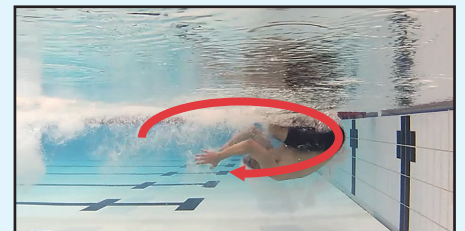
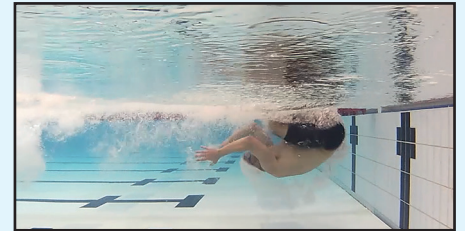


APPROACH

- The freestyle approach begins as the swimmer passes the 'T' at the end of the black line.
- No breaths should be taken 'going into the wall'.
- The last arm stroke into the wall should **commence** the forward rotation; there should be no gliding. The last arm stroke should **increase** the swim speed.

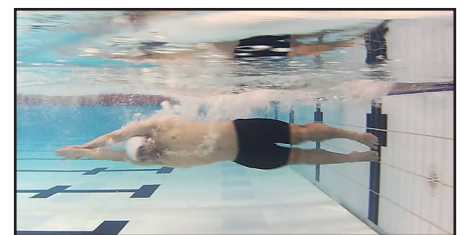
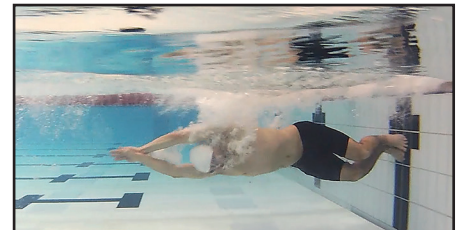
ROTATE & TOUCH

- The forward rotation should start by pulling with either one or both hands combined with a single, strong dolphin kick.
- The head should be facing **down** with eyes looking at the pool floor.
- The head should be tucked in, chin on chest and the back rounded as the hips are brought **towards** the wall. Blow out during the rotation.
- The hips should continue towards the wall throughout the rotation following a partial ellipse shape.
- The hand(s) pull-through means the arms are **already** pointing towards the new swim direction - no readjustment should be necessary.
- The feet should reach the wall simultaneously after a slight twist during the second half of the rotation, diagonally to the side.



PUSH

- The head must be at the same depth as the feet when the feet are placed on the wall. Approximately 70cm deep is recommended - that's the height of the starting block from the water surface or the length of most stopwatch lanyards.
- The arms (already in place) and the head (arrives in place at the end of the rotation and 'hides' between the arms) should be 'streamlined'.
- The legs start to extend **just before** the feet hit the wall. The push against the wall starts at the hips and progresses through the knees and then the ankles.
- Avoid twisting at the hips on freestyle - push with the body on the side.
- The duration of the push should be short which indicates maximum power. The spine should be fixed and rigid during the push phase. The push should be horizontal and take the swimmer **under** the following wave.
- The arms, head, shoulders, torso, hips, legs and feet should be in a tight streamline position.



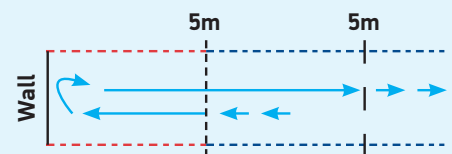
PHYSICAL REQUIREMENTS

- Spatial awareness & coordination
- Core strength
- Agility
- Lower limb power (butt, thighs, calves)
- Shoulder flexibility

TESTING & MONITORING

- **Speed of rotation:** Time the rotation from the entry of the last hand to the feet touching the wall. It should be the same time as **half** the stroke cycle time when approaching the wall. I.e. if a full stroke cycle, say right-hand entry to right-hand entry, takes 1.8 seconds then the rotation from last hand entry to feet touching, should take 0.9 seconds (1.8/2).
- **Approach, turn and push:** 5m in + 10m out (timed head to head).

FREESTYLE TURNS



THE RULES

- **SW 5.2 (FREESTYLE)** Some part of the swimmer must touch the wall upon completion of each length and at the finish.

COACHING PROCESS & CONTROL

- **Insist** on legal and technically proficient turns on **every** lap of **every** repetition of **every** set **every** day.
- Training turns should be done by crossing the lane and then turning, not by turning and then pushing diagonally. It's safer this way and teaches straight push-offs.

LAND EXERCISES

- Sit ups, crunches.
- Vertical squat jumps with streamline arms.
- Single leg squats. Double leg squats.

SKILLS DEVELOPMENT

- **Standing jump somersaults** in the shallow end of the pool. Try to complete the rotation before hitting the water.
- **Mid-pool somersaults** from a 'layout' position and return to layout (the number of consecutive somersaults is coach's choice). Modify this by swimming then somersaulting (full 360o) then swimming then somersaulting Modify again by rotating 180o, instead of 360 , with a half twist to return to the front, then swimming in the opposite direction, then rotating.
- **Corkscrew swimming:** teach the swimmers the roll-over by swimming corkscrew. Start on the back and as the right hand recovers over the water rotate towards the left so that the right hand then enters as in freestyle. As the right hand then pulls through with the swimmer on their front continue the rotation so that when it exits the swimmer is on their back again. Continuous swimming like this resembles a corkscrew action. Make sure the swimmers learn to corkscrew in both clockwise and anti-clockwise directions so that they can turn to either the right or the left during races.

INTERPRETING THE RULES

- The **freestyle** turn rule is straightforward; touch the wall somehow, anyhow; change direction somehow, anyhow. The fastest way, however, is as described on this factsheet.

COMMON FAULTS & FIXES

- Gliding into the wall (last stroke or next to last stroke too far out) – loss of speed and momentum.
- Last stroke too close to the wall – this makes the knees too tightly bent when trying to push.
- Lifting the head to look at the wall.
- Over-rotation of the head and shoulders bringing them too near the surface before the push.
- Unnecessary movements of the arms during the rotation – usually balancing with the hands due to a lack of core strength.
- Hips and/or legs brought **over** the water rather than through the surface towards the wall.
- Feet and head at different levels when push is made. The swimmer has either to wait (adds time) until they level up, or has to push with a flexed spine which produces a banana-shaped push (greater resistance and increased drag) – slows the swimmer down.
- Push made with flexed or relaxed spine – increases drag – slows the swimmer down.

DESCRIPTIVE WORDS & IMAGERY

Stretch, arrow, spin, “elbow someone in the ribs”,

SEE ALSO

- British Swimming: britishswimming.org
- ASA: swimming.org
- SASA: scottishswimming.com
- WASA: swimwales.org
- BSCA: gbswimcoaches.co.uk