

Breaststroke



W&DSC Aims of BRS for Senior squads

- Aiming for efficiency of stroke – pull and kick
- Racing 50m, 100m and 200m BRS throughout year
- Working on improve efficiency of stroke
 - distance per stroke
 - better flow of timing – no dead zones
- BRS in IM – tactics and strengths/weaknesses
- Positive attitude to BRS sets when not a fan of BRS!
- Understanding the stroke mechanics for own development
- Using stroke counting in training/racing
- Understand the power of stroke
- Consistent stroke technique in training – speed of hands/feet

Breaststroke:

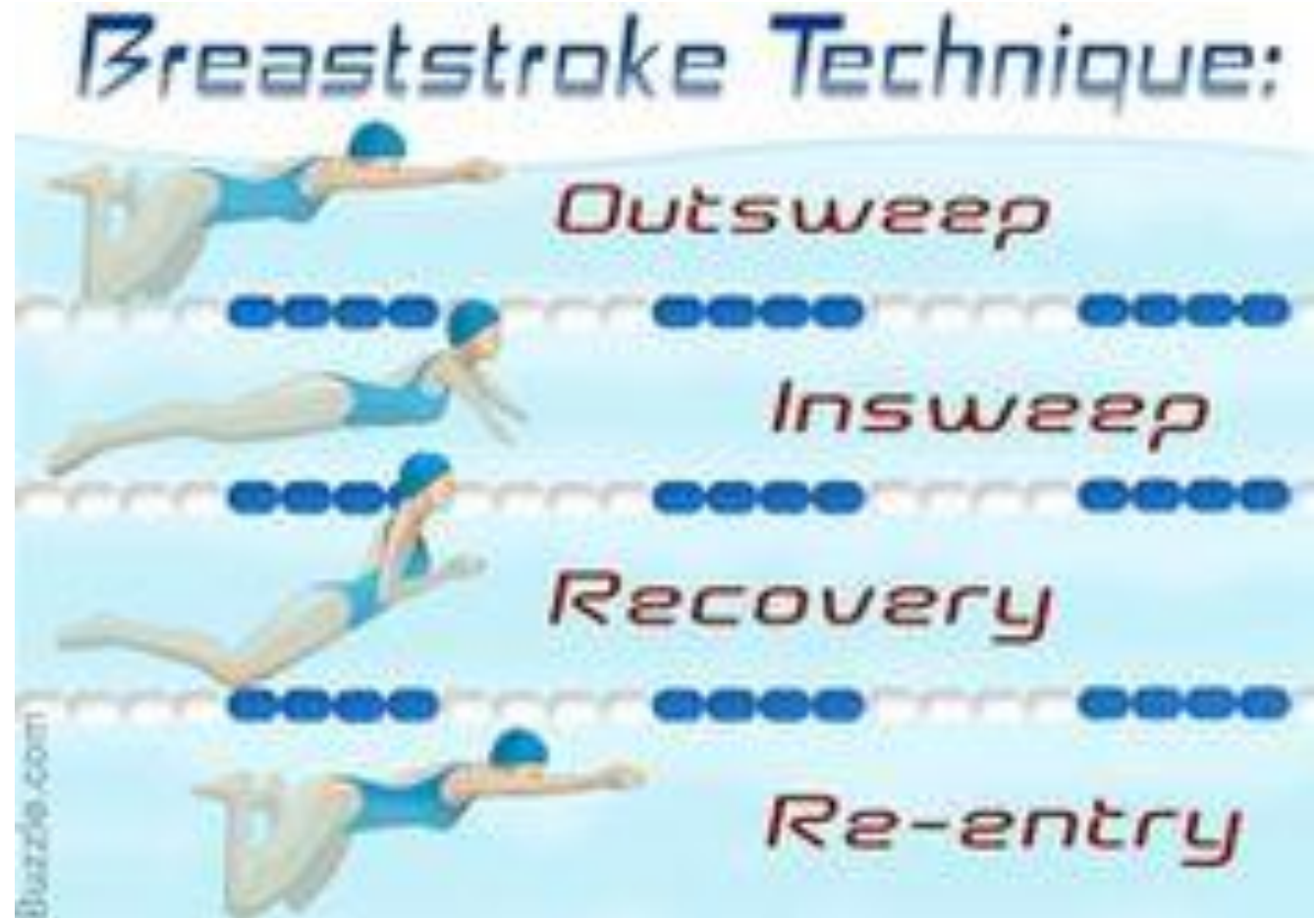
The act of repetitively smashing your face flat against the surface of the water

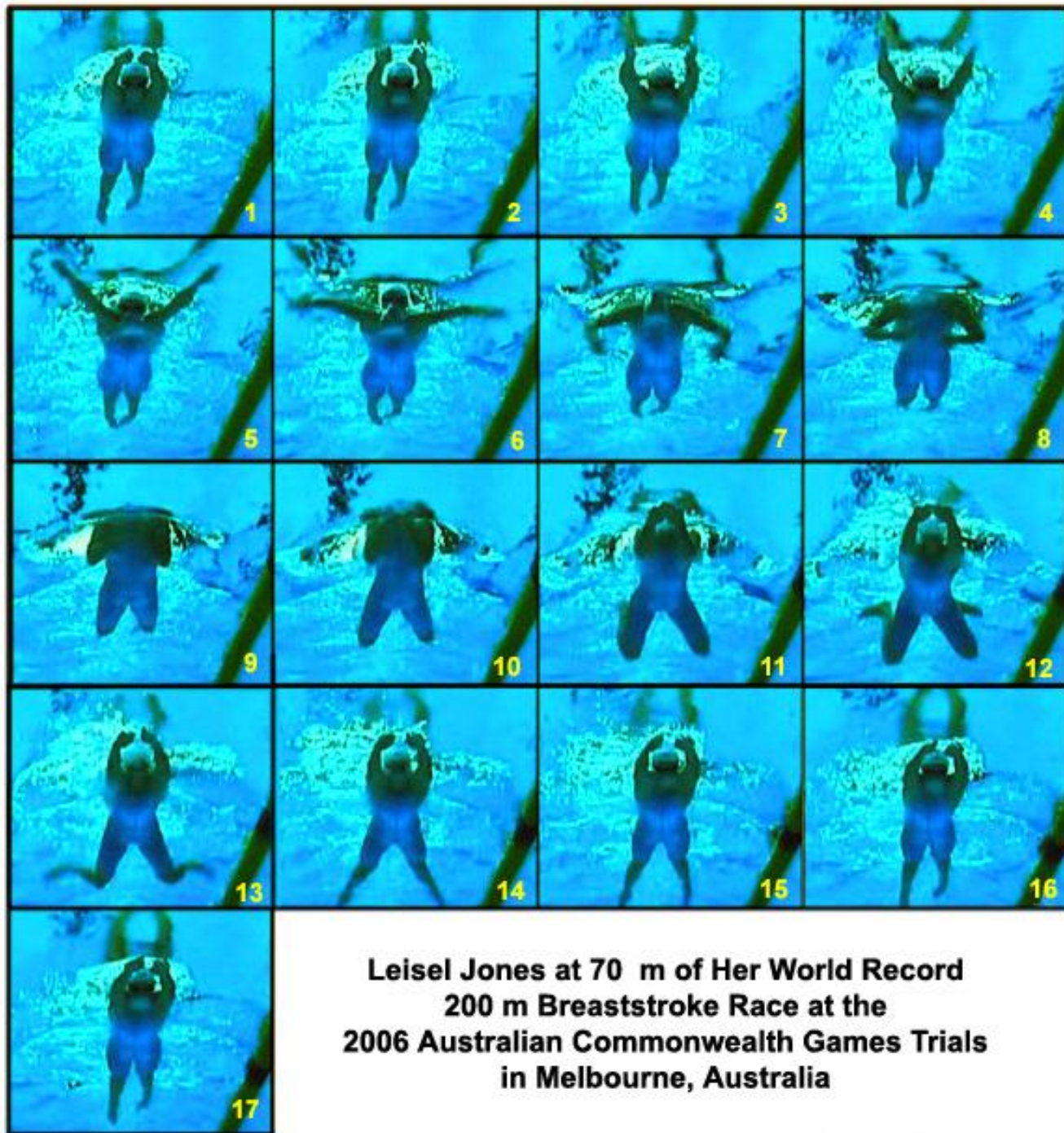


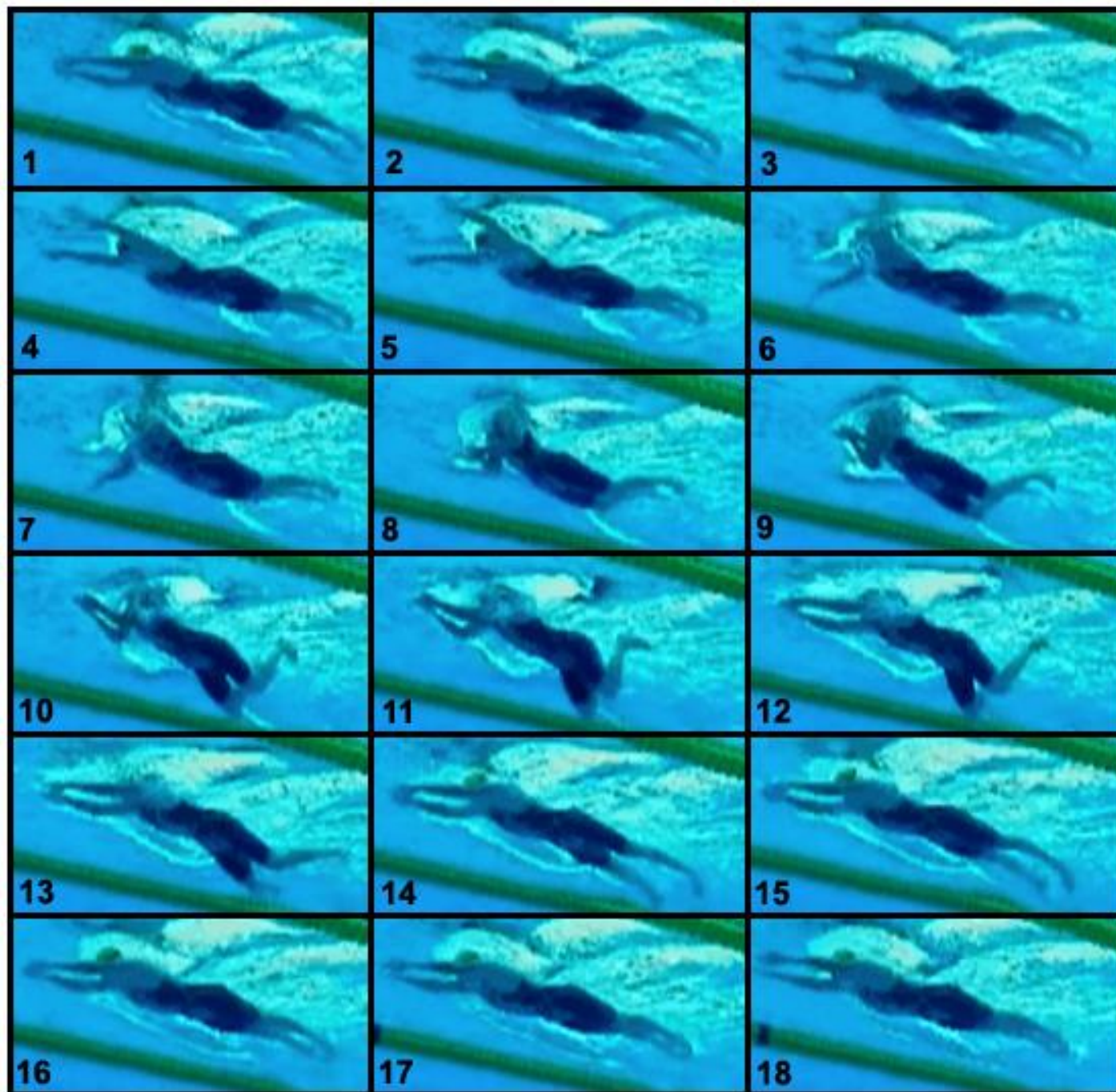
3 MAIN FOCUSES:

**SCULLING
TIMING
EFFICIENCY**

**Aim to reduce drag
+ increase propulsion**



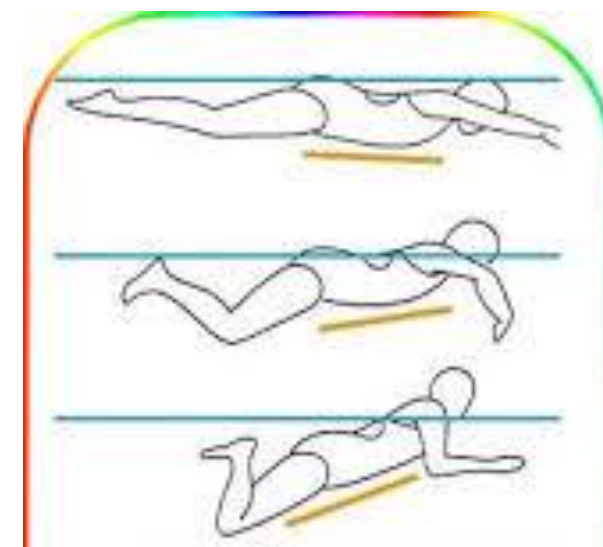
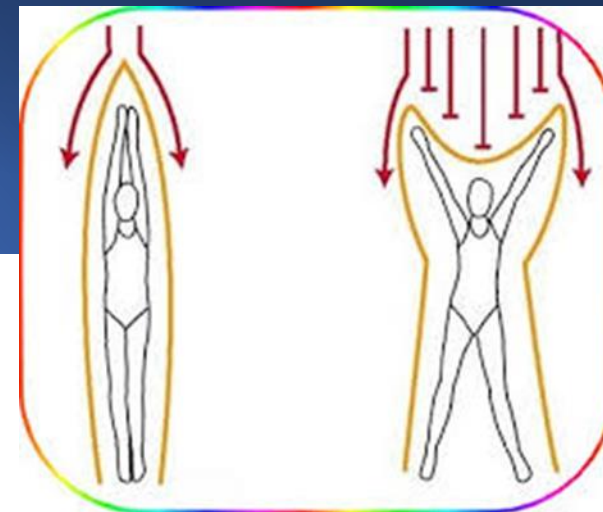


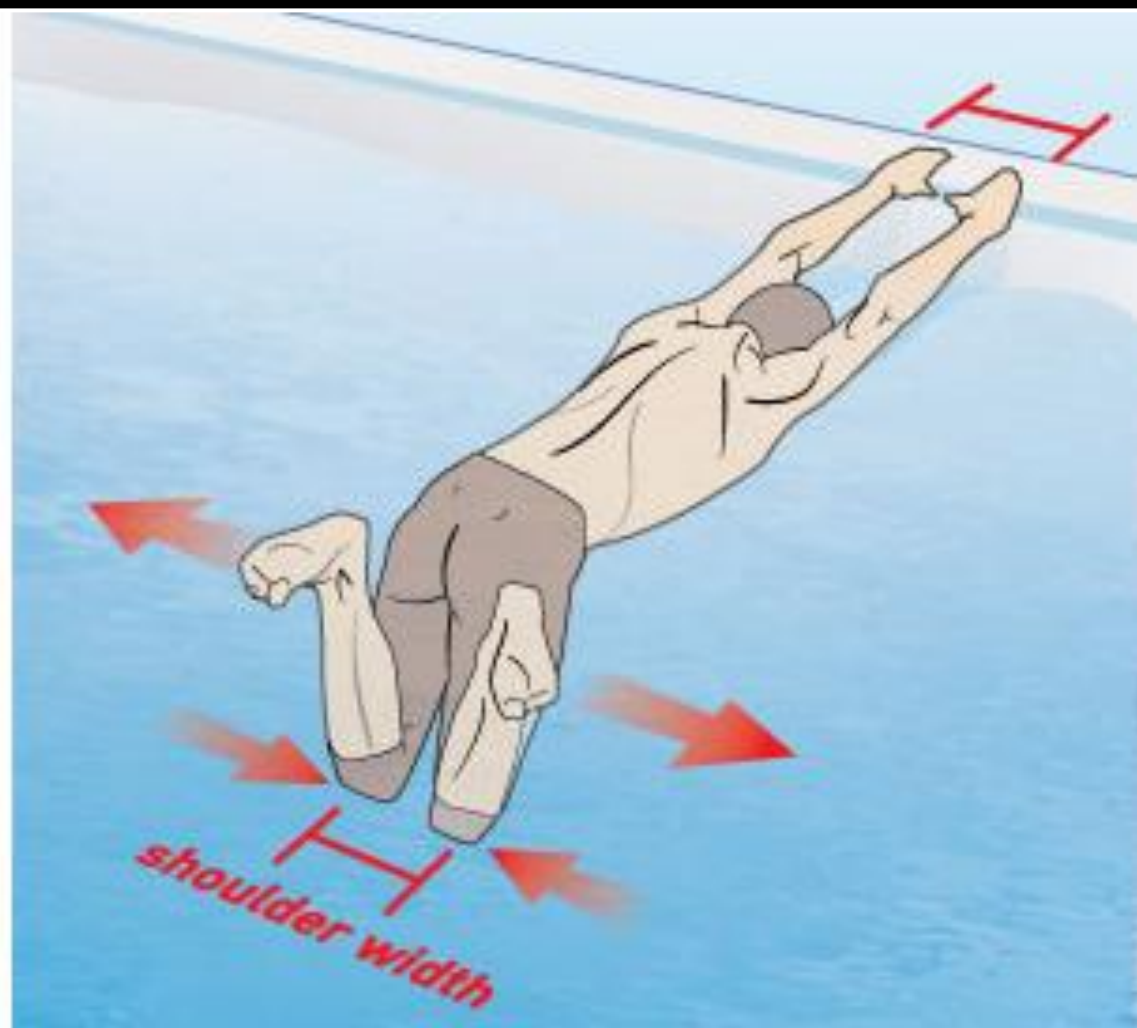
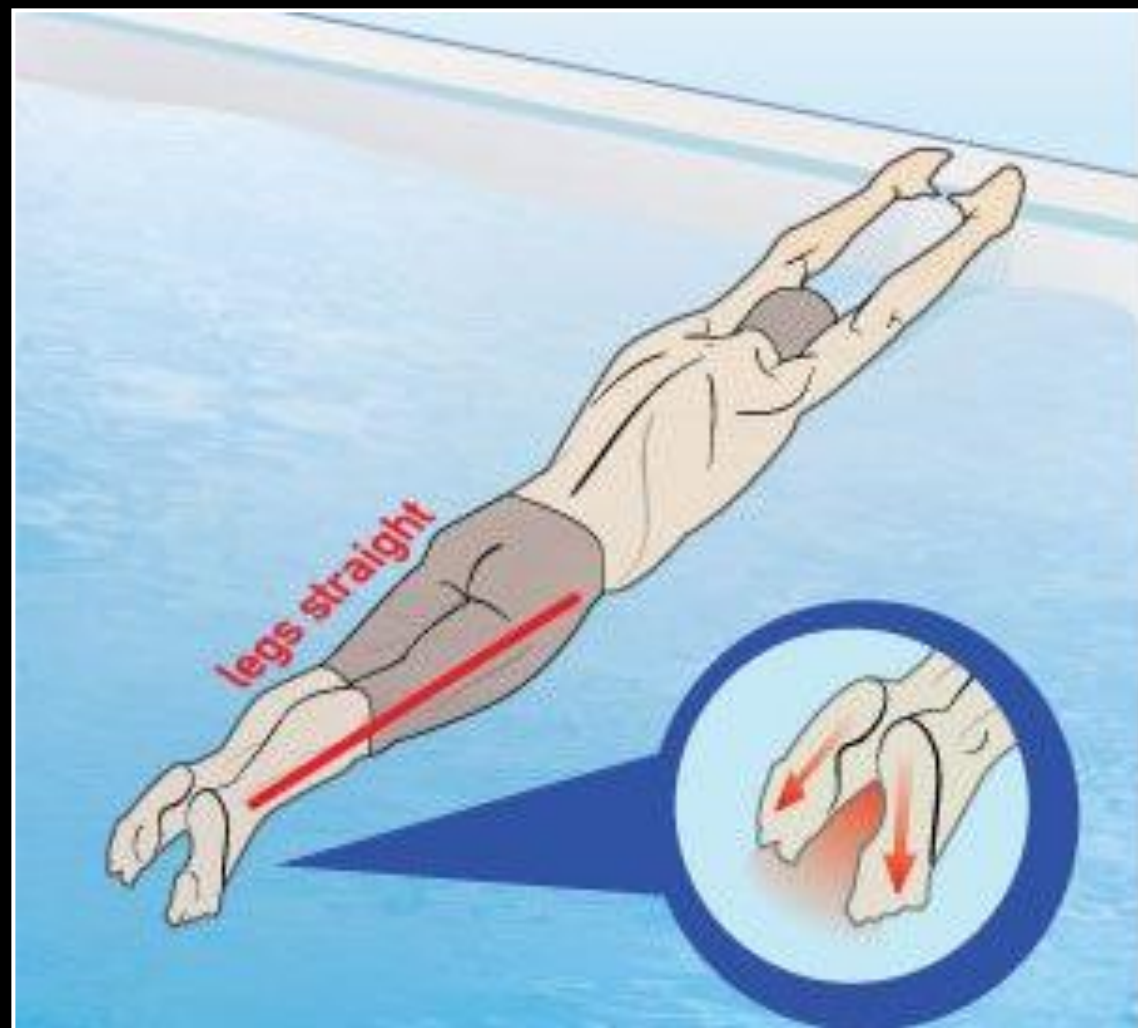


Body Position

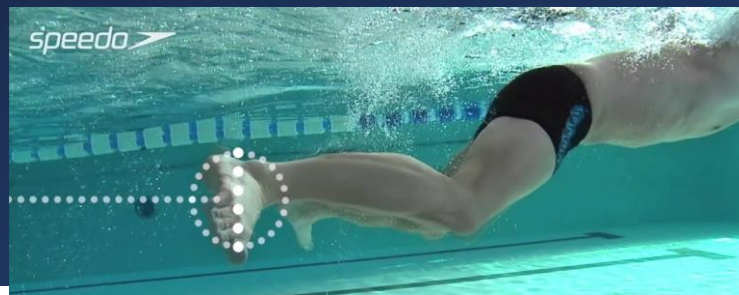


- Slowest stroke as most resistance and drag due to shape
- What is good body line and what does it feel like?
- Streamline, alignment and glide between each stroke
- True streamline from fingers to toes – close to top of water as possible
- Ride the wave – when arms extend out in recovery phase, the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





Kick



- Some find more natural than others
- Narrow leg kicks – knees inside hip width
- Strong whip action
- Foot speed is important – creates power
- Feel for water of feet – catch water
- Don't drop knees down
- Finish kick with feet together – accelerate
- Width of knees on kick essential to maintain effective propulsion
- Careful on a kickboard as drop hips – thumbs locked preferred



What drills do you
use in training for
kick?

If you can remember
😊

COMPETITIVE SWIMMING



WHAT MY MOM THINKS I DO



WHAT I THINK I DO



WHAT MY FRIENDS THINK I DO

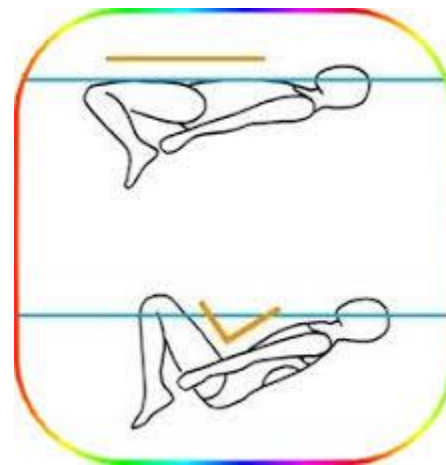


WHAT I REALLY DO

Drills – Body position / Kick

- Kick on back – SL
- Kick on front – thumbs locked
- Kick on front – hands on bum
- Kick on side
- Pull buoy between knees kick
- Vertical kick – speed + strength
- Lay out work

Note – using kickboard lowers hips



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
- **Upsweep** -
- Set up to shoot forwards into recovery – elbows in and **hands drive forward**
- Maintain forward speed and momentum



Arms

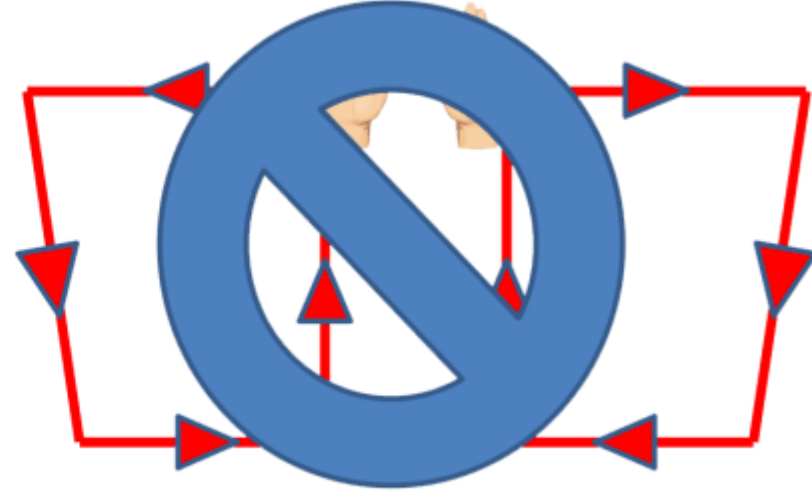
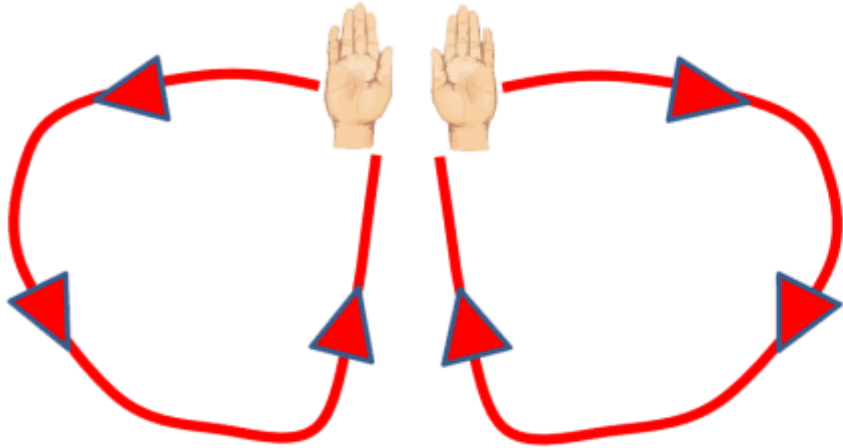
- Pull with forearm, wrist and hands – power
- Elbows remain in front of chest
- Hands push forward at the surface to minimise resistance
- Hands close together
- Accelerate through the pull
- Strike/lunge forwards to recovery – back into streamline position

Errors that occur:

- Elbows go too far back
- Elbows get too narrow and in the way
- Sharp corners, round shape gives speed forward
- Not accelerating through pull



Sculling



No sharp corners

ARM'S MOVEMENT.

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

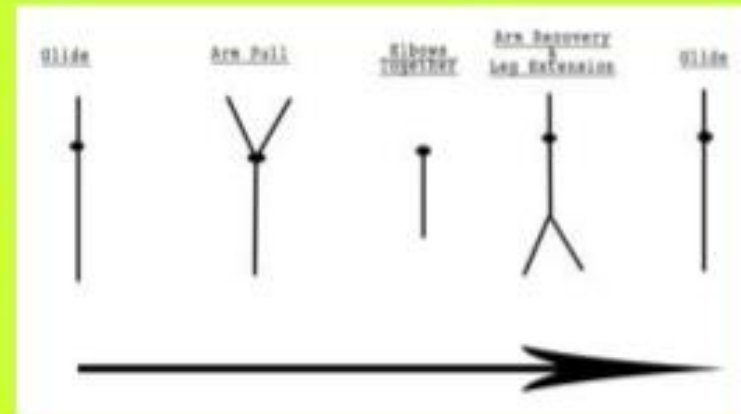
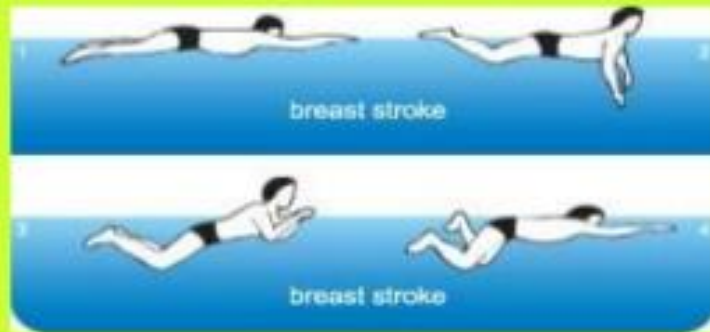
2. The POWER PHASE:

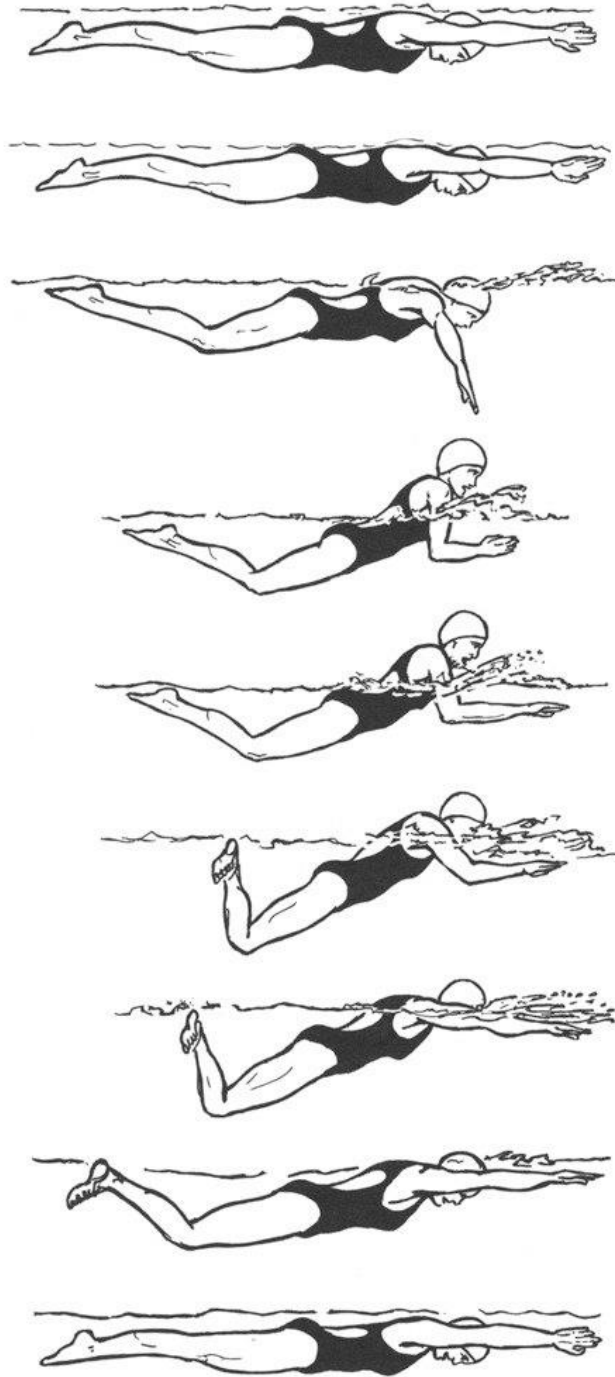
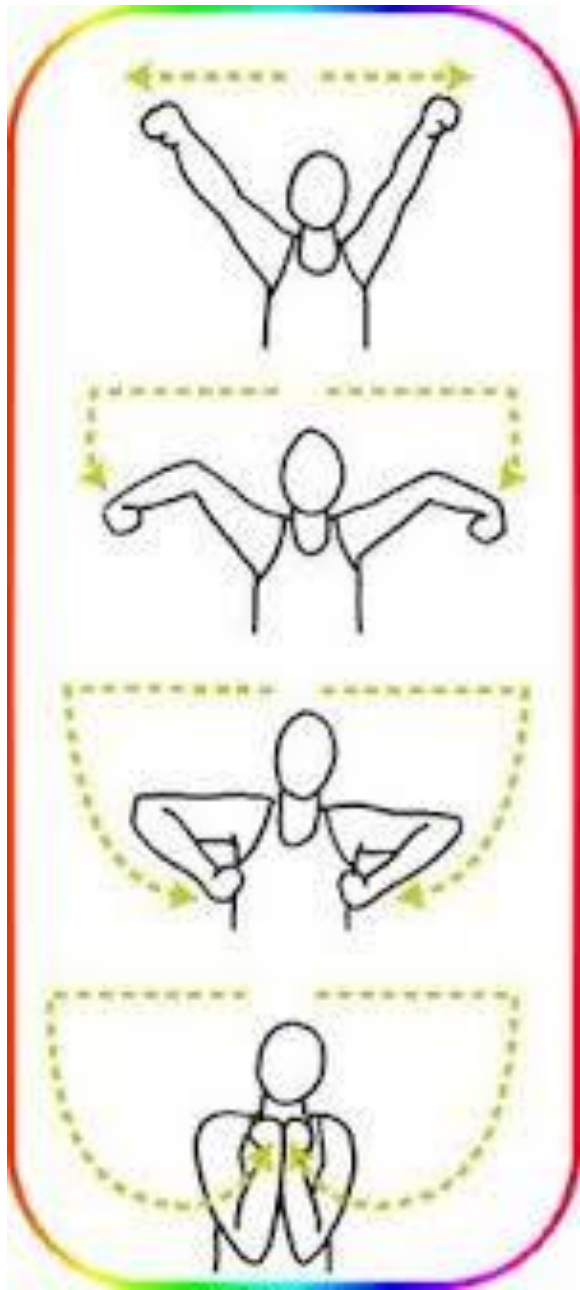
2.1. *Glide*: During this part, your body is the longest. Your head is between your arms, arms in a streamline and legs stretched with ankles touching. Your eyes are looking to the bottom.

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





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
- Can put ball under chin so not to lift head up
- No pausing the arms when breathing – continuous action



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



What drills do you
use in training for
arms and timing?
If you can remember



COMPETITIVE SWIMMING



WHAT MY MOM THINKS I DO



WHAT I THINK I DO



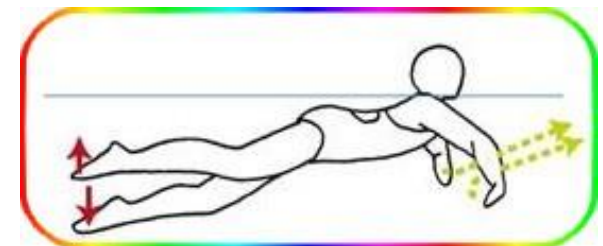
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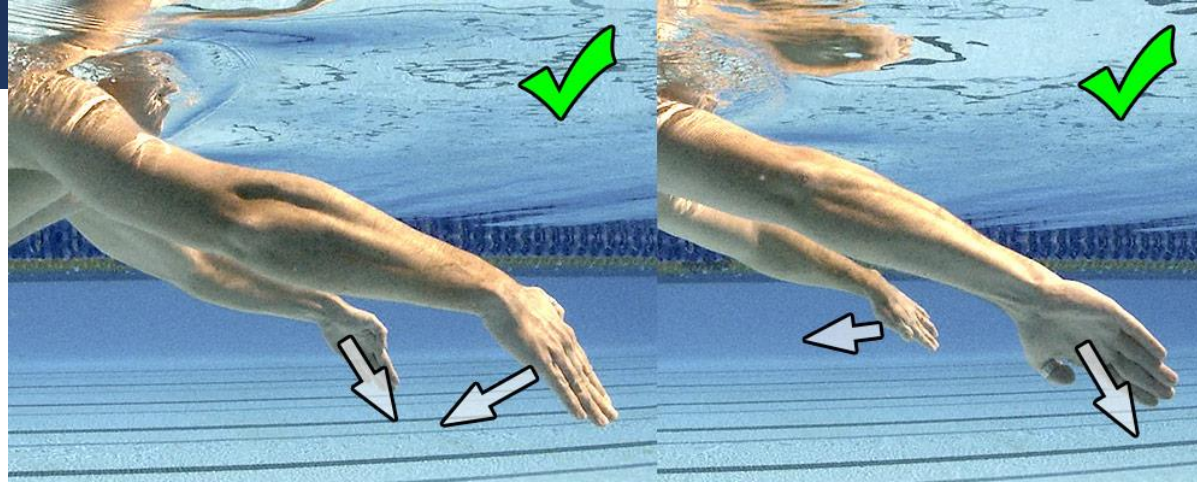
WHAT I REALLY DO

Drills – Arms / Timing

- Brs arms and FC legs – gives continuous pull
- Brs arms and fly kick – continuous pull action and gives undulation
- Timing – 2 kicks/1 pull, 2 pulls/ 1 kick
- Brs and Fly combination
- Fists
- Paddles
- Single arm?
- Sculling building up to full strokes



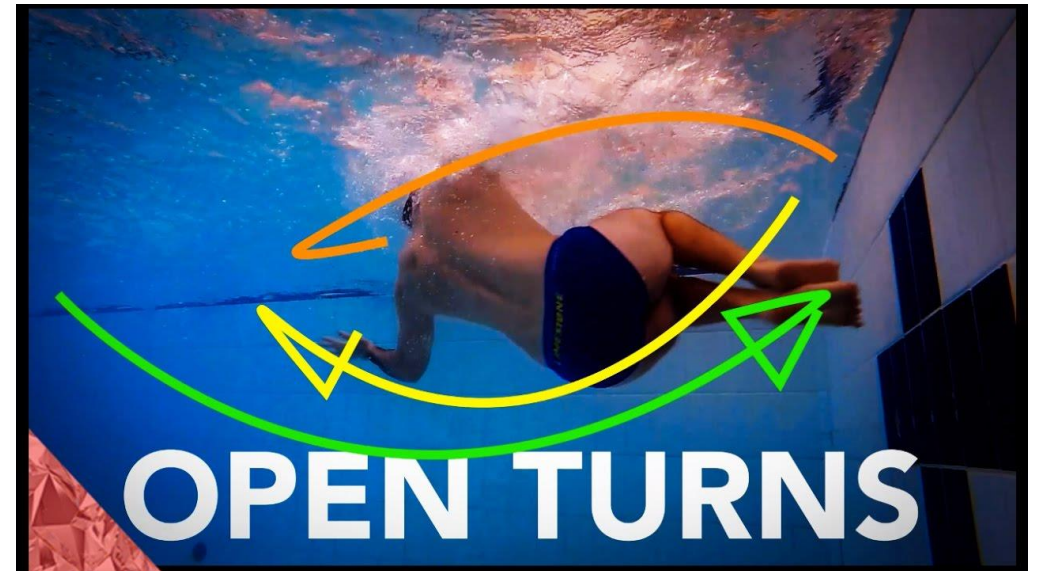
Sculling Drills



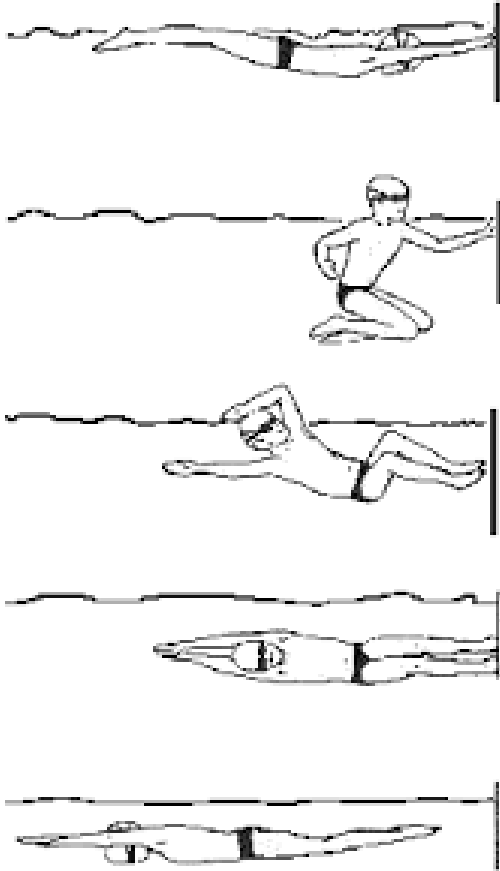
- **Outsweep scull** – start hands in V, press out with thumbs down and relax hands back in
- **In Sweep Scull** – Starting from Y position and bring hands in and down with elbows in front of rib cage
- **Mid point scull** – focus on forearm-wrist-hand connection. Elbows high and hands lower

W&DSC Aims of BRS for Senior squads - Skills

- Not pulling up on walls/gutters on turns
- Touch wall on turns and finishes in full SL body position
- Speed to rotation of legs tucking once touched wall
- Head position during turn
- Timing of U/W phase
- Speed of U/W phase
- Smooth breakout



Skills



What things can go a
little wrong????



MY WISH FOR A WARMUP POOL



REALITY

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:

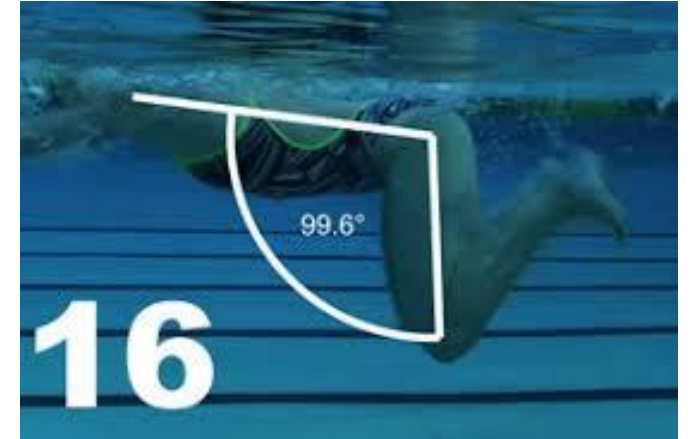
- WIDE KICK
- Feet not catching the water on kick – no power
- Not accelerating kick to finish feet together
- Hips dropping

Arms/Timing issues:

- Flat strokes – sculling action not correct
- Hands coming out of water on recovery
- Elbows too wide
- Arms recovering down too deep

Flexibility of hips, knees and ankles

Issues with knees on BRS whilst growing – stretches



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 and understand the terminology of different phases of the BRS pull sweeps



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