

Synchronized swimming coaching methods age 12 & under

Seminar of synchronized swimming
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What does it mean synchronized swimming

- Goal
- Conditions
- Man power (working hours)
- Practise hours
- Examples: athletes, parents, coaches, clubs, federation

How to start = SELECTION

- Floatation
- Flexibility of muscle
- Flexibility of joints
- Soft and hard coordination
- Character
- Examples: exercises

General rules of coaching

1. Methods of coaching:
 - dont be late
 - clothes
 - way of explanation (visual 80%, talking 10%)
 - few but strict rules
 - let children teach each other
 - correction (max. 3 mistakes)
 - playing
2. Tests

General rules of coaching

3. Strategy of coaching:
 - a. active start (0-6y)
 - b. FUNdomona (6-8y) – happy beginning
 - c. learn to train (8-11y) – shorter for us
 - d. train to train (11-15y)
 - e. learn to compete (16-19y)
 - f. train to win (18+)
 - g. sport for life

When to improve motional skills according Dubecz József

- Condition skills:
 - general power
 - endurance power
 - speed power
 - explosive power
 - maximal power
 - relative and special power
 - aerobic endurance
 - anaerobic endurance
 - special-personal

When to improve motional skills according Dubecz József

- Coordination skills:
 - kinesis
 - speed
 - rhythmical
 - reaction
 - balanced
 - spatial-orientation
 - joining moves
 - differentiation
 - special-personal

Practising at the beginning

- 1st year:
 - start between 6 and 10 years
 - 4 – 5 practises per week
 - maximum 2 hours per practise
 - example of one week:
 - 1st day: 2h ballet
 - 2nd day: 1h gym, 1h water
 - 3rd day: 2h ballet
 - 4th day: 1h gym, 1h water
 - 5th day: 2h water

Practising at the beginning

- 2nd year:
 - 4 – 5 practises per week
 - maximum 2 hours per practise
 - example of one week:
 - 1st day: 2h ballet
 - 2nd day: 1h gym, 1h water
 - 3rd day: 2h ballet
 - 4th day: 1h gym, 1h water
 - 5th day: 2h water

Practising at the beginning

- 4th year:
 - example of one week:
 - 1st day: 2h ballet
 - 2nd day: 1h RG, 1,5h water
 - 3rd day: 1h ballet, 1,5h water
 - 4th day: 1,5h RG, 1,5h water
 - 5th day: 1h gym, 2,5h water

Practising at the beginning

- 3rd year:
 - example of one week:
 - 1st day: 2h ballet
 - 2nd day: 1h RG, 1,5h water
 - 3rd day: 1h gym, 1,5h water
 - 4th day: 1h ballet, 1,5h water
 - 5th day: 2,5h water

Practising at the beginning

- 10 – 12 years old:
 - 5 practises per week
 - gym: ballet's choreography
 - water: team including elements 12&under figures 12&under
 - example of one week:
 - 1st day: 1h gym, 2h water
 - 2nd day: 1,5h RG, 1,5h water
 - 3rd day: 2h ballet, 1h water
 - 4th day: 1h gym, 2h water
 - 5th day: 2h RG, 2h water

General rules of coaching figures

- Design (geometry)
 - accuracy of the lines, angles
 - accuracy of alignment of body parts
 - accuracy of transitional movements

General rules of coaching figures

- Control
 - shape of the leg
 - extension
 - height
 - stationary (no travelling)
 - flexibility
 - dynamic
 - tempo
 - ease of performance (overall impression)

Thank you