

Frontcrawl



W&DSC Aims of FC for Senior squads



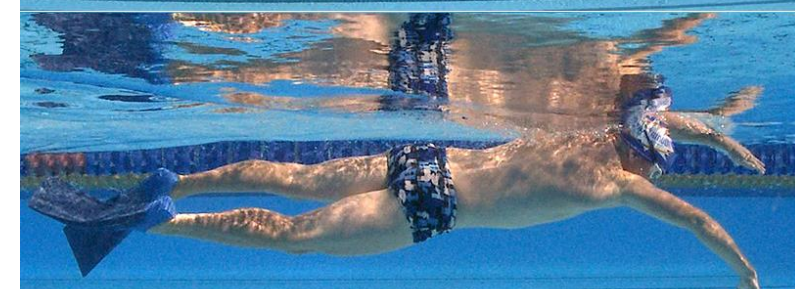
- Aim is to maintain smooth stroke technique throughout all sets and racing
- Stroke needs rhythm, relaxation and range – stroke counting
- Aerobic/threshold sets are done on FC – need to hold technique
- Adapting stroke style to the event
- Efficient skills performed in training and at speed
 - starts, 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 – all drills done with intent and focus

Body Position

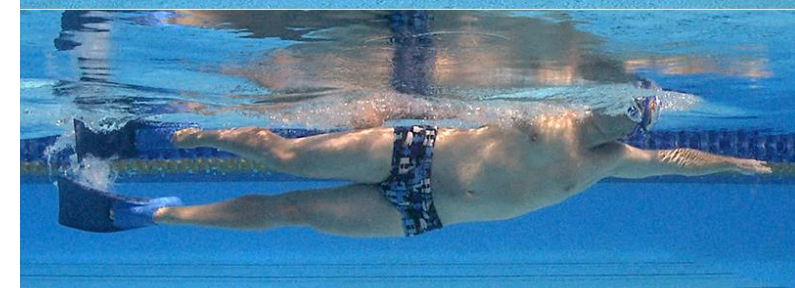
- Head position – more down
- Head still
- Body in line to reduce drag – hands to feet include hips up
- Body rotation - lateral
- As one hand enters and other exits – the body should be a straight line
- The 3 H's – Head, hips and heels
- No bending the lower back



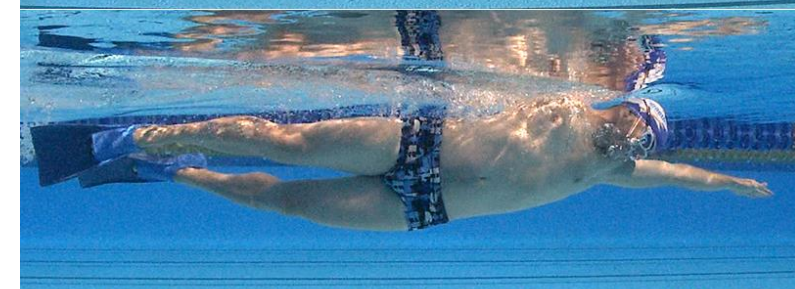
Perform six kicks on your side, face down exhaling into the water. Think about drawing your shoulder blades together and back in this position to bring the lead arm straight.



Perform one stroke to swap sides, arms nearly catching up at the front.



Breathe...



...and then immediately return your face to the water to kick on the other side for 6 kicks.

Kick

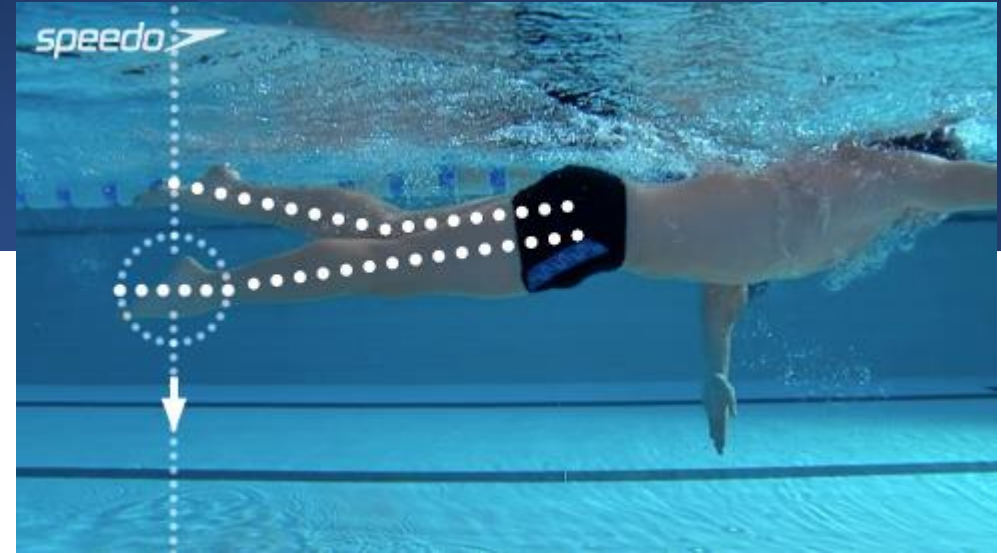
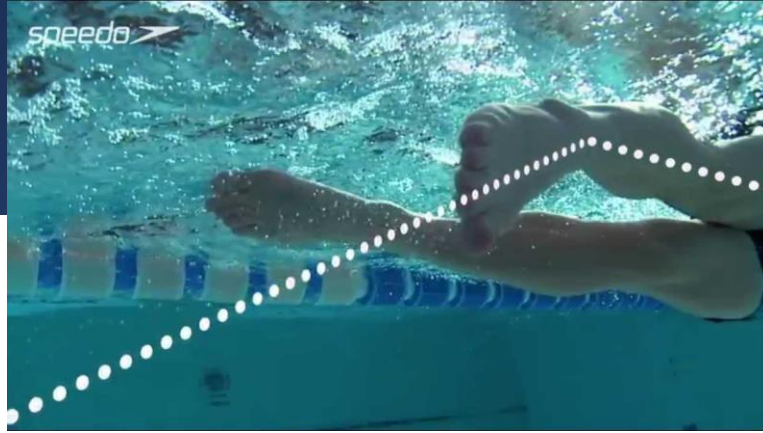
For balance

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

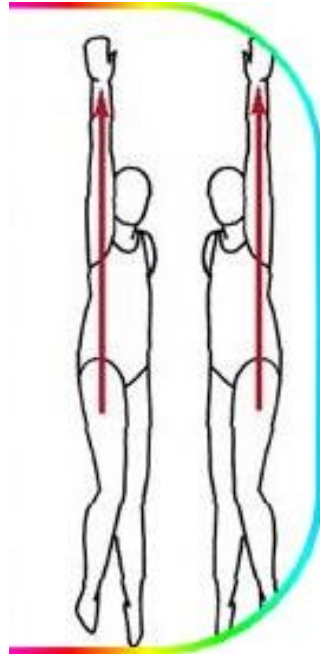


WHAT I REALLY DO

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

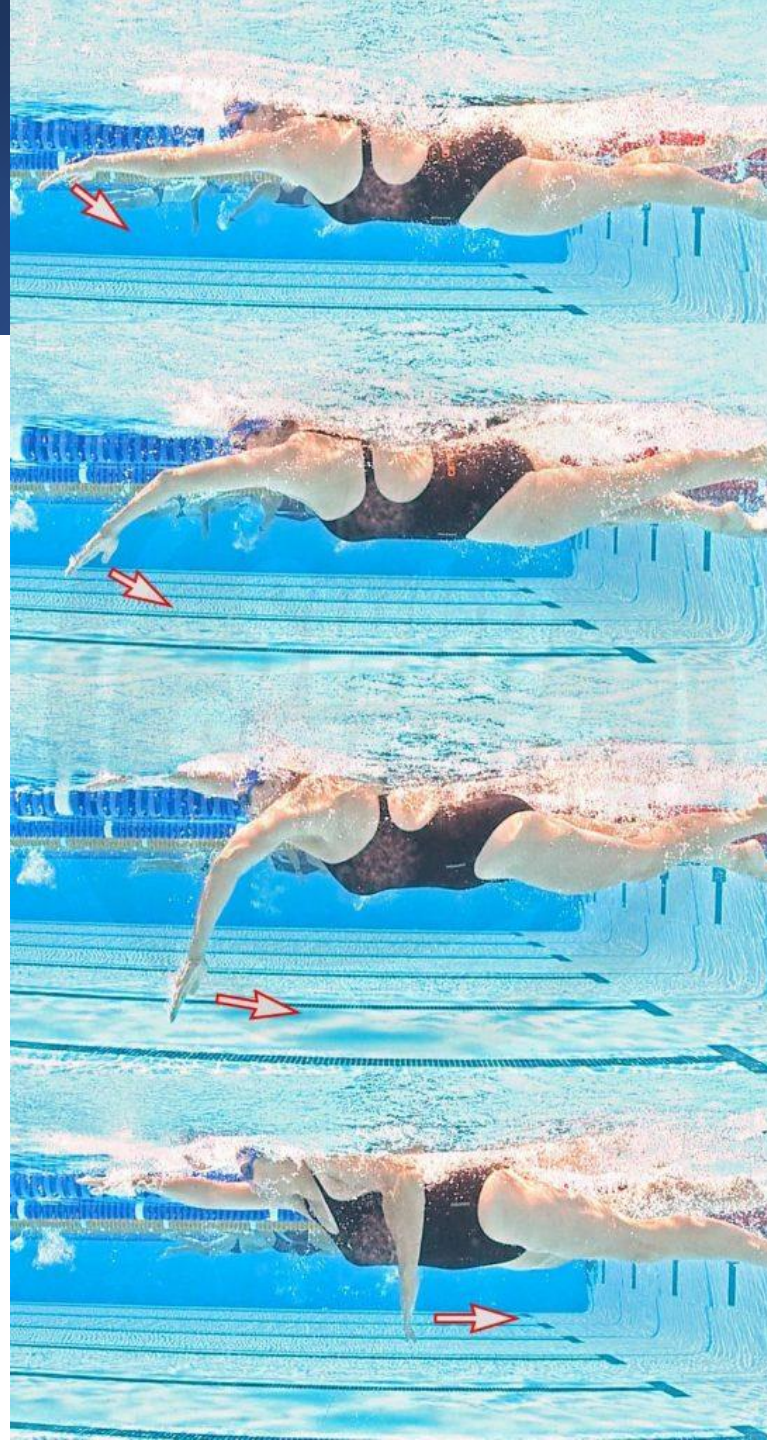
Accelerate through pull

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

*discuss straight arm/bent arm recovery



Breathing

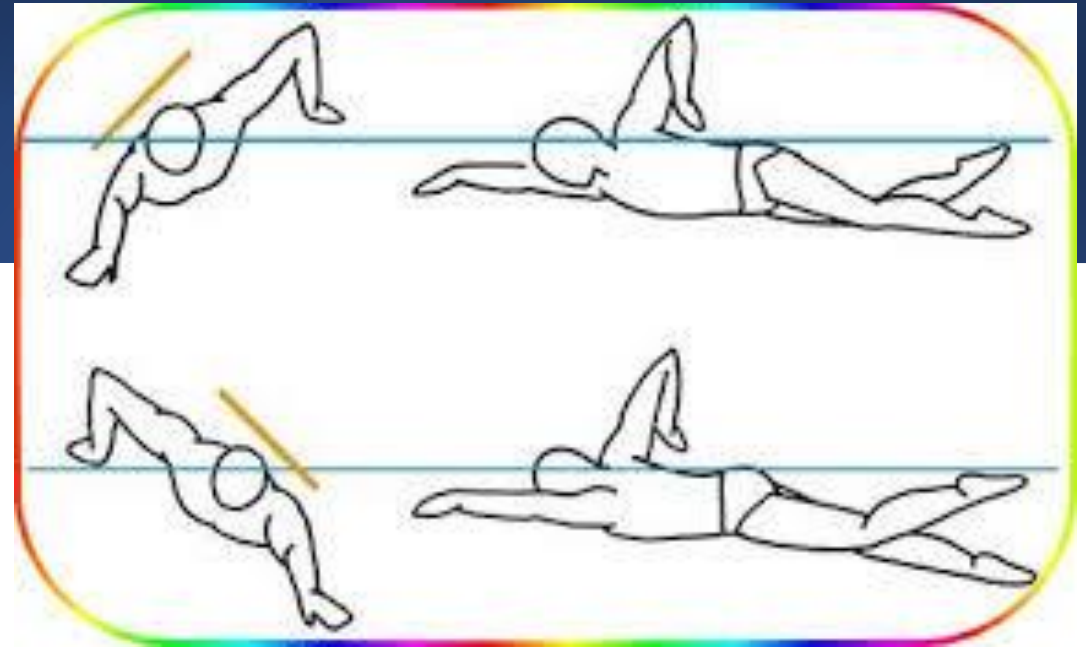


Breathe IN as the arm pulls through and the head turns to the side

- 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
- Breathing patterns:
 - Bilateral for balance
 - one sided for tactics and more oxygen
- Breathing can't 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:

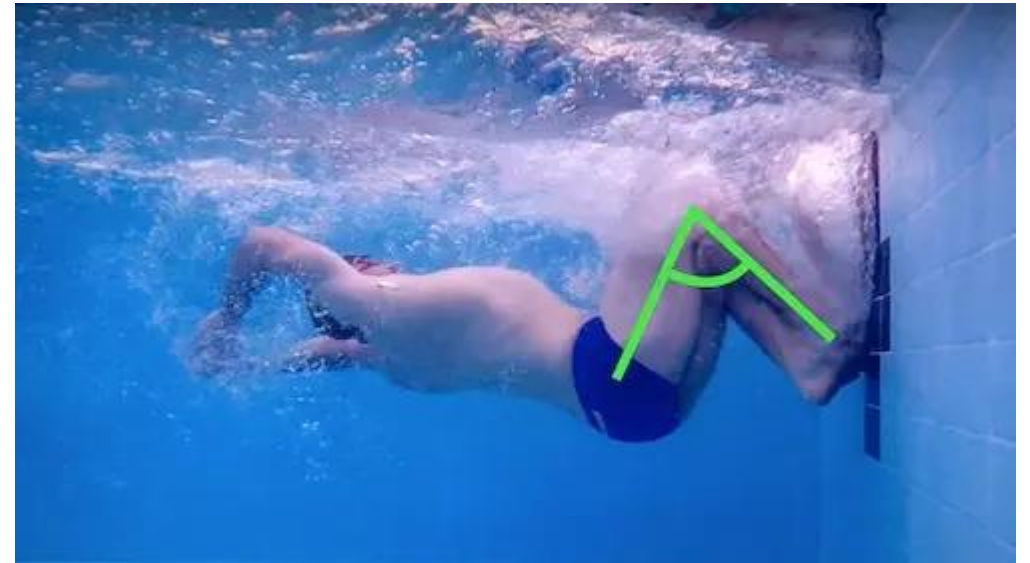
Touching shoulder not the best as impinges shoulder and can shorten length of stroke

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
- Stroke breaks down under fatigue
- Leg kick – too deep, slow, inconsistent or bending knees
- Timing of breathing
- Breathing patterns
- Under/over rotation effecting timing
- Thumb first hand entry – will cause shoulder injuries
- Pacing
- Stroke counting / distance per stroke efficiency

