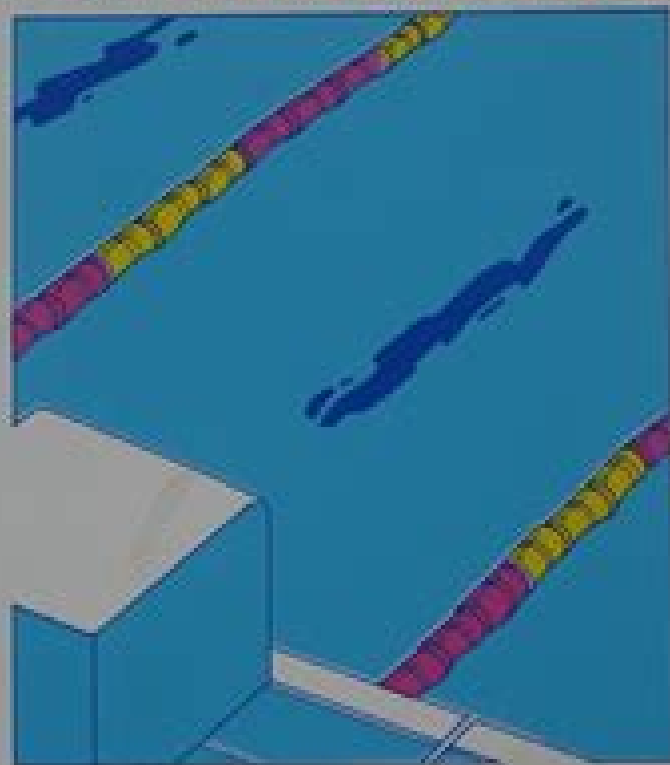




# How to coach **SWIMMING**



Rick Cross

# How To Coach Swimming How To Coach

**Kathleen M. Armour, Robyn Jones, Paul  
Potrac**



## **How To Coach Swimming How To Coach:**

**The Swim Coaching Bible Volume I** Dick Hannula, Nort Thornton, 2001-07-02 The Swim Coaching Bible offers you an all star international cast of swimming experts sharing their knowledge on producing the most successful individual athletes and teams in the sport This book is sure to be a classic one that swimming coaches reach for again and again Specifically The Swim Coaching Bible covers the key principles of coaching and program administration conducting effective practice sessions teaching techniques for every stroke and training programs for every event Endorsed by the World Swimming Coaches Association the book shares the wisdom of the world s best coaches who address the topics they know best Contributors include Richard Quick Believing in Belief Jean Freeman Putting Fun Into the Swimming Experience Peter Daland Coaching With Integrity John Leonard Tailoring Your Approach to Specific Competition Levels Jack Bauerle Administering and Marketing a Winning Program Skip Kenney Developing a Successful Team Bill Sweetenham Maximizing a Swimmer s Talent Development Jill Sterkel Long and Short Range Planning Bruce R Mason Putting Science Into Practice Deryk Snelling Applying the Art of Coaching Rick DeMont Freestyle Technique Dick Hannula Backstroke Technique Pablo Morales Butterfly Technique David Salo Breaststroke Technique John Trembley and Gary Fielder Starts Turns and Finishes Michael Bottom Freestyle Sprint Training Doug Frost Freestyle Middle Distance Training Dick Jochums Freestyle Distance Training Eddie Reese Backstroke and Butterfly Sprint Training Bill Rose Backstroke and Butterfly 200 Meter Training Jon Urbancheck Breaststroke Training Dick Shoulberg Individual Medley Training David Marsh Relay Training Randy Reese Power Training Don Gambril Preparing to Excel in Competition This is without question the most prolific and authoritative group ever assembled in a single swimming book The Swim Coaching Bible is a book that will be treasured for many years to come

**The Swim Coaching Bible Volume II** Dick Hannula, Nort Thornton, 2012-04-09 For more than a decade top coaches have turned to one resource time and time again Collecting the wisdom insights and advice from the sport s legendary instructors The Swim Coaching Bible immediately established its place in the libraries of swim coaches around the globe Coaches it s time to make room alongside that classic for a new resource The Swim Coaching Bible Volume II picks up where the original left off providing more instruction guidance and expertise on every aspect of the sport Inside you ll learn the secrets strategies and philosophies of 27 of today s most successful coaches including these legendary leaders Jack Bauerle George Block Mike Bottom Bob Bowman Sid Cassidy John Urbancheck Bill Rose Vern Gambetta David Durden Brett Hawke Gregg Troy John Leonard Dick Shoulberg David Marsh Teri McKeever Bill Sweetenham From developing swimmers to building a winning program teaching the nuances and refining stroke techniques to applying the latest research to training and conditioning programs it s all here Endorsed by the World Swimming Coaches Association this new collection is another landmark work in competitive swimming If you coach the sport or want a competitive edge The Swim Coaching Bible Volume II is a must own

**Coaching Swimming Successfully** Dick Hannula, 2003 Coaching foundation Stroke technique Coaching

plans Meets Evaluation      *Coaching Swimming* Ralph J. Richards,2006      Swimmer to Coach Matthew Johnson,2020-10-31

This book is designed to be an in depth guide to writing workouts for swim coaches who are new to coaching or looking to improve their workout writing abilities This book will go into detail on workout volumes effort levels rest amounts intervals skills and drills and set patterns Its contents can be used to help coaches who work with year round summer league high school college and masters teams      *The Swim Coaching Bible* ,2012 The Swim Coaching Bible Volume II presents the wisdom of 27 top collegiate and high school coaches from around the world who cover every key to building a successful swim program With experience coaching world record holders and Olympic champions each contributor addresses a topic in which they have expertise and shares successful coaching experiences with readers These world renowned coaches are among the extensive lineup of contributors Bob Bowman coach of Michael Phelps Vern Gambetta performance training consultant to a variety of professional and amateur teams and swimming clubs Brett Hawke 2009 NCAA co coach of the year in swimming John Leonard executive director of the American Swim Coaches Association Swimming for fitness and competition has experienced an 18 percent increase in overall participation since 2000 With coaching techniques constantly evolving this all new volume of The Swim Coaching Bible focuses on developments in the sport during the past 10 years building on the knowledge contained in the first volume by presenting the latest advances in training The Swim Coaching Bible Volume II covers it all from establishing priorities and leading a program to its full potential to teaching stroke technique and training for optimal performance Photos charts and graphs supplement the text for easy instruction Coaches from various backgrounds from age group to collegiate ranks as well as competitive and fitness swimmers will find The Swim Coaching Bible Volume II to be an ideal resource for improving performance This new volume is a wonderful complement to the 2001 title The Swim Coaching Bible ISBN 978 0 7360 3646 7 Both volumes offer expert advice for producing the most successful individual athletes and teams in the sport      *Coaching Essentials* Ralph J. Richards,2004      *Swimming* Scott Bay,2016-02-09 Be confident in the pool or open water with *Swimming Steps to Success* This proven program will help you master these techniques Freestyle Backstroke Breaststroke Butterfly Starts and Turns Open Water Survival Swimming Step by step instruction and full color photos show basic arm and leg movements along with proper body position for each skill Drills reinforce the instruction and help you practice each stroke There s even a scoring system for gauging success and determining readiness to advance to new skills Whether you re instructing learning to swim or looking to improve your aquatic skills *Swimming Steps to Success* will let you develop at your own pace Part of the highly successful Steps to Success Sport Series with more than 1 6 million copies sold it s your guide to in water excellence      Fundamentals of Swimming and Aquatic Sports for Coach, Instructor, Pupil and Water Fan E. J. Manley,1927      Coaching Swimming Effectively Jean G. Larrabee,1987 Veteran coach Jean Larrabee outlines a winning approach to teaching strokes organizing practices and training properly      Swim Smooth Paul Newsome,Adam Young,2012-06-15 Transform your technique in the water and

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Swim efficiently Swim fast Swim Smooth *Swim Coaching Bible, Volume I, The* Dick Hannula, Nort Thornton, 2001 Covers the key principles and coaching and program administration conducting effective practice sessions teaching techniques for every stroke and training programs for every event

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*Sports Coaching Cultures* Kathleen M. Armour, Robyn Jones, Paul Potrac, 2004-07-31 The art of coaching is recognising the situation recognising the people and responding to the people you are working with that s the big thing to handle people Steve Harrison Coach Middlesbrough Football Club Responding to the fast growing subject in academic sports departments this groundbreaking new coaching studies text offers a view that focuses the coach as a person and the coaching practice as a complex social encounter Unlike existing titles in the field which look at coaching as a science this book examines the personalities histories relationships and individual styles of eight coaches at the top of their profession One to one interviews with some of the best known and respected elite sports coaches include Steve Harrison Hope Powell and Graham Taylor from football Ian McGeechan and Bob Dwyer from rugby Di Bass from swimming Lois Muir from netball and Peter Stanley from athletics and form the basis for subsequent exploration of four key themes in sports coaching coaching pedagogy the coach s role the coach s interaction with athletes the coach s power This text will be of significant interest to students of coaching science and sports science and will appeal to the considerable body of amateur sports

coaches with an interest in the styles of those at the top      Positive Pedagogy for Sport Coaching Richard Light,2016-11-25

The concept of positive pedagogy has transformed the way we understand learning and coaching in sport Presenting examples of positive pedagogy in action this book is the first to apply its basic principles to individual sports such as swimming athletics gymnastics and karate Using the game based approach GBA an athlete centred inquiry based method that involves game like activities this book demonstrates how positive pedagogy can be successfully employed across a range of sports and levels of performance while also providing insight into coaches experiences of this approach Divided into three sections that focus on the development characteristics and applications of positive pedagogy it fills a gap in coaching literature by extending the latest developments of GBA to activities beyond team sports It pioneers a way of coaching that is both efficient in improving performance and effective in promoting positive experiences of learning across all ages and abilities Positive Pedagogy for Sport Coaching Athlete centred coaching for individual sports is invaluable reading for all sports coaching students as well as any practising coach or physical education teacher looking for inspiration      **Science of Coaching Swimming** John Leonard,1992 Each chapter in this reference explains why a particular sport science is important discusses the central concerns of the science and provides specific coaching applications for swimming In addition the book features over 50 illustrations a dozen charts and numerous sample practice plans      *Learning in Sports Coaching* Lee Nelson,Ryan Groom,Paul Potrac,2016-03-31 The facilitation of learning is a central feature of coaches and coach educators work Coaching students and practitioners are as a result being expected to give increasing levels of thought towards how they might help to develop the knowledge and practical skills of others Learning in Sports Coaching provides a comprehensive introduction to a diverse range of classic critical and contemporary theories of learning education and social interaction and their potential application to sports coaching Each chapter is broadly divided into two sections The first section introduces a key thinker and the fundamental tenets of his or her scholarly endeavours and theorising The second considers how the theorist s work might influence how we understand and attempt to promote learning in coaching and coach education settings By design this book seeks to promote theoretical connoisseurship and to encourage its readers to reflect critically on their beliefs about learning and its facilitation This is an essential text for any pedagogical course taken as part of a degree programme in sports coaching or coach education      *Coaching Swimming* Ralph J. Richards,2004      **To Be a Better Coach** Pete Van Mullem,Lori Gano-Overway,2021-05-17 In To Be a Better Coach A Guide for the Youth Sport Coach and Coach Developer Pete Van Mullem and Lori Gano Overway combine hands on experience and comprehensive research to offer coaches and coach developers concrete practical suggestions to improve coaching performance in youth sports To Be a Better Coach shares common and best practices in coaching such as providing a safe sport environment engaging in ethical practices creating a positive and inclusive environment building relationships with all stakeholders and developing leadership and motivational skills Each chapter explains the skills and guidelines needed to develop as a youth

coach in that specific area followed by examples of real world scenarios from practicing coaches In addition each chapter includes useful resources and practical strategies for the development of coaches With the continued rise in youth sports the need for trained and qualified coaches is growing Using an applied approach To Be a Better Coach is a needed guide for youth sport coaches and coach developers working in community youth sport programs interscholastic sport and private youth sport organizations College Swimming Coach Donald W. Hastings,1987 The use of sociological concepts to analyze the occupation of swimming coach is handled well a good professional socialization device CHOICE

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