

# Rotation Method

## Goals:

Establish a framework to build on.

Keep swimmers moving as much as possible.

Explain activities in detail:

“Streamline from bench to bench.

Go four times. Go when clear.”

Everyone does the same thing.

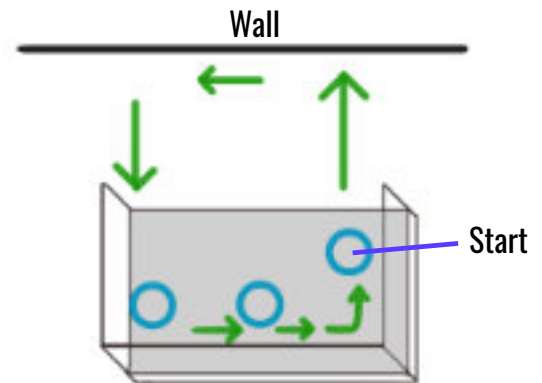
## Start in the right corner

Move a short distance.

At wall, move over.

Return to bench and get back in line.

Keep moving until everyone finishes the amount of repetitions given.



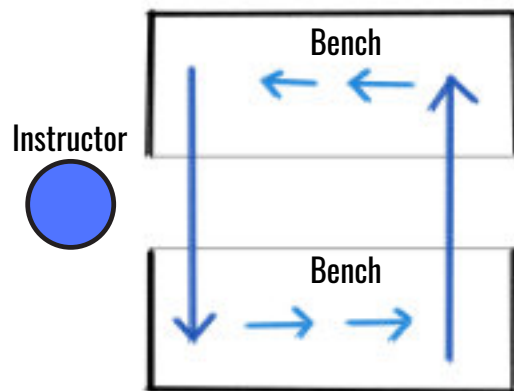
## Avoid pauses

Automate everyone moving.

When establishing routine, spend time on being the “traffic cop;”

- Go now. Stop. Move over. Return.

As swimmers move on their own, focus on giving feedback for every attempt.



## Start with short distances

From the bench to the wall, or from the wall to the instructor.

Slowly increase the gap between the swimmer's ability to touch the wall or the bottom.

Bench to bench is great. Start with the benches touching and slowly separate them over time as swimmer comfort grows.



Expand your skills and activities over time to shallow or deep water in a swimming lane.

Combine activities:

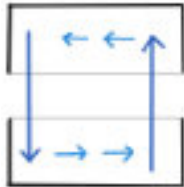
- Streamline
- 5 front crawl arms + 1 breath

# Activities & Challenges

## Glides with support → Independent glides → Rolling Twist

### Glide from bench to bench with floating support

- Kickboard
- Barbell
- Instructor



### Glide without support to an instructor or flags.

- Streamline + 3 Free strokes
- Streamline on surface on back + 3 Back strokes
- SL + 5 Free strokes and 1 breath



### Rolling Twist:

Streamline on the surface or underwater. Repeat 4 x.

While doing the streamline roll along the spinal axis by twisting the hips.

Stay in streamline.

Success = 2 full rotations.

## Streamline → SL + FR/BK → Flip at Wall

Starting at the wall, do a streamline on the surface or underwater.

Can be from a bench to bench or from wall to instructor.

Focus on moving a short distance without support.



### Streamline + Swim

After a streamline do some swimming.

- 3 Front crawl arms starting & finish in position 11.
- 3 Back crawl arms starting & finishing in soldier.



### Challenge - Flip facing wall

Front flip as close to wall as possible. Paint toes on wall.

- Target the + sign and place both feet on the horizontal line.



## 1 length → Circle Swim → Dancing Party

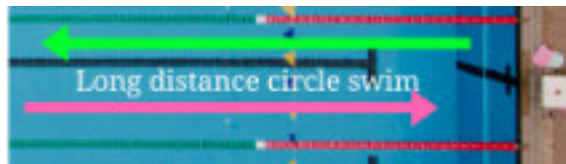
Position 11 with fins or with a kick board for 1 length of your pool.

Focus on going down on the right side of the lane.

Avoid crossing over the line on the bottom.

Kick with a board or do Position 11 for 5 Kicks + 1 Free arm stroke.

Focus on going down on the right, returning on the right (other side), like driving.



### Challenge - Dance Party:

In water all can stand in:

- Dance to the "T" mark
- Move over along the top of the "T"
- Dance backwards back to the wall.
- Keep going for 5 rounds.
- Change dance each round.