

Frontcrawl



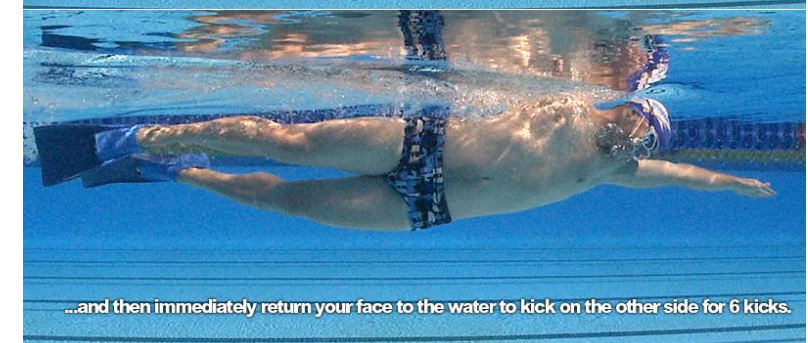
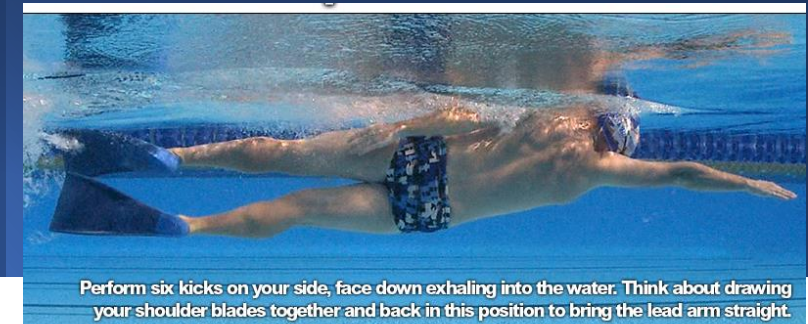
W&DSC Aims of FC for Acad/Junior squads

- Academy racing 25-50m with smooth strokes
- D1- 4 Racing 25, 50 ,100,200, 400s in at least internal events. D3-4 external too + trying 800
 - maintaining smooth stroke technique throughout
- Correct skills performed (tumble turns, streamline u/w)
- Working to get to 5m every u/w and not breathing
 - on first stroke!
- Regular breathing patterns
- Improving efficiency of stroke
 - good body position, rotation, consistency of kick from hips, fingertip hand entry, high elbow underwater and recovery, acceleration through the pull



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



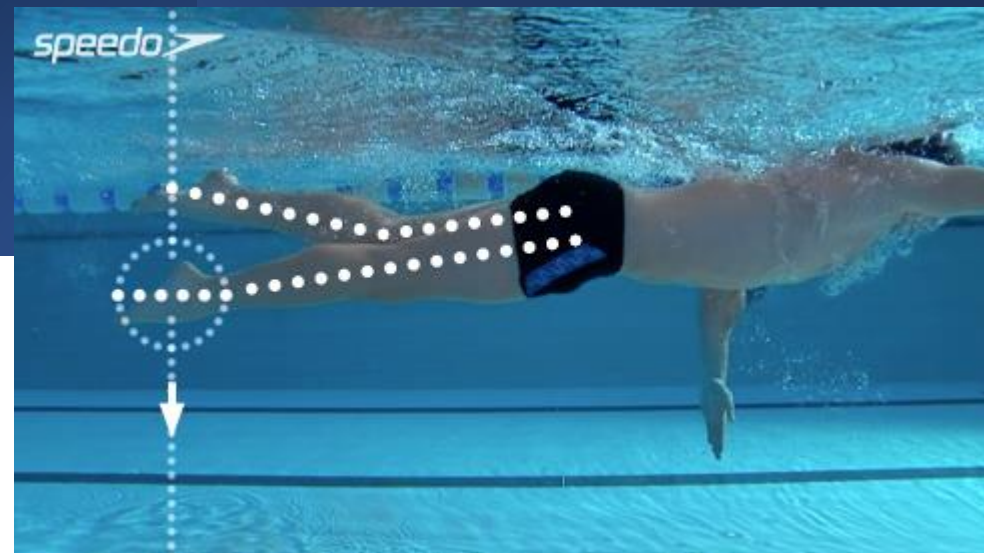
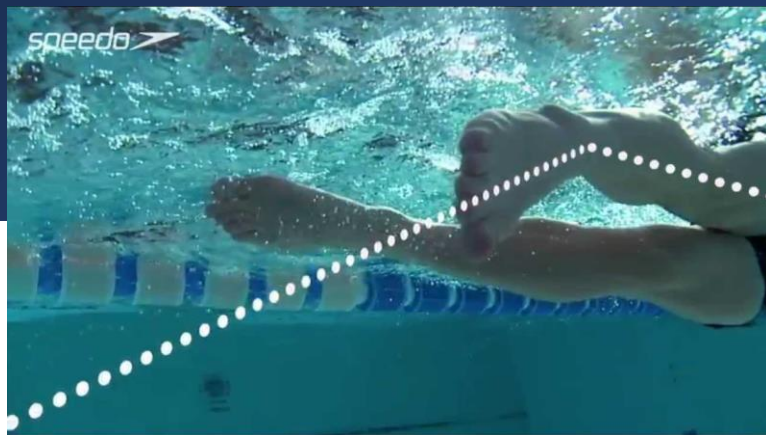
Kick

For balance

For propulsion

For stability so use full power of stroke

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





Catch, press, propulsion, flick, bend to recover

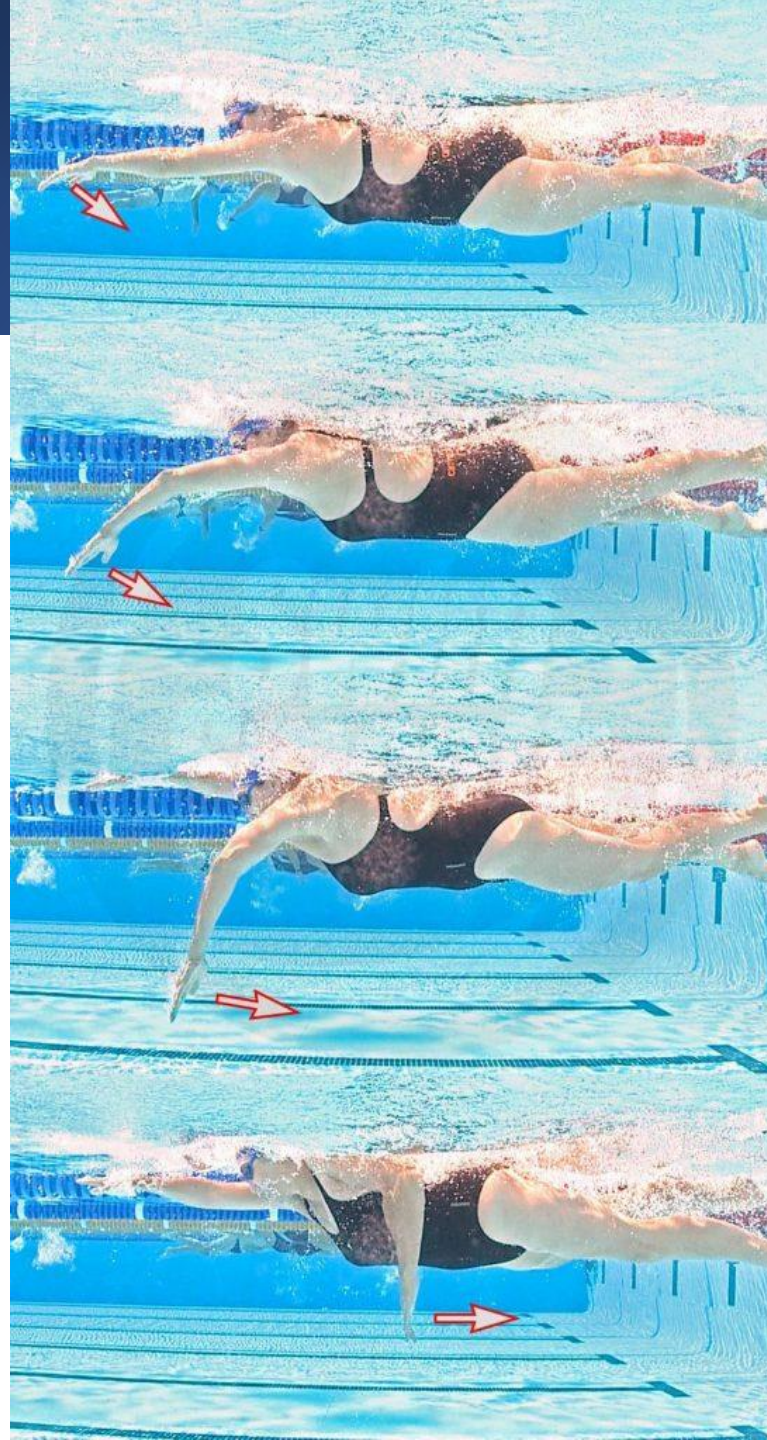
Arm action

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

Accelerate through pull

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

Recovery Arm:

- Bent elbow
- Wrist leads
- Relaxed
- Wrist is wider than elbow



Breathing

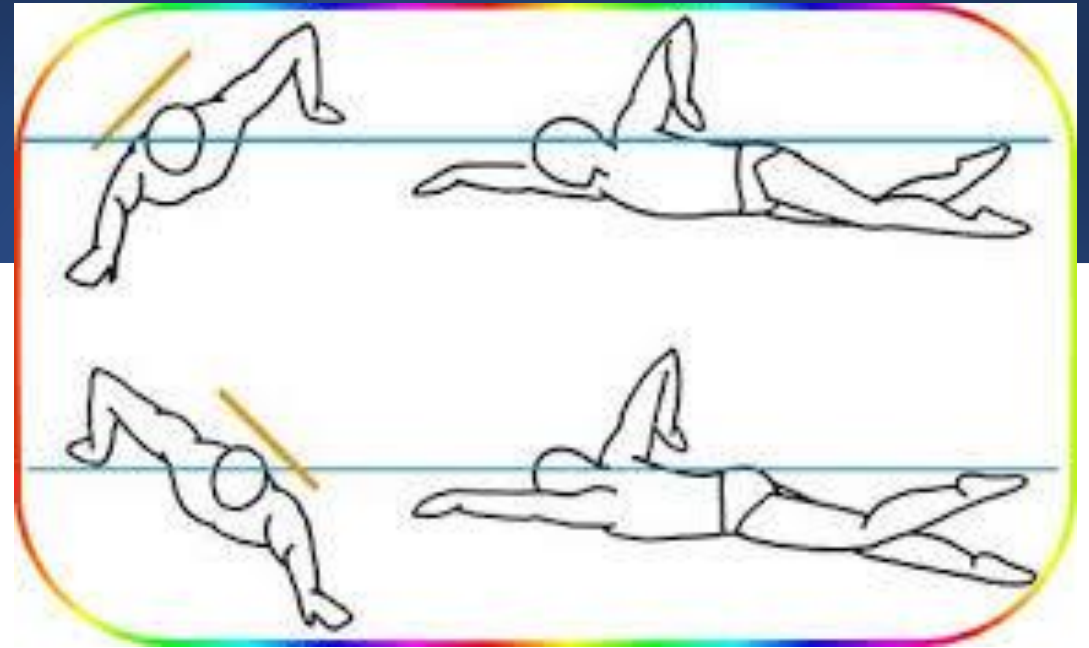


Breathe IN as the arm pulls through and the head turns to the side

- 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 can't effect speed and smoothness of stroke



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

Body Position / Kick

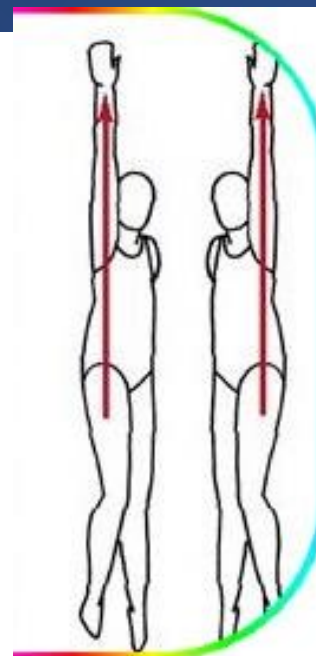
- Rotation kick
- Lateral Kick
- Streamline Kick
- Switching side kick
- Vertical kick – when we can

Arms

- Sculling
- 6 Lateral kick / 3 full strokes / 6 lateral kicks
- Zip up
- Archer
- Finger drag
- Single arm – D3/4 only for good controlled rotation
- Water polo FC

Breathing/Timing:

- Rotation and lateral kick for head position when breathing

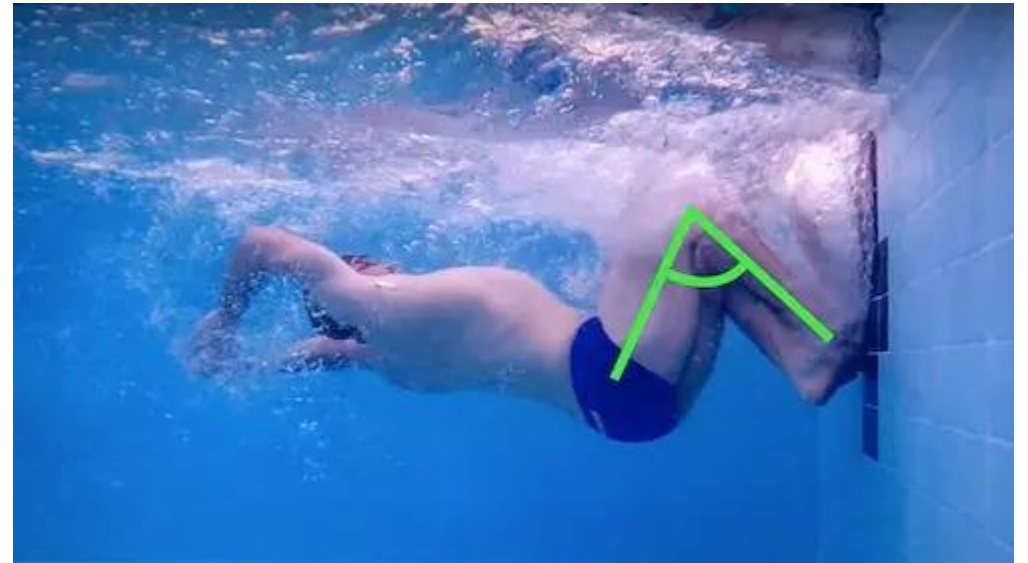


Equipment: Fins/ finger paddles, snorkels, 1 finger paddle with opposite fin

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



Body Position

What things can go a little wrong????



Issues often found happen!!

- Leg kick – too deep, slow, inconsistent or bending knees
(can cause bouncing stroke)
- Dropping elbows under water
- Crossing over under body – wrong side!
- Timing of breathing
- Only breathing to one side – unbalanced stroke
- Snaking – legs and hips
- Flat body position
- Under rotation on reach entry
- Over rotation – esp on breathing (looking too high/round)
- Timing issue with head up too long on breathing
- Straight arm under water
- Pull not finishing by hip
- Swinging recovery arm over water
- Thumb first hand entry

