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Outsmarting a 10 year old

My Coaching Goals

- Get kids to practice
- Make it safe and fun
- Teach the fundamentals of stroke technique
- Teach a strong work ethic
- Get them to love to go fast and race



My Job (as I see it)

- I coach 9-10 year olds
- I build a strong foundation for everyone else
- I get the ball rolling in a lot of areas
- I get them to “buy in” to swimming



Things I have to teach in 2 years

- How to get in the pool
- How to get out of the pool
- How to do a drop and push
- How to do a streamline
- Why we do a streamline
- Gain awareness for the pool – where everyone else is
- Know where they are depth-wise
- How to do under water kicks - flutter , dolphin
- How to do a pull down
- How and when to take their first stroke
- Not to breathe on their first stroke - unless breast and back
- How to gain athleticism
- How to master their coordination
- How to feel the water
- How to propel through the water
- When you lift your head, your body does this
- When you push your head down, your body does that
- When you roll to the side your body does what?

More Things

- To trust me as their coach
- Where your fingers need to be pointed at each part of the press
- How to kick free with the whole leg
- How to kick dolphin with the hips
- How to kick breast stroke correctly - not swim lesson breast stroke
- How to turn your head to the side in free
- How to hold your head in back
- How to breathe and when to breathe in breast
- How to breathe low to the water in fly
- How to put your hand into the water in all strokes
- How to pull your hand out of the water in 4 strokes
- How to swim in a straight line
- How to balance your strength on both sides
- How to improve strokes and make times faster
- How to enter a meet
- Which events to swim

I need a raise!



Even More Things

- How to warm up
- Why we warm up
- Why we warm down
- Why we check in at meets, how to check heats and lanes
- Why we talk to the coach before and after each swim.
- How to dive
- How to monitor depth, hold a tight body in the air and how to achieve clean entry
- How to keep momentum going through the start and first stroke
- How to keep momentum going through the turn and first stroke
- How to build kicks through a swim
- How to use a pace clock
- How to get your time on a pace clock
- How to circle swim in a lane
- How to cooperate in who goes first on each set
- How to ask to go ahead of someone
- How to even pace
- How to descend

Maybe I need a vacation ...



Lots of Things

- How to count strokes
- How to kick to 15 m underwater
- How to do tip turns and flip turns
- How to swim fast and hold strokes
- How seeding is different in trials and finals meets
- How you race your seeds at T&F meets
- How to swim a prelim and final meet and manage energy
- How to do a relay start
- How to encourage your team mates when they didn't do well
- How to listen to the coach and make corrections in strokes or race plans
- How to handle being disqualified
- How to learn from mistakes
- How to tie "teaching moments" from meets to practice
- How to connect that coming to practice makes you faster at meets
- How as you get older it takes MORE training to go a little faster
- How to find "fun" in sets that challenge you.
- How to push yourself harder than you ever have before

What are the Senior Coaches doing?



So Many Things

- What are good foods to eat at meets, what are bad foods – why?
- Why should you drink during practice and meets
- How do you know you haven't had enough to drink?
- What should you eat or drink right after a race or practice?
- What foods should you eat to make you a better swimmer?
- How much rest should you get?
- How choices have consequences - skipping practice, not eating right, not getting rest affects meet times
- How to balance what is okay as a 9-10 and what is okay for swimming
- And then there is the MENTAL side of swimming!

Where do I start?

- RULES!!!
 - I like rules
 - I have 3

Group Rules

- No laughing, smiling, or having any fun.
- No YAYing! Or WooHooing!
- Bring your coach cookies.

- JUST KIDDING!



Water Rules

- Longer Bodies go Faster
- Defend the Line
- Power from the Body

Strategy for attacking strokes



Keep it simple (stupid) - KISS

- Explain it well and Take your time
- Do it often
- Give the drill a name
- Build a sequence adding one skill at a time
 - Stop when overloaded mentally
 - Review the progression often
- Make it visual
 - Watch video
 - Watch Teammates
- Connect to tactile
 - Feel it
 - Right way and wrong way

TEACH the Movement you want

- How to push off the wall
 - Drop and Push
 - How to place your feet
 - Where to put your hands
 - How to bring your hands over – Rainbow!
- Start by leaving in tight streamline on side
 - Look down to go on tummy
 - Look up to go on back
 - Add kicks (pulldown) for the correct stroke

Temper Expectations (Yours!)

- Remember the age of your swimmer
- Remember where you are in the process
- You are NOT the end product
- They are trying
 - Don't get frustrated at them, they'll know it
 - Coordination takes time
 - Keep working the progression
 - Each kid learns at a different time/rate

Remember

- The kids don't know what you know.
- They ONLY know what they know,
until you teach them.
- Patience, Patience, Patience
- Repetition, Repetition, Repetition
- REPEAT

Freestyle and Backstroke

- Floating – play with head position
- Streamline kicks
- 8 count kick and roll
 - Kick on one side, then other
 - Giant switch at mid pool
- Paddle Pushing
- Spoon in Goggles

Breaststroke

- Streamline push offs
- 1+1+1=1
 - 2 stand, etc
- Amazing, Purple, Pink
 - Kitajima, Dale Oen, Peaty
- Gorilla/Salmon
- Pull downs – feeling drag
 - Arm positions
 - Legs – knee drop
 - Pushing the paddle
 - Pushing the paddle through the hula hoop

Butterfly

- Kickboard undulations
 - Swim lesson kick
 - Wide board
- One breath every 4 kicks
 - one stroke with breath
 - Regular fly
 - Maintain same rhythm through set
- Dive Plus
 - Up to dive plus 5, then dive plus count your strokes

Starts

- Jumps in Shallow End
 - Trophy start, arms swing up to stacked streamline
- Off the blocks in Deep End
 - Sit dives
 - holds and 2-4-2
 - Regular

Turns

- Flips
 - Standing flips to get feet around faster
 - Holding a kickboard
- Tips
 - Drop and Push
 - Elbow your brother, punch the coach

Games we play to make them fast

- Scramble Rockets
- Relay Rest
- Team 50's
- Relays
- Whale



Fun Stuff we do

- Obstacle Course
 - One Way lanes
 - One lane each stroke
 - Climb out and do exercises at each end
- Kick Shark
- Kick – Belly Flop – Kick
- Kick – Cannonball - Kick

Programs and Rewards

- Duckies
 - Never underestimate the power of a ducky



Programs and Rewards

- Bag Ribbons for meets
- Pac Champs – First time – Fleece Beanie
- Far Westerns - First time – Red Towel



A Note from a Parent

- Hi Tisha,

Just want to share with you what's in Ethan's head... Last night, he suddenly told me that you said he might have a chance to go to all-stars. While he's happy that you said it, he also felt disappointed because he thought 100 Br would've been his best shot, but he remembered zone champs didn't offer 100 Br last year.

- I told him he still has a chance on other events if he tries harder, and maybe he can ask you what he should improve more before zone.
- He thought for a moment, and then came the pleasant surprise: He said, "Now that I'm thinking about it, Tisha has actually told me many things that I should improve. Let me fix them all!"
- He said it like his lightbulb above his head suddenly turned on! (I know, you are probably rolling your eyes thinking "Isn't it obvious that you should improve what I say?!" hehe... It's interesting that something so obvious to us actually doesn't click with the kids until the right moment comes! :)

After sleeping on it for a night, he told me today he really wants it. Now, let's see how determined he is!

Jen

Lovin' BTS

- Learning Positive Teammate talk
- How to laugh at their mistakes – not take things too seriously
- How they handle disputes
 - Favourite episodes
 - 33 – absolutely hilarious
 - 41 – Whisper challenge
 - 56 – Karaoke – any time the number 1 band in the world does Karaoke – its pretty funny
 - 61-62 – Sauna games

Favourite Episodes

- 5 – 100 second Sports Day
 - 33 – absolutely hilarious
 - 41 – Whisper challenge
 - 56 – Karaoke – any time the number 1 band in the world does Karaoke – its pretty funny
 - 61-62 – Sauna games
 - 63-64 – yellow school uniforms
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- Communication expert on Jin and Vs disagreement
 - <https://youtu.be/tgLr4QMXfvo>

Any Questions?



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Swim Coaches
Idea Exchange
Group