



# Session Plan Template - Swimming around Bouy 10yo +

<b>Date:</b>	<b>Attendance:</b>	<b>Equipment needed:</b> Lane space 6 -12 kick boards Tape
<b>Venue:</b> Pool		
<b>Duration:</b> 15 minutes		

**Introduction** (aims for session, reminders, etc.): Learning how to swim around a marker bouy for open water  
 Not too close – but then also not way out wide  
 Be aware – head up if required – no where others swimmers are around you

<p><b>Warm-up activities:</b></p> <p>Incorporate as part of a swim session</p>	<p><b>Drills and games:</b></p> <p>Using tape – combine together 6 kick boards to make a bouy          Float in middle of lane(s)</p> <p>Have group swim around 1 x 1 without too many touches          Recovery after 4- 5 minutes continuous activity</p> <p>Then repeat but have 2nd K- board bouy about 25 mtrs away so group is doing loops</p> <p>Now in pairs to add a challenge and some fun competitive aspects</p>	<p><b>Cool-down activities:</b></p> <p>Continue on with swim session</p>
<p><b>Coaching tips/questions/challenges:</b></p> <ul style="list-style-type: none"> <li>-Awareness</li> <li>-Decision making when pairs</li> <li>-Technique getting around (tight turns and kicking to re start out of turning )</li> <li>-Understand may have to swim 1 armed for a few strokes</li> </ul>		<p><b>Class management/energisers:</b></p> <p>Least number of touches          Fastest double laps          Ensure tight turns learnt          Ensure kick to get going again</p>

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