DRYLAND TRAINING FOR AGE GROUPERS
(DAY DREAMING REQUIRED)

Guy Edson - ASCA

Goals of the Presentation

- Stir your imagination
- Show a collection of not so common exercises
- Show a shoulder stabilization circuit
- How to use your pool as part of dryland training

Goals of Dryland for Age Group

- Balance:
  - balance beams, one legged exercises
- Rhythm and Coordination:
  - swimming motions, ball throwing
- Body Awareness:
  - contra opposed motions, cross body exercises
- Core Strength:
  - “Develop the core before the extremities”
  - planking, sit ups, pushups
- Practice swimming specific skills
  - Jumping, tumbling, surgical tubing
- Fun
- NOT Flexibility… why?
Another Way to Say It…

“Train Movements not Muscles”
-- Vern Gambetta

Resources

- Tons of places on the internet
  - Google “PE Activities for Children”
- Dr. Laura Cox “Dryland Training for Age Group Swimmers” book
- Dr. Monika Schloder
  - “Dryland Training for Age Group Swimmers” CD PPT and video
  - “Dryland Training for Starts Turns Finishes” CD PPT and video
- Physical Education Teachers

Some Practical Considerations

- Make it easy, different, fun
- Emphasis is on technique and safety
- Discipline is key, no goofing around!
- Better NOT to partner boys and girls (but both can do the same program)
- Catch kids doing things right
Some Practical Considerations

- Have ribbons or small rewards for achievements
- Have “team goals,” When everyone can do 20 pushups, everyone gets….
- Consider doing it AFTER in-water practice starts
- Create 2 to 3 week cycles – Points of Focus
  - Rhythm and balance, core and speed, swimming skills
  - Long enough to learn and improve, but short enough to keep from being bored

A Collection of Exercises

When looking for Age Group exercises: look for
  - safe
  - low resistance
  - builds balance and/or core
  - is easy to understand
  - has levels of difficulty ranging from easy to tough

On the Next Pages… a partial listing

- Level 1, no beam
- Level 2, beam
- Level 3, beam with quarter squat
Agility, mobility

Back start arch

Backstroke Starts
Sticks and Balance Beams

Med Ball Warm Up

Adaption: Counter cross – ball /upper body left, lower body right

Dryland Exercises – Alt Overhead Press on Physio Ball
Dryland Exercises – Side Jumps

Dryland Exercises – Slide Board

Dryland Exercises – Slide board With Touch
Dryland Exercises – Med Ball Throw down

Dryland Exercises – Disco

Dryland Exercises – Disco on Balance Tube
Dryland Exercises – Step Ups with a Hop

Dryland Exercises – Burpees

Dryland Exercises – Prone Bridge
Dryland Exercises – Prone Bridge with Kicks

Dryland Exercises – Back Bridge

Dryland Exercises – Back Bridge with Kicks
Dryland Exercises – Side Bridge

Dryland Exercises – Side Bridge with Kicks

Side Bridge with Dumbbell
Dryland Exercises – Crawling Circuit, Forward and Back

Dryland Exercises – Crawling Circuit, Sideways

Dryland Exercises – Crawling Circuit, Alligator Crawling
Back bridge

- Lift Hips, straight line, with alternate leg lifts
- Can also do on elbows

In-Line Squats

- In-line squats with medicine ball extension on balance beam

Sit and Twist “Russian Twist”

- Shoulders and Feet Up
Lawn Mower

- Use one arm at a time
- Alt 5 right, 5 left, one arm at a time
- Big twist

Boxing

- Alternate arms with big twist, feet anchored

Swing Jumps

- Just like a relay swing start
Rotation Push Ups
- With Dumbbells, if able

1

2

Triceps Curls
- Alternating with dumbbells on one leg

Shoulder stability circuit
- Light weight
- Smooth movements
- "The difference between rehabilitation exercises and stability exercises... is the injury." (Do stability to decrease chance of injury.)
- Start 15 on, 45 off, build to 45 on, 15 off.
- Do each station twice to accommodate both right and left sides
Angel Lifts, Station 1

External and Internal Rotation, Station 2

Shoulder Complex, Station 3
1. Internal Rotation
   - standing with cords

2. contra opposed lifts

Pencil Squeeze, Station 4
3. External Rotation
- on side
  w/water bottle or very light weight

4. Shakers
- Thumbs up
- Short quick circles to side for 10 seconds
- Repeat to front

5. Shoulder Combo
- Keep Thumbs up or out
- Hold each position for 3 seconds
- To shoulder height
- To outside hips
- To diagonal
- To opposite diagonal
6. Bent arm pullovers
- Laying down, not standing

8. Medicine Ball High - Low handoff with 3 partners
- Receive low, handoff high
- Switch direction

10. Half or Full Angel Lifts with Dumbbells or Water Bottles
An Alternative Swim Practice Routine

How many ways can you use the pool and the deck?

Use your pool and the deck area for a station to station workout where small groups of 2 to 4 swimmers travel from one station to the next for a prescribed amount of time.

An Alternative Swim Practice Routine

Why?
Variety
- speed oriented
- motivating -- because of the change from the routine workout
- very challenging (tiring)

Why not?
- Takes time to plan and organize
- Provides opportunity for chaos
- Potential for injuries increases

An Alternative Swim Practice Routine

1. Discipline which leads to safety.
   Keys to Discipline
   a. know what the rules are
   b. enforce the rules with consequences

   No athlete’s participation is worth the injury of another child
An Alternative Swim Practice Routine

2. Staff
   - Actively supervising, encouraging, correcting
   - Give feedback the Allan Jackson way, from the song “Drive”:
     "turn it left, steer it right, straighten up girl now you're doing just fine."

An Alternative Swim Practice Routine

3. Planning/purpose
   - create a library of exercises (see below)
   - using your imagination
   - different circuits for different objectives
   - how long per station?
   - How much time to switch?
   - Do the math – re number of swimmers/stations/time

An Alternative Swim Practice Routine

4. Use Visible Placards
5. Interval timer with horn (or a coach with a stop watch and a whistle)
6. some dryland equipment
7. Instructions, teach the stations one at a time to the whole team first.
8. Recommendation: Start with a short circuit and build up because... what starts out as fun quickly turns into more work than they imagined.
9. Build a library with a broad base of dry land, water skills, and imagination.
A Dryland Program Using the Pool

- Purpose: Flexibility and Core Strength and Speed and Endurance
- Length: 3 weeks
- Method: Circuit, stations
- Progression:
  - based on number of exercises, progressing from 10 to 20
- Frequency: 3 times per week, 9 session total

Stations:
This circuit will take 20-30 minutes.

1. hamstring stretch, sitting down
2. kick 25 breast
3. 10 swing jumps
4. 25 sprint free
5. 10 press ups in water
6. 5 tuck turns, 5 race finishes
7. 10 overhead med ball bounce throws with partner
8. 25 sprint fly
9. 10 push ups
10. 10 step ups
11. 5 run dives with flip at 6 yards, sprint finish
12. kick 25 breast
13. hamstring stretch sitting down
14. 10 swing jumps
15. 5 broad jumps into pool
16. 10 double arm chest pass med ball
17. swim 15 backstroke spin drill
18. 5 run dives to wall with turn

See Next Page
Thanks for coming!

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