



LESSON PLAN

ANYWHERE SCHOOL

SUBJECT: Stroke Conditioning & Core Control

CLASS: Intermediate to Advanced Youth or Teen Stroke Development

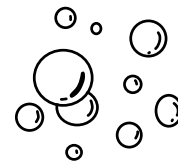
WARM-UP:

- Swim down and back



BREATH CONTROL:

- Blow bubbles at the surface



LESSON STEPS

Kickboard Drill:

- Straight arms, head up, fast kicking down the lane

Breaststroke Arm Drills:

- Breathe, exhale, inhale rhythm

Swim Bar Drill:

- Hold swim bar in prone position
- Blow, breathe, repeat (x3)

Swim Intervals:

- Big arms swimming
- Stop, stand, breathe, glide again

RESOURCES REQUIRED

Vertical to Horizontal Transition:

- Back to belly push-offs with 3 hard kicks
- Stand, fall forward, and power kick

WRAP UP

Dive Toys & Jump In:

- Retrieve toys
- Jump in and swim back

Swim Lesson Plan (Detailed Breakdown) – Full Version

Intermediate to Advanced Youth or Teen Stroke Development

Ideal for:

- Ages 8-16
- Swimmers who can already swim 25 yards unassisted
- Level 4-5 Red Cross or equivalent
- Pre-team, swim team conditioning, or strong lesson graduates
- NOT ideal for fearful beginners or non-swimmers

1. Warm-Up

Activity: Swim down and back.

Purpose: Prepares the body for movement, regulates breathing, and wakes up core muscles.

2. Breath Control: Bubble Blowing

Activity: Blowing bubbles while stationary.

Purpose: Reinforces breath control and CO2 tolerance. Builds consistency in nose/mouth exhale.

3. Swim Bar Drill

Activity: Holding swim bar in prone plank position while blowing and breathing.

Purpose: Builds shoulder and arm engagement while maintaining core control and horizontal balance.

4. Kickboard Drill

Activity: Straight arm hold with head up while kicking quickly.

Purpose: Strengthens hip flexors and thigh muscles. Trains head and spine alignment under stress.

5. Breaststroke Arm Drills

Activity: Repeated inhale/exhale cycle with arm movements.

Purpose: Improves coordination, breath timing, and rhythm awareness.

6. Swim Intervals with Standing Rests

Activity: Swim with big arms, stop to stand and breathe, then initiate a glide to restart.

Purpose: Builds explosive power, encourages proper breath reset, and enhances start-stop awareness.

7. Back-to-Belly Transitions

Activity: Push off, kick 3x, stop, stand, then fall forward and power kick back.

Purpose: Develops vertical-to-horizontal transitions, strengthens lower body, and practices explosive movement.

8. Dive Toys & Jump Swim

Activity: Retrieve dive toys and jump in, swim back.

Purpose: Reinforces fun, confidence, and closing class with positive energy.

Class Focus Themes:

- Breath control and CO₂ tolerance
- Core engagement + streamline positioning
- Stroke refinement (especially breaststroke and freestyle)
- Interval training with rest strategy
- Shoulder + hip strength in swim posture