



Freestyle Skill Building for 4 Year Olds

Laurie uses the following
strategies when teaching this
child to swim



DEVELOPED BY
Laurie Lawrence





Welcome

Watch as Laurie takes a 4-year-old child through the building block process of freestyle swimming. Laurie spends just a little time on each of these skills but instructors should take their time and make sure that each of these skills are mastered before moving on to the next skill.

Laurie uses the following strategies when teaching this child to swim.



Positive Communication



- Eye contact when delivering instructions
- Used swimmers names for rapport and attention
- Simple verbal instructions
- Physical demonstrations
- Lots of feedback given where necessary
- ask child to repeat instructions for understanding
- Positive reinforcements



Enthusiam

- Verbal praise
- Have fun with the swimmer so they want to return to the lesson
- Rewards such as bowing to the group and ringing the Champions Bell





Instructors should plan lessons with a focus in mind, build a good rapport with swimmers, understand the needs of the swimmer and their parents. Skills should be reinforced and practise a lot until mastered and swimmers are ready to progress. Maximum practice time should be worked towards with all swimmers within the lesson moving as much as possible.

4-year-old swimmers can have a strong propulsive drive with their legs and a good feel from the water with their arms with lots of assistance and support from their instructors. Manipulation assists instructors in teaching these skills to swimmers of all ages and abilities.


World Wide Swim School recommends parents stay in the water with their children until they turn 4. This will form excellent muscle memory and create great swimming technique.





Skills Shown Within the Video

1. Prone Float with Board

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- Hold board in the middle on the side for balance (thumbs on top, fingers underneath)
 - Straight arms assist streamline position
 - Chin on chest assists streamline position
 - Push from ledge/side of pool/bottom on the pool
 - Feet together where possible
 - Eyes in for 10

2. Prone Kick with Board

- Hand position remains the same on the board
- Hands in the middle of the calves for manipulation. Body facing away from the swimmer
- Manipulation helps build muscle memory and skill
- Independent kicks up, manipulate back to build skill and increase muscle memory
- Lots of feedback and support where necessary



3. Prone Float Without Board

- Hands together (one on top of the other)
- Straight arms behind ears
- Chin tucked down on the chest
- Feet together
- All of the above points lead to a good streamline position

4. Prone Kick Without Board

- Same head and hand position as above floating activity
- Little fast kicks will achieve better propulsion through the water
- Manipulation should occur on the ledge or with a kickboard so as not to scare swimmers or have them feel like they are being pushed underwater

5. Staggered Arm Kicking

- One arm up beside the ear – entry position for freestyle
- One arm down beside the leg – exit position for freestyle
- Arms stay still as feet kick
- Chin on chest to achieve streamline position



6. 6 Kicks Change Drill

- Land drill for understanding – Laurie shows swimmer what he wants
- 6 kicks promote a fast 6 beat kick for regular swimming
- Little fast kicks then change arms
- No breathing when first attempting this skill – cover short distance and gradually move out to longer distances
- Physical manipulation assists learning – don't cover swimmer's hand too much so child feels the water with their hand
- Thumb underneath the swimmer's wrist and 2 fingers on top of the hand to guide the swimmers paddling movements



7. Bubble and Breathe to the Side

- Swimmer practises only to one side breathing then alternates. The end product is bilateral breathing
- This skill can be practised with a board while getting it right

8. 6 Kicks Change Breathe to the Side When You Need a Breath

- Evie breathes to the front because she hasn't practised this skill before
- Swimmers should breathe only when they need a breath, not every time
- Works towards getting a reward (ring the Champions Bell)

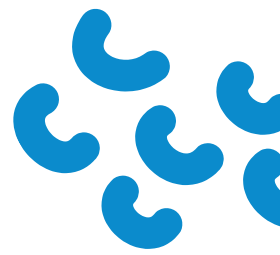


Laurie's Last Words



These steps will produce excellent quality stroke development and allow swimmers to progress through the stages of learning freestyle at their own pace.

Laurie loves teaching swimmers of all ages freestyle and the aim is always the same – step by step swimming following a building block approach.



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