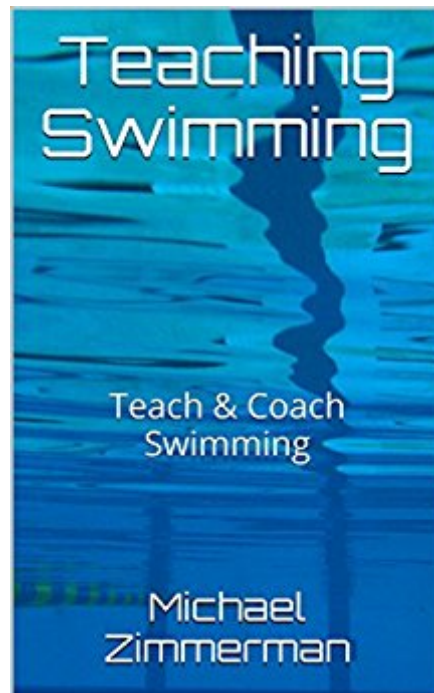




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Teaching Swimming: Teach & Coach Swimming



Synopsis

This is an excellent book to teach swimming lessons or for coaches. It breaks down the basic skills of swimming, common mistakes & fixes, and outlines each day of lessons. All four strokes are included and advanced skills and drills are also broken down.

Book Information

File Size: 529 KB

Print Length: 54 pages

Publication Date: November 9, 2014

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Language: English

ASIN: B00PG5AXF6

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #416,999 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #52

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Health, Fitness & Dieting > Exercise & Fitness > Swimming

Customer Reviews

Interesting and to the point. This book is more of an introduction to freestyle swimming. After reading it I feel more confident in instructing my track and field athletes who use swimming as cross training during the summer. I would have given higher ratings if instructions for teaching the breast stroke (a very important safety stroke for non-competitive swimmers) was included. Overall a good book.

A simple and easy to follow steps for the beginners. It covers all important aspects of swimming for starters. The last chapter containing timeline for steps is great addition to the book.

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