



Session Plan - Sighting for Open Water Navigation

Date: 2009	Attendance: Age group 9-13 learning to be able to swim and follow the course	Equipment needed: Bright objects for end of pool (large)
Venue: Pool		
Duration: 30 minutes		
Introduction (aims for session, reminders, etc.): To be able to <u>see in the distance landmarks, objects, bouys</u> on the swim course – so as to be able to <u>swim shortest distance</u> allowable		
Warm-up activities: Small series of swim warm ups such as 20 mtrs of medley strokes before starting main set to loosen shoulder & neck area	Drills and games: 1. Swim 5-10 mtrs of polo then normal freestyle for a few minutes 2. Swim 4 strokes but this time don't breath to side · > As your arm starts to come over lift your head up and look straight ahead (and take a breath here) –then drop head back into water for next 4 strokes · > As they get better , increase number of strokes before breathing if an older age group (every 5 th , every 6 th) 3 Now put various objects at end of pool – on the starting blocks & have them identify what you had up so as to practise the sighting component NOTE: This can be a tiring drill so include plenty of rests or between 2 & 3 have a small change of drill such as kick for a few minutes	Cool-down activities: Easy swim 3-4 minutes – some backstroke to unwind hunched shoulders from the drill efforts
Coaching tips/questions/challenges: <input type="checkbox"/> Coordination arm/head <input type="checkbox"/> Staying relaxed <input type="checkbox"/> Keeping stroke rhythm <input type="checkbox"/> Fatigue <input type="checkbox"/> Keep interest up		Class management/energisers: Play games on the objects – different sizes etc and sometimes do nothing so as they are continently monitoring ahead

Review/evaluation (key points from session, what worked and what did not, modifications for next session, etc.) :

- Should be done at least once every 3-4 weeks as it is essential part of the swim leg**
- Can be done in pairs to simulate race**
- Can be done with Round the Kickboard Buoy when proficient to ensure sighting out of any direction change**