

Mini Squad



Pathway: Development

Age Guideline: Female 6-10 years, male 6-10 years

Lead Coach: Paul Stanley **Assistant Coach:** Tracy Nicholls, Katherine Braybrook

Squad Objective: The goal of Mini squad is to introduce and train at the FUNdamentals level of the COPS LTAD and learn commitment, attitude and training/competition skills to make Development 1 or Development 2 Squad

Psychological

- Enjoys the process of training
- Engages with coaching team by asking questions and listening
- Good team supporter
- Delivers COPS RISES in every session
- Time management and punctuality

Training

- Athletes must learn how to read the clock without assistance
- Efficient technique on all 4 strokes with kick support. Including coordinated use of fins
- Perform competition start with streamlined entry
- Underwater target: streamline into 6 kicks/ 5m
- Drills and skills delivered to highest efficiency standards
- **Weekly Commitment:** All swimmers - 2 sessions

Strength and conditioning

- Introduce the progressive movements in the pre-pool mobility
- Complete 10 minutes mobility progression before every training session
- Respond to coach feedback with clear communication
- **Weekly Commitment:** Pre pool 2 sessions

Competition

- Uphold professional standards expected
- Use all skills learnt and repeated in training to the best of their ability
- Prioritise COPS team competitions over non-swimming events
- Wear team kit with pride
- Support team mates
- Have fun and learn from every experience
- Pack all bags ready for competitions whilst referring to the COPS guidelines

Kit required

Pool: Fins, centre- line snorkel, SMALL kick board, pull buoy, water bottle, spare COPS hat and goggles

Efficiency Guidelines	Stroke	Stroke Count [Per 25m]
<7 Years	Freestyle and Backstroke	
	Breaststroke	
8-9 Years	Freestyle and Backstroke	18
	Butterfly and Breaststroke	12
10 Years	Freestyle and Backstroke	16
	Butterfly and Breaststroke	10

