

Frontcrawl



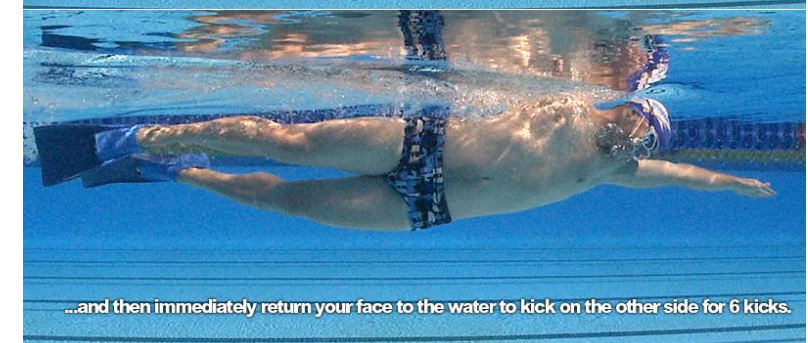
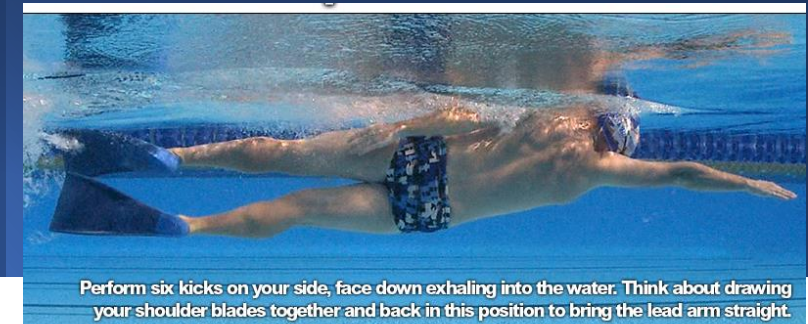
W&DSC Aims of FC for Age group squads

- Aim is to maintain smooth stroke technique throughout all sets and racing
- Aerobic sets are done on FC – need to hold technique
- Efficient skills performed in training and at speed
 - starts, turns, finishes and underwater work
- Minimum past 5m every u/w with at least 4 fly kicks and not breathing on first stroke!
- Regular breathing patterns
- Pacing and tactics
- Train and compete on all distances up to 800/1500m. Keep options open!
- Constantly working on own stroke to develop and become more efficient



Body Position

- Head position – more down
- Head still
- Body in line to reduce drag – hands to feet include hips up
- Body rotation - lateral
- As one hand enters and other exits – the body should be a straight line
- The 3 H's – Head, hips and heels
- No bending the lower back



Kick

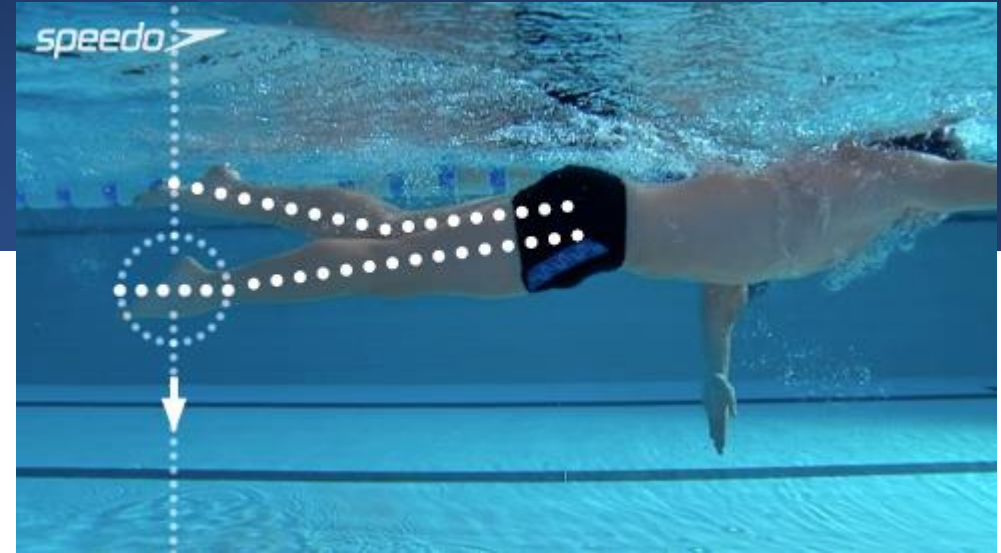
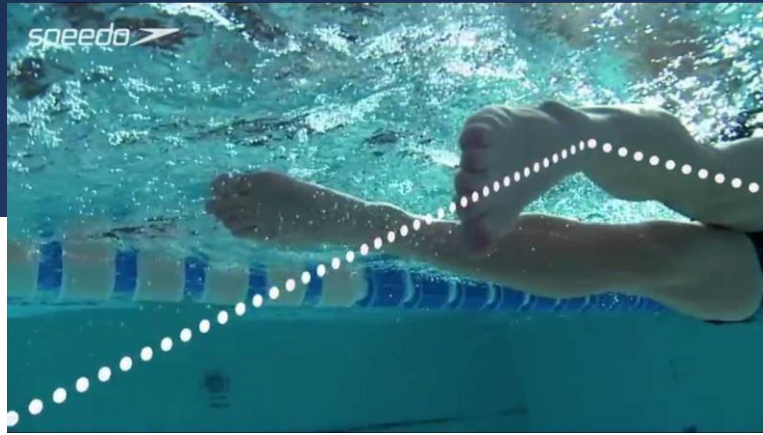
For balance

For propulsion

For stability so use full power of stroke

- 6 beat leg kick with body rotation (like bk)
- Long legs on top of water that don't sink or bend
- Flexibility of ankles
- Speed of kick
- Strong leg kick that can increase – effects speed of arms
- Heels bounce on top of water – feet don't come out of water
- Consistency of kick

Note – kick speed does change for longer distance swims 800m +



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

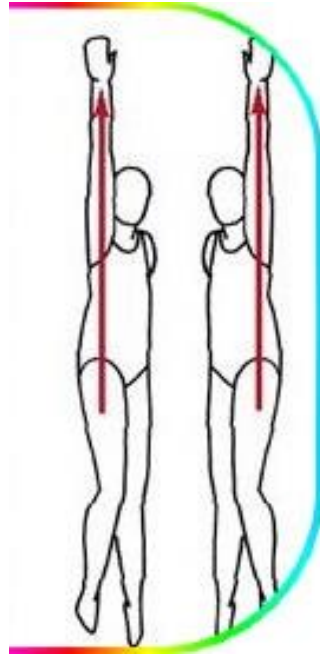


WHAT I REALLY DO

Drills for leg kick / body position

Body Position / Kick

- Rotation kick
- Lateral Kick
- Streamline Kick
- Switching side kick
- Vertical kick – when we can



Equipment – snorkels and fins



Catch, press, propulsion, flick, bend to recover

Arm action

- Catch
- Fingers drop and forearm vertical
- Elbow high
- Press through to the hip

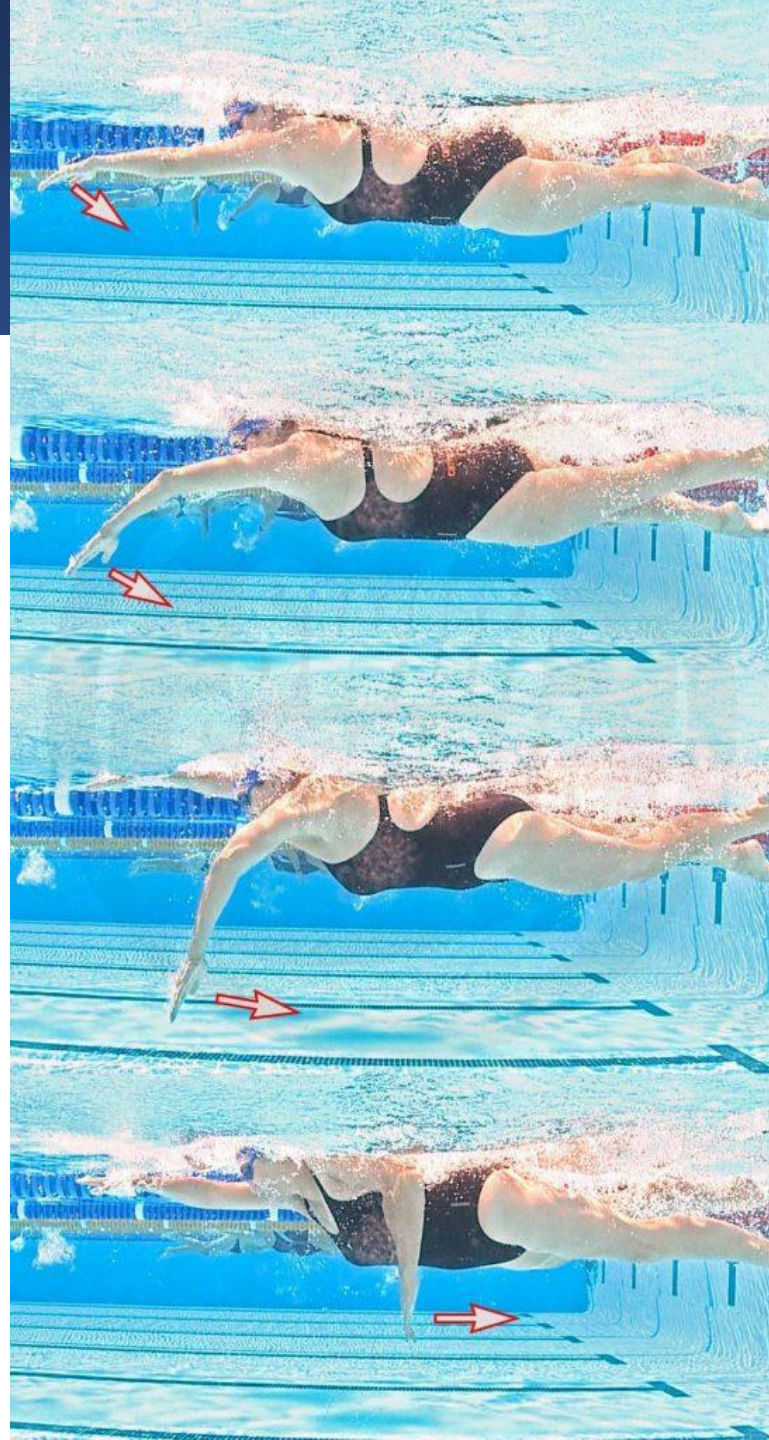
Accelerate through pull

Power!

Distance per stroke

Sculling – reinforce body position

- Catch
- Doggy paddle – full and broken down



Arms

- Hand entry – fingers first
- Shoulder width entry – and stays in line during propulsive phase
- Fingers point down to floor – forearm as paddle
- Catch – feel for water
- High elbow to create force
- Push down side of body past hips
- Length of arm on entry with reach of body rotation

Recovery Arm:

- Bent elbow
- Wrist leads
- Relaxed
- Wrist is wider than elbow
- No swinging round



Breathing

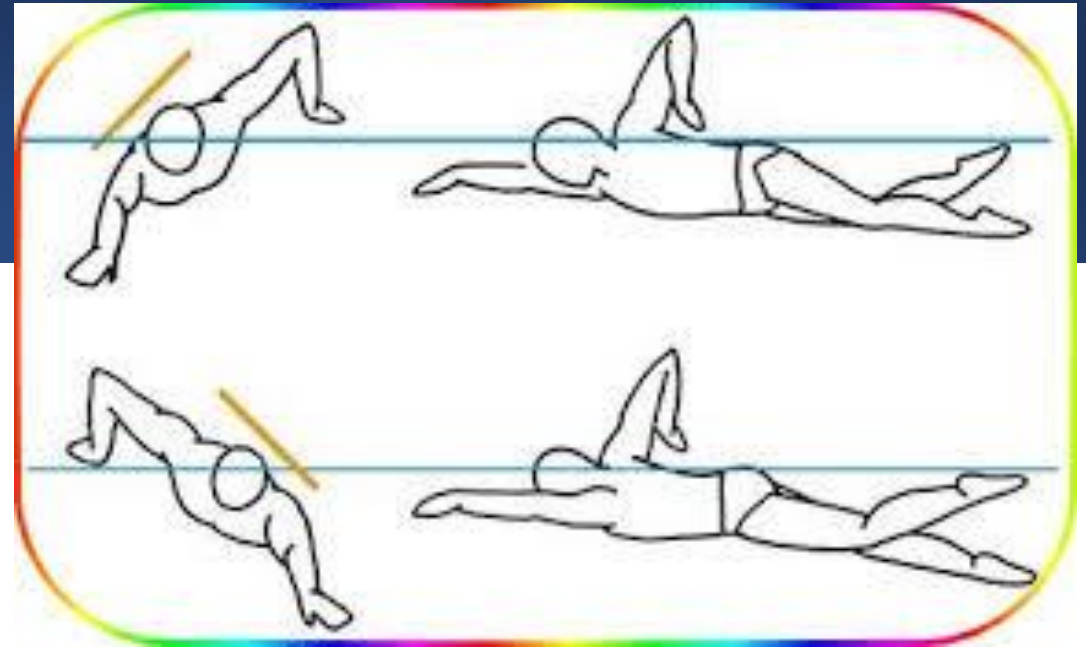


Breath IN as the arm pulls through and the head turns to the side

- Chin stays in line with sternum and rotates with body
- When forearm vertical catch start breath
- Cheek & one goggle stays in water – look sideways
- Blow bubbles in the water – explosive or trickle
- When press back with hand head goes back in water
- Bilateral breathing (every 3) – balance stroke
- Breathing cant effect speed and smoothness of stroke
- Tactics in longer distance races so can see competition



Timing



- Rotation – lateral
- Breathing with stroke
- Arms opposite
- Constant kick

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 for arms / breathing / timings

DON'T RUSH ARM DRILLS!

Arms

- Sculling
- 6 Lateral kick / 3 full strokes / 6 lateral kicks
- Zip up
- Archer hold and archer reverse
- Finger drag
- Single arm
- Water polo FC
- Building sculling with drills into full
- Catch up at shoulder width
- Fists
- Tap/tap
- Tap with kickboard between legs

Breathing/Timing:

- Rotation and lateral kick for head position when breathing



Note:

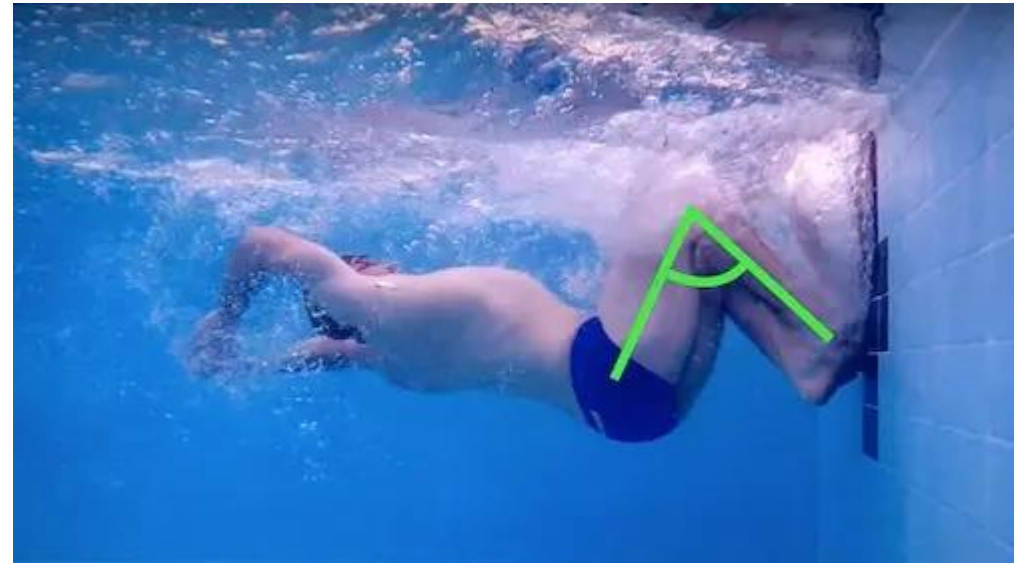
Touching shoulder not the best as impinges shoulder and can shorten length of stroke

Equipment – snorkels, fins and paddles

Skills



- Streamline Fly kick
- No breathing on breakout
- Tumble turns:
 - flow into turn (no gliding in)
 - tight body roll
 - plant feet on wall
 - push off hard into SL
- Finishes
 - fast into wall
 - no breathing inside flags to wall
 - reach into wall (lateral)



Length of event specifics

Sprint events:

50m & 100m

- High stroke rate
- Higher power
- Breathing patterns min
- Strong skills
- Everything is fast!
- Back end speed for 100m

Middle Distance:

200m & 400m

- Controlled stroke rate
- Pacing
- More breathing
- Tactics
- Easy speed and build to back end speed
- Mental push through at 3rd 50m on 200m

Distance:

800m & 1500m & open water

- Slower stroke rate
- Distance per stroke
- Breathing patterns
- Tactics
- Even pace with build in second half

What things can go a
little wrong????



Issues often found happen!!

- Stroke not smooth and efficient
- Leg kick – too deep, slow, inconsistent or bending knees
- Crossing over under body – wrong side!
- Timing of breathing
- Only breathing to one side – unbalanced stroke
- Flat body position - under rotation on reach entry
- Over rotation – esp on breathing (looking too high/round)
- Straight arm under water
- Pull not finishing by hip
- Swinging recovery arm over water
- Thumb first hand entry – will cause shoulder injuries

