

Breaststroke



W&DSC Aims of BRS for Junior squads

- Aiming for legal strokes and legal skills
- Racing 25m, 50m, 100m and 200m BRS
 - Swimmers weaker on BRS can work towards 200m
- Working on improve efficiency of stroke
 - distance per stroke
 - better timing
- Correct skills including underwater phases and timing of breakout
- 2 handed touch turns and finishes

Breaststroke:

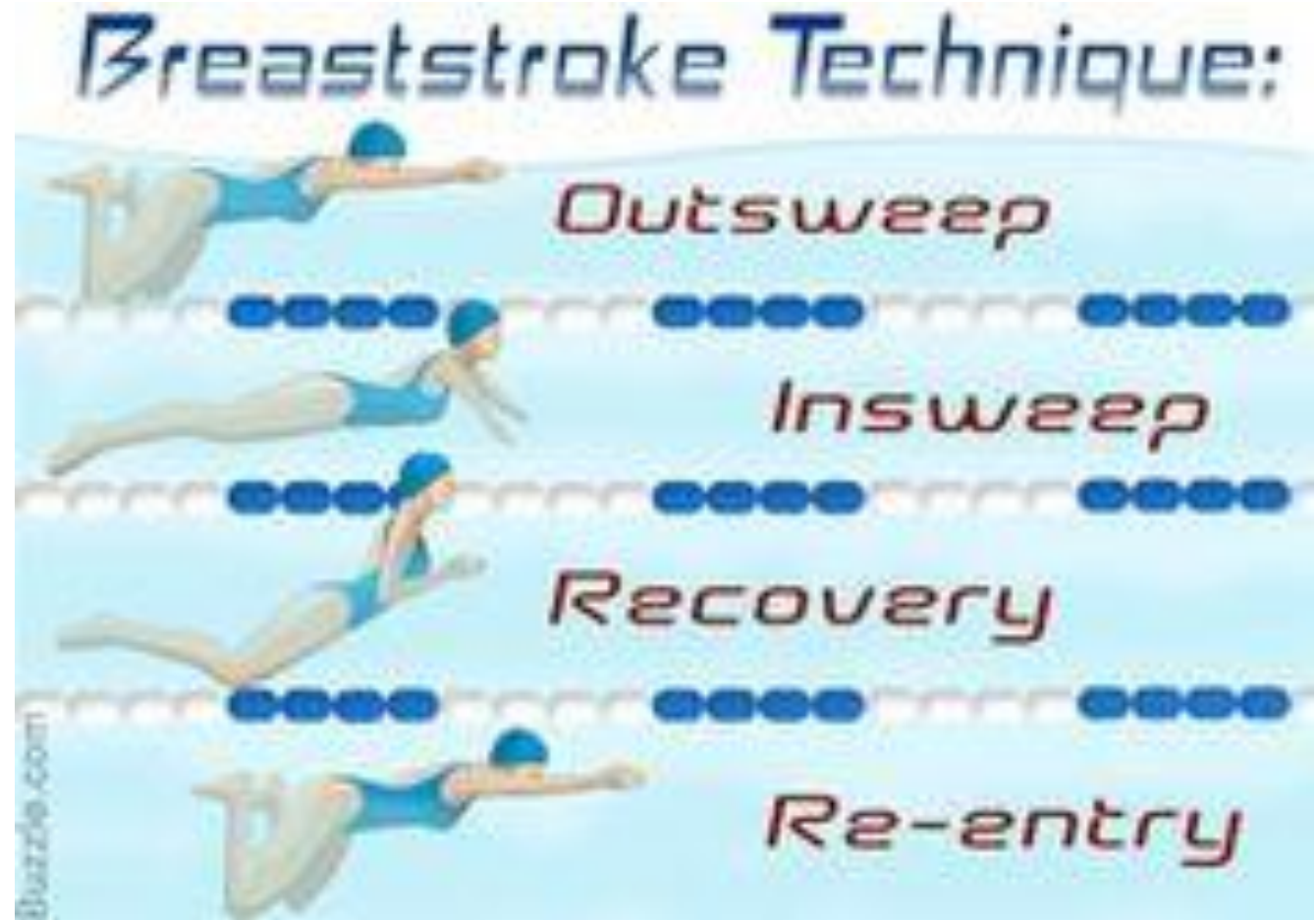
The act of repetitively smashing your face flat against the surface of the water

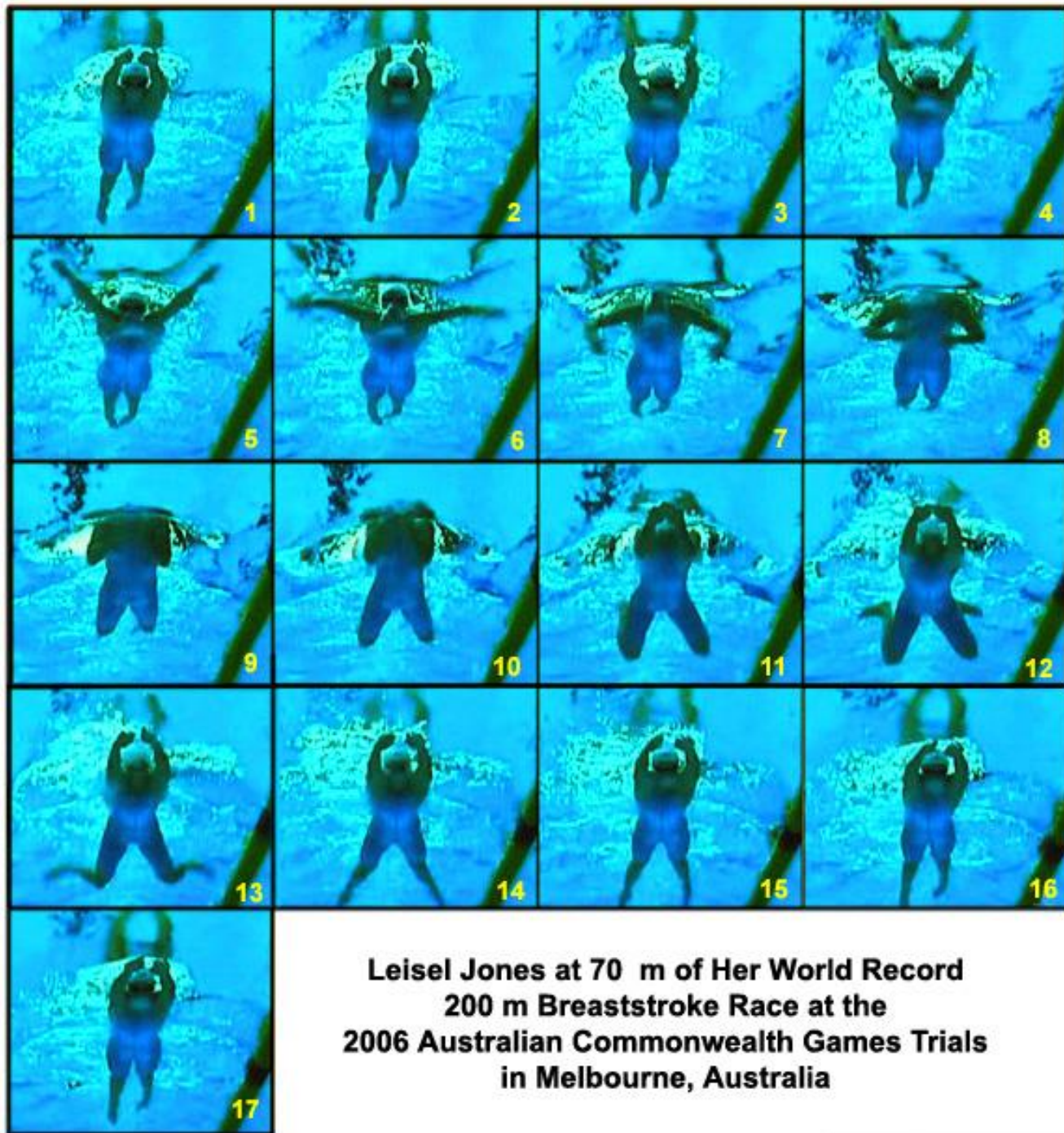


3 MAIN FOCUSES:

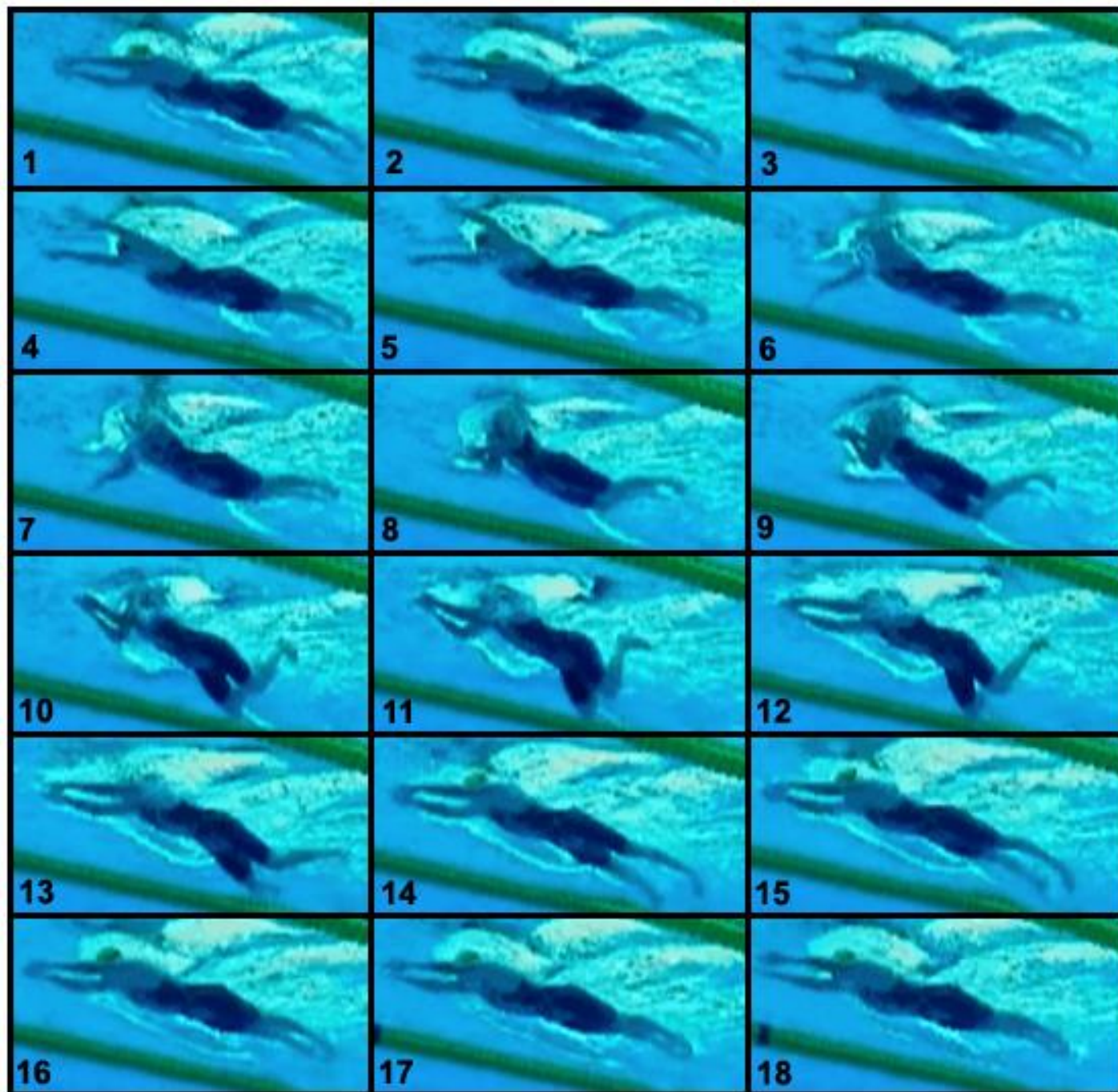
**SCULLING
TIMING
EFFICIENCY**

**Aim to reduce drag
+ increase propulsion**





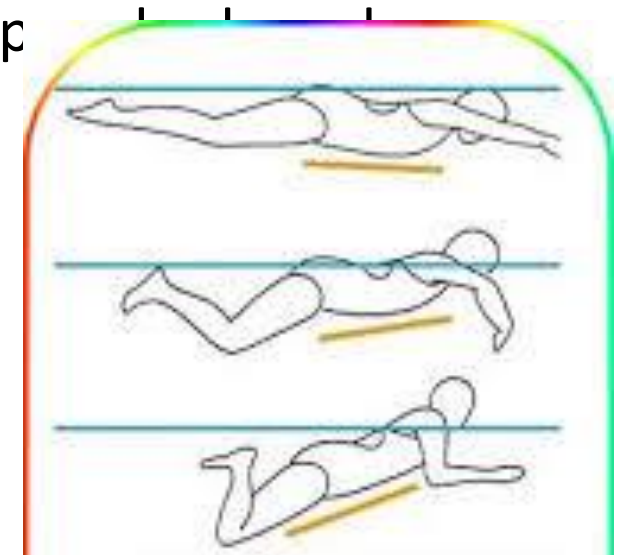
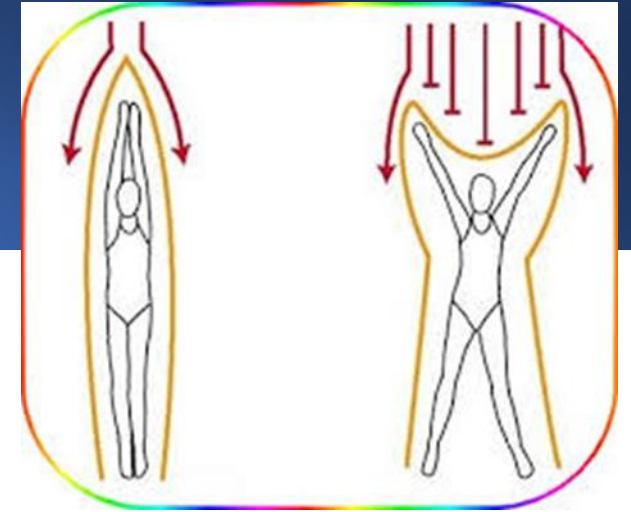
**Leisel Jones at 70 m of Her World Record
200 m Breaststroke Race at the
2006 Australian Commonwealth Games Trials
in Melbourne, Australia**

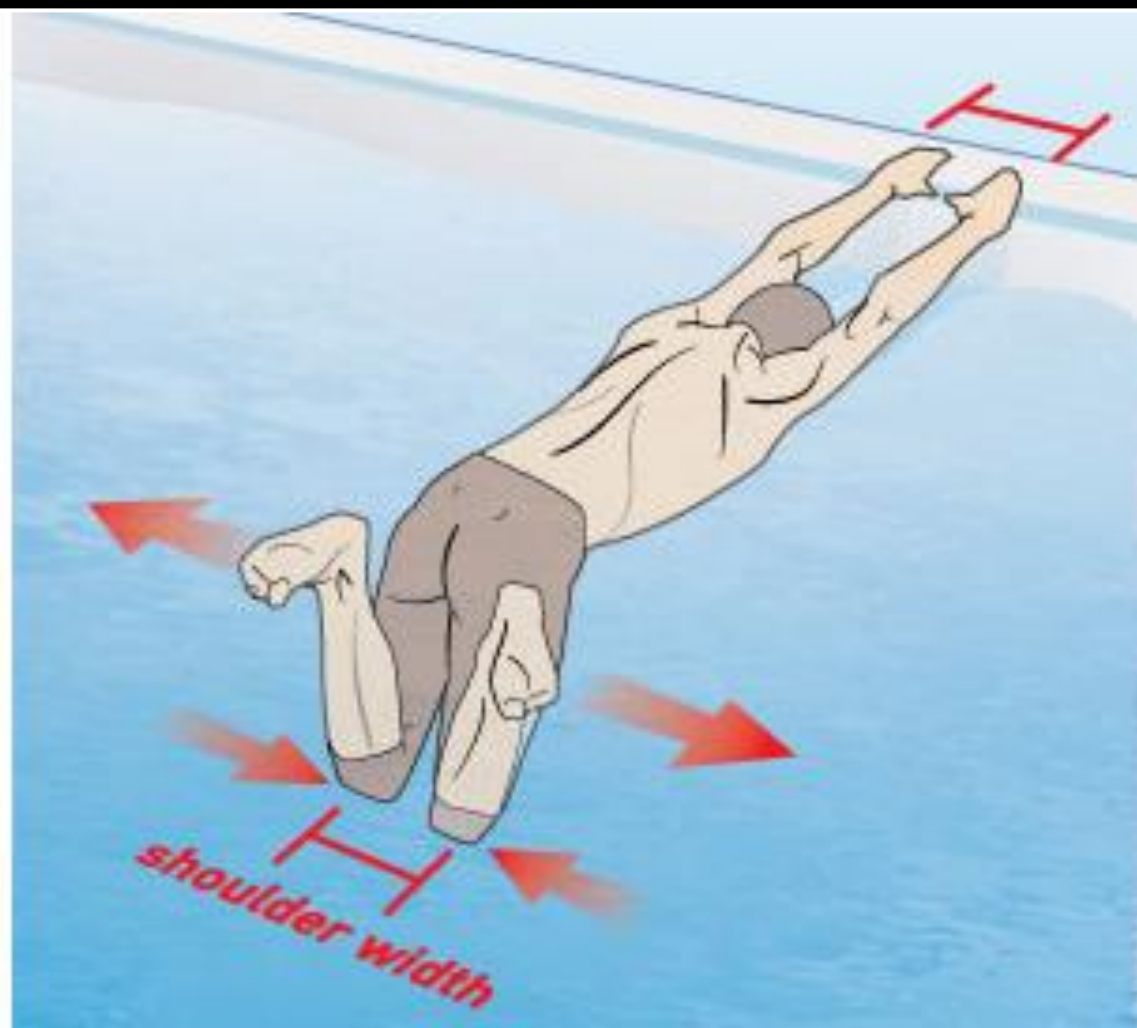
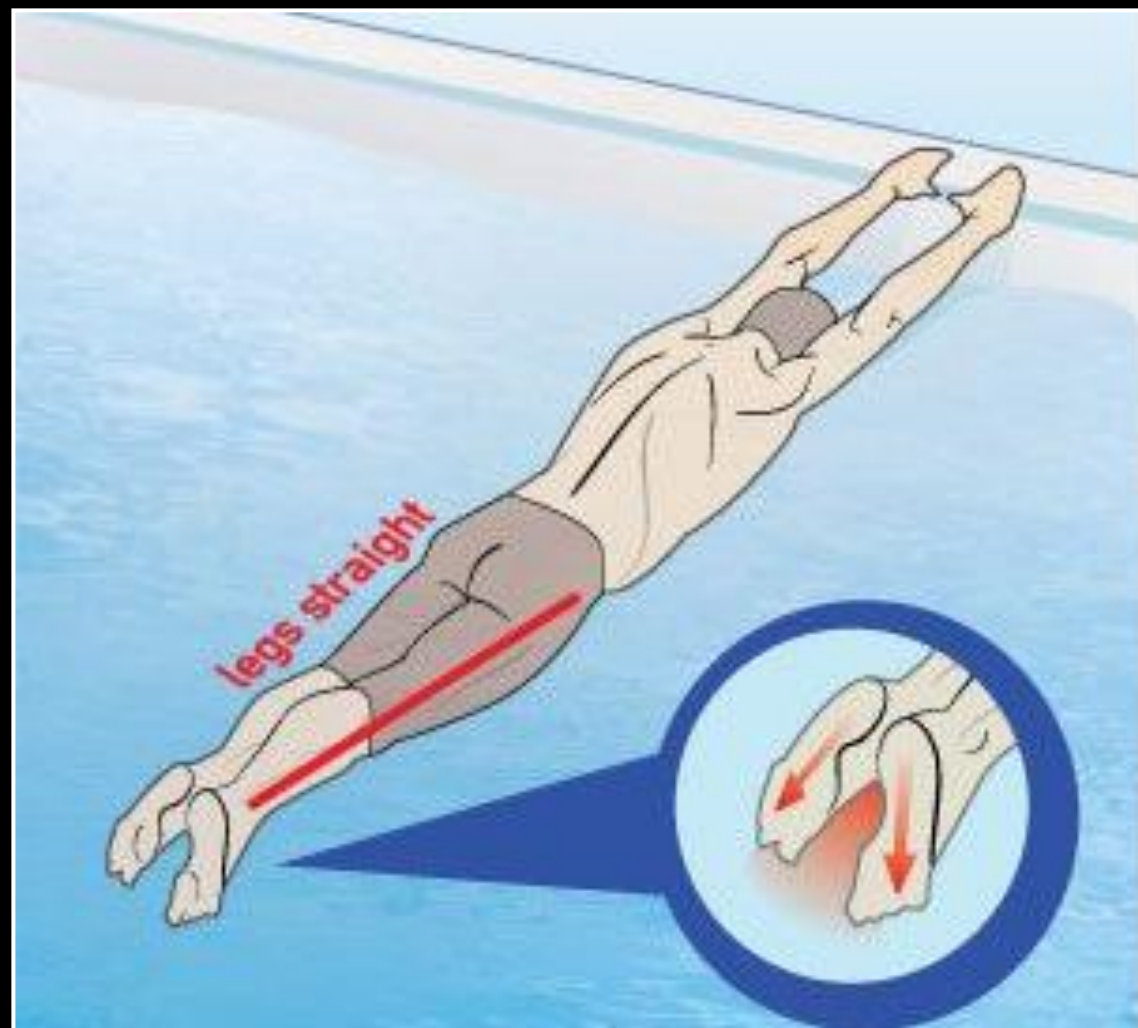


Body Position

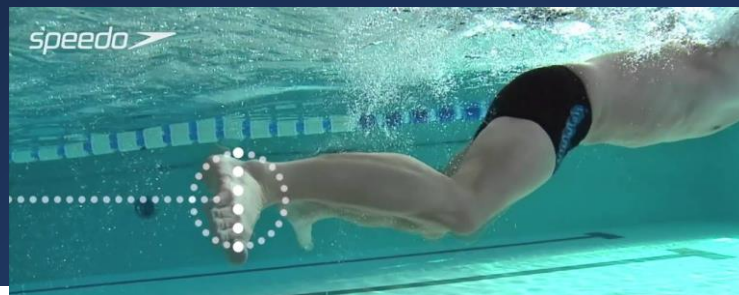


- Slowest stroke as most resistance and drag due to shape
- What is good body line and what does it feel like?
- Streamline, alignment and glide between each stroke
- True streamline from fingers to toes – close to top of water as possible
- Ride the wave – when arms extend out in recovery phase, the up head should ride the wave
- High body line - hips are high as possible
- Head hides between the arms – look down on glide





Kick



- Narrow leg kicks – knees inside hip width
- Strong whip action
- Foot speed is important – creates power
- Feel for water of feet
- Recover heels to bum rather than knees forward
- Finish kick with feet together
- Width of knees on kick essential to maintain effective propulsion
- Careful on a kickboard as drop hips – thumbs locked



Sculling for arm action

- **Starting position is 'V' hands** (head down)
- **Out-sweep** – palms point out , press just wide of shoulder into 'Y' (not propulsive)
- **In-sweep** towards body
- **catch** – hands carve down and in, elbows stay high above hands and near surface
- Set up to shoot forwards into recovery – elbows in and hands drive forward
- Maintain forward speed



Arms

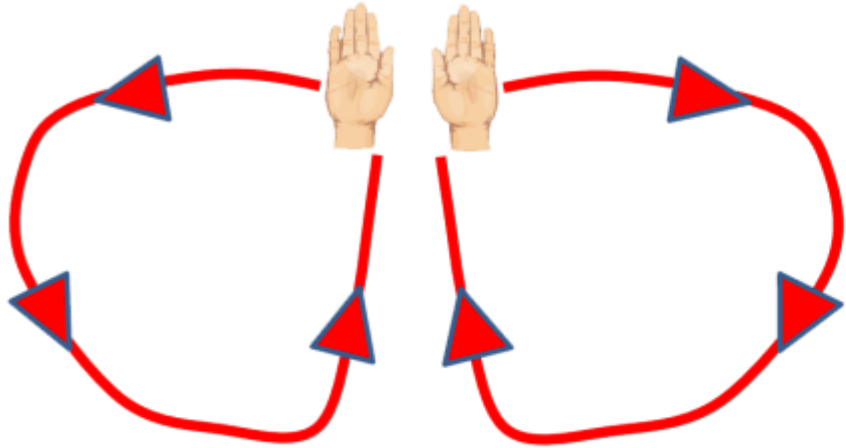
- Elbows remain in front of chest
- Hands push forward at the surface to minimise resistance
- Hands close together

Errors that occur:

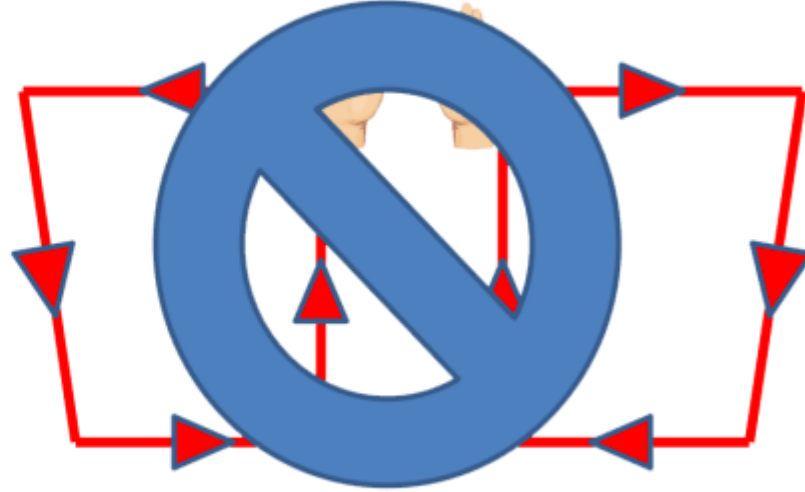
- Elbows go too far back
- Elbows get too narrow and in the way
- Sharp corners, round shape gives speed forward



Sculling



No sharp corners



ARM'S MOVEMENT.

1. The arms move in one motion and there should be no pauses.

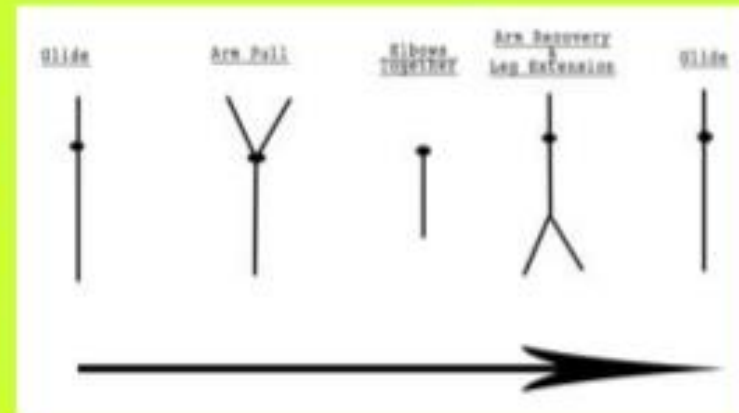
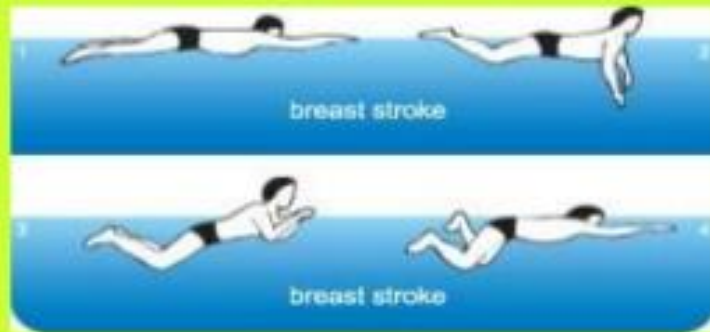
2. The POWER PHASE:

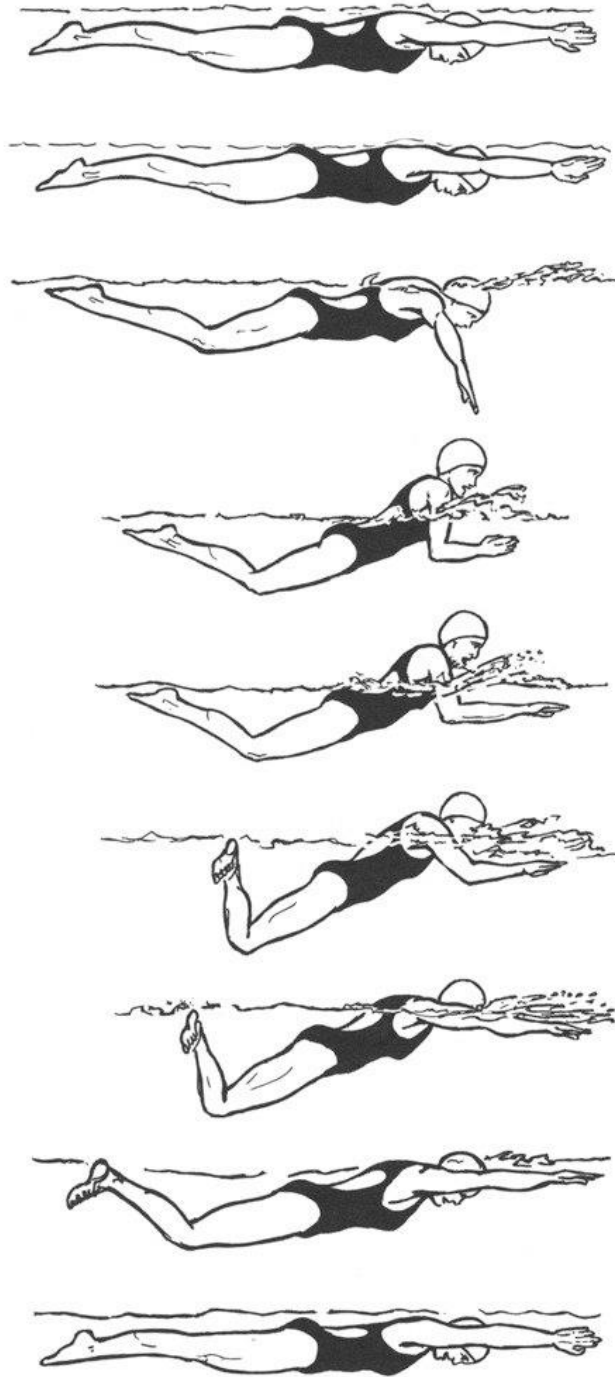
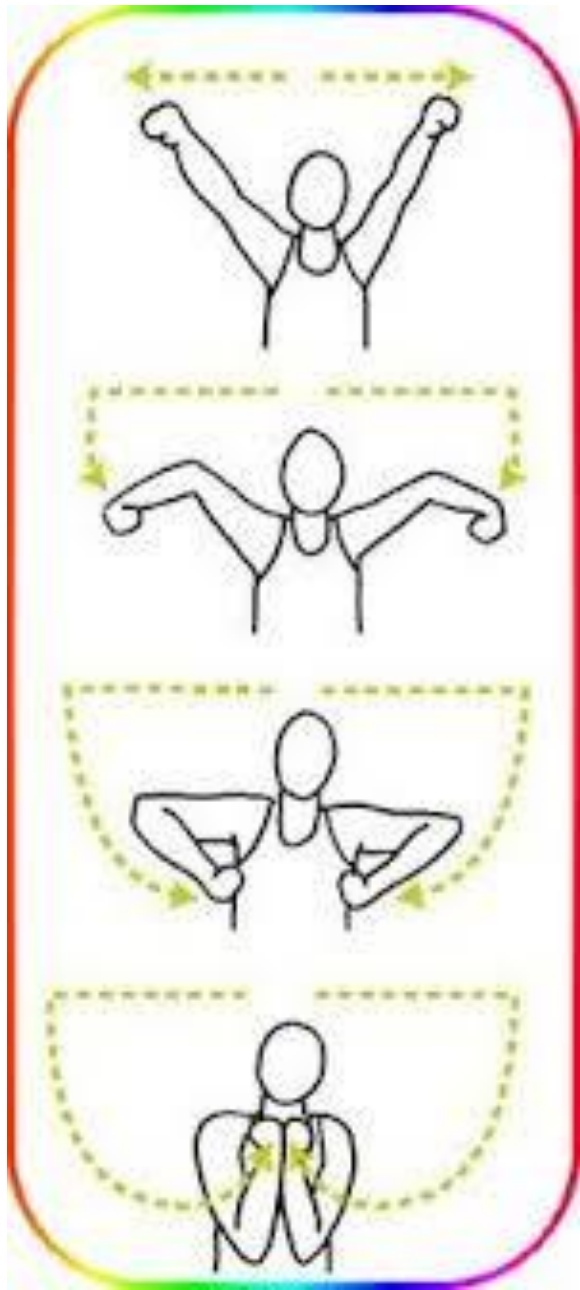
2.1. *Glide*: During this part, your body is the longest. Your head is between your arms, arms in a streamline and legs stretched with ankles touching. Your eyes are looking to the bottom.

2.2. *Arm Pull*: Once your arms start coming apart from the streamline position, you have to "press your chest down". Spread the water in front of you. Your palms are facing outward. Your head is still down.

2.3. *Elbows Together*: Your forearms are moving toward your breast bone. Your fingers reach each other. Your body is the shortest with legs bent. your head is starting to come out of the water and your eyes are looking forward.

3. The ARM RECOVERY PHASE: Reach with your arms forward along with the kick and you are extending your arms forward





What drills do you
use in training?
If you can remember
😊

COMPETITIVE SWIMMING



WHAT MY MOM THINKS I DO



WHAT I THINK I DO



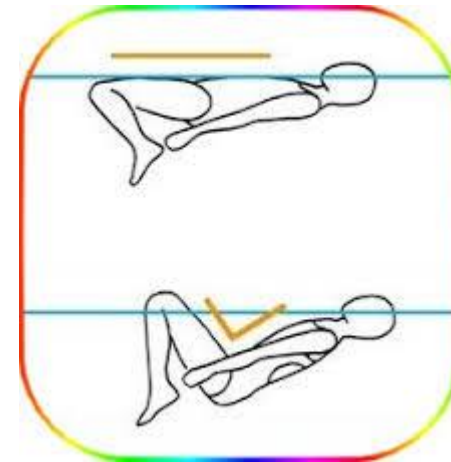
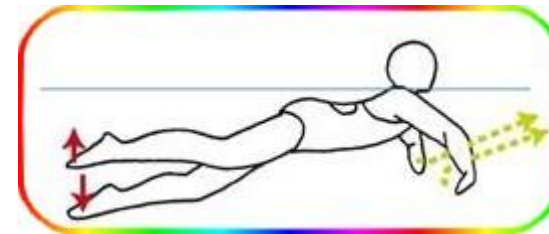
WHAT MY FRIENDS THINK I DO



WHAT I REALLY DO

Drills

- Brs arms and FC legs – gives continuous pull
- Brs arms and fly kick – continuous pull action and gives undulation
- Sculling
- Timing – 2 kicks/1 pull, 2 pulls/ 1 kick
- Kick on back and on side
- Kick on front – thumbs locked
- Pull buoy between knees kick



Options if struggling with leg action – vertical kick and kick against wall or on side

Breathing

- Small head movements with body – no head bopping!
- Not lifting head to breath – head stays in line with body and lift up as a whole to breath with the up sweep
- Downwards press creates lift
- Get head down quickly
- No pushing chin forward



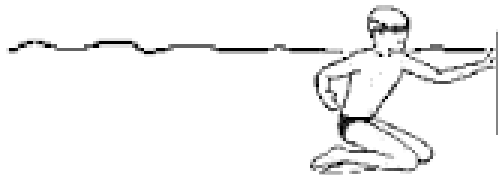
Timing

- Timing is very important so no 'dead zones'
- Small timing errors can add up
- Developing timing of arm action with breathing
- Developing timing of the arms with propulsive backwards drive of legs
- Fast high hands during recovery phase
- Whip action kick linked with end of arm recovery
- Focus on wider out sweep whilst maintaining a neutral head
- Long and strong – reach long and kick strong
- Speed into streamline – like into a tunnel



Skills

- 2 hands on the wall turns / finishes
- Underwater phases
- Not grabbing wall on turn to pull up



What is the rules
on U/W phase???

What things can go a
little wrong????



Separated Hands

"Separated" means that the hands cannot be stacked one on top of the other.
It is not
necessary to see space between the hands. Incidental contact at the fingers is
not a
concern.

OK



Separated means:

No stacked hands



Issues that often happen!!

Issues with leg kick:

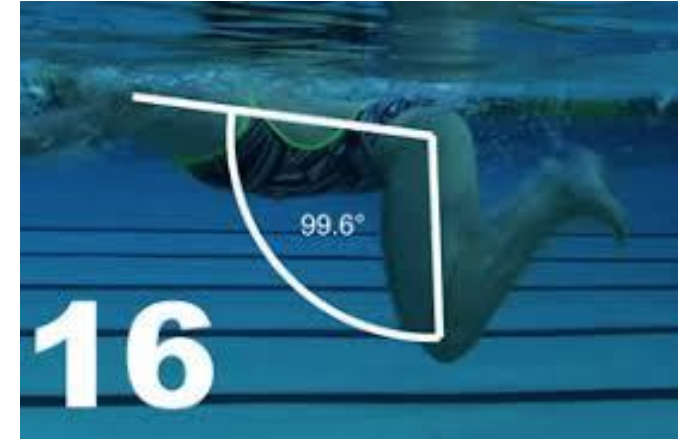
- WIDE KICK
- Screw kick (knee or feet turning inwards)
- Feet not turning out enough to catch the water on kick
- Not finishing kick feet together

Arms/Timing issues:

- Flat strokes
- Hands pulling back too far or getting stuck under chest
- Nodding head to breath
- Lack of gliding – not returning to lay out position each stroke

Flexibility of hips, knees and ankles

Issues with knees on BRS whilst growing



Something to help

- Land exercises for BRS leg action
 - to improve whip kick
 - to work on knees and flexibility
 - resistance bands can help ankle action
- Different pace of stroke rate from 50m to 100m to 200m
- Stroke counting each length is a very important skill and best way to know if stroke is powerful and efficient
- Know the words – different sweeps, propulsive etc



You don't want to look like Adam Peaty! He is his own machine!