

STROKE SKILL CHECKLIST : Age Group coaches can prepare and use a list like the one below as an easy way to check off the basic, yet critical skills for each swimmer during the season. It can keep all coaches focused on consistent techniques and can also be used to select drills to use for your swimmers. This one was used for an aged 10-12 group. A list for younger swimmers can be shorter. Can also make a check sheet with swimmer names down the left side and a stroke row (e.g. Backstroke) across the top to rate each swimmer.

	1	2	3	4	5	6	7	8	9	10	11	12
Back	Kick: Initiates from butt and core. <u>Straight legs.</u>	Kick: 6-beat with toes flicking out every third	Body: Hips high, Head: neutral position	Entry: Pinkie 1st Outside shoulder, NO wrist flex	Release: Thumb first, no pause, hand is close to surface	Recovery Straight arm ... rotate wrist 1/2 way through	Pull: Deep entry. No slap or pause at surface	Pull: Press <u>down</u> and out (not just out) on entry	Pull: Sweeping "down/up/back" arm motion	Timing: Hips rotate AS the hand enters, not after.	Timing: Hips/legs and arms/shoulders rotate <u>together</u> (long axis) <u>through</u> the core.	HANDS FLAT, WRISTS FIRM, FINGERS TOGETHER

Breast	Kick: Heels outside knees	Kick: Lift heels close to surface	Kick: Fast, sideways kick (cymbals)	Pull: Hands flat, fingers together, wrist firm	Pull: Out/In sweep is in front of shoulders	Pull: No pause under chin Fast "shoot"	Body: At finish of kick, hips are close to surface	Head: At finish of kick, face is looking down	Timing: Breathe late, kick late	Timing: Should be noticeable: "click" pause	Hand extension should be out, not down	HANDS FLAT, WRISTS FIRM, FINGERS TOGETHER
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Fly	Kick: On hand entry and on finish. "Poke then Kick"	Kick: Initiates from chest. Small knee bend	Head / Breathing Goes from "face down" to "chin forward"	Pull: Start with slight outswEEP then	Pull: Pull elbows forward as hands sweep Up + inward	Pull: Thumbs close under belly prior to outswEEP	Finish: Fast finish with rounded-out release	Recovery: Arms swing straight and relaxed	Entry: Hands enter relaxed and high in front of shoulders	Timing: Breathe early, drop head early	Timing: Face drops before hands reach the "T"	HANDS FLAT, WRISTS FIRM, FINGERS TOGETHER
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Free	Head: Neutral position. Imagine head+body on skewer	Kick: Small, fast kicks with 6-beat rhythm	Kick: Initiates from butt and core, not knee. ("Big toes touch")	Entry: Hand in front of shoulder + extend 12" deep	Pull: Press down+out while pulling elbow forward	Pull: Sweep in under chest w/ elbow pointing to side	Pull: Finish stroke fast! Thumb close to thigh	Breathing: Keep chin out of shoulder. Breathe EARLY.	Breathing: Eyes look forward but neck doesn't break "skewer"	Timing: No break in kick or tempo when breathing	Timing: Kick and pull joined together by the "twisting hips"	HANDS FLAT, WRISTS FIRM, FINGERS TOGETHER
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