.

-Back Crawl Start Progression- Power-Undulation-
-Back Crawl Start Progression - Power-

-Front Crawl Turn Progression - Body Position and Speed-
-Back Crawl Turn Progression - Gym and Water-

-Breaststroke-Butterfly Progression-

...Body Position and Spatial Awareness...
...Strength - Speed - Explosive Power...
...Agility - Mobility - Dynamic Balance...
-Breaststroke Turn Progression-

-Butterfly Turn Refinement- Age Group
-Butterfly Stroke Refinement- Elite
Correcting head position-looking sideways

-In-water Core Conditioning with Fun-
-Creative Sculling - one or several balls-

-FUN with Purpose- All Levels
Willingness to experiment -
- every athlete is unique -
- every situation is unique -
- all athletes have the power to transform themselves into significance -

- The Model -
... καλός - kalos (‘beautiful’) ...