

Stroke Development & Analysis Course



Stroke Development & Analysis course is an interactive, theory and practical application based course in an environment that encourages participation and mastering of skills. Video clips and practical sessions are used to aid understanding, analysis and application of the skills to develop Freestyle, Backstroke, Breaststroke and Butterfly.

The course content is presented in modules. Each module covers a specific area of becoming an effective coach, understanding the biomechanics of the strokes, thereby enhancing the skills of coaches to be more effective, innovative and decisive.

Topics covered but not limited to:

• Being a Coach	• Communication skills
• Learning and swimmer ownership	• Freestyle principles
• Observation skills	• Backstroke principles
• Good Mechanics	• Butterfly principles
• Analysis of stroke	• Breaststroke principles
• Start, turns, finishes	• Drills

An understanding and application of the course content is assessed during the course through a series of worksheets and practical sessions to establish competency.

Upon completion of the course, practical Teaching/Coaching hours in all strokes needs to be demonstrated and competency verified.

Once competency has been established, the participant will be issued with a certificate of qualification.

Cost:

- \$250.00 per person

Please contact Sharon Burger for further assistance:

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