

# BREASTSTROKE: Legs



Prone position with a float held under each arm



**Aim: to practise and develop correct leg technique in a prone position.**

Using two floats aids balance and stability and encourages correct body position whilst moving through the water.

## Teacher's Focus

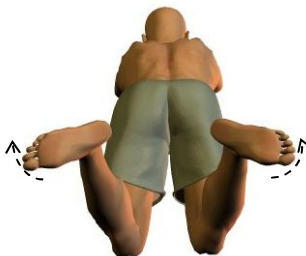
- o Leg kick should be simultaneous
- o Heels are drawn towards the seat
- o The feet turn out just before the kick
- o Feet kick back with knees inline with the hips
- o Feet come together at the end of the kick

## Teaching Points

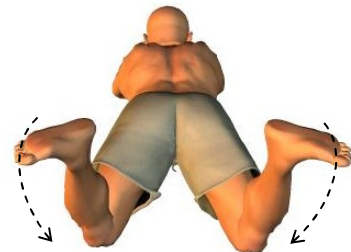
- o Keep your knees close together
- o Point your toes to your shins
- o Drive the water backwards with your heels
- o Glide with legs straight at the end of the each kick



Heels are drawn up towards the seat. Soles face upwards



Feet turn outwards to allow the heels and soles to aid propulsion



Heels push back and outwards in a whip-like action

## Common Faults

- One foot turns out, causing a 'scissor' like kick
- Legs kick back and forth
- Legs kick is not simultaneous
- Toes are not pointed at the end of the kick

## Corrective Practice

- Repeat earlier leg practices
- Reiterate the teaching point and repeat
- Reiterate the teaching point and repeat
- Reiterate the teaching point and repeat

# BREASTSTROKE: Arms



## Moving practice with a woggle held under the arms



### Aim: to learn correct arm action whilst moving through the water.

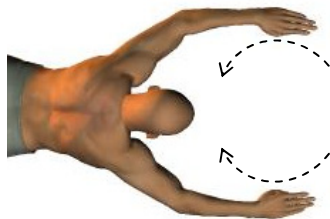
The use of the woggle means that leg kicks are not required to assist motion and this then helps develop strength in the arm pull. The woggle slightly restricts arm action but not enough to negate the benefits of this exercise.

#### Teacher's Focus

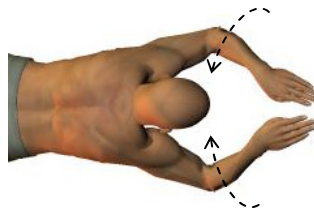
- o Arm action should be simultaneous
- o Arms and hands should remain under water
- o Arms and hands should extend forward after the pull
- o Fingers should be together
- o Arm pull should be circular

#### Teaching Points

- o Pull round in a circle
- o Keep your hands under the water
- o Keep your fingers together and hands flat
- o Pull your body through the water
- o Draw an upside down heart with your hands



Arms and hands pull around and downwards



Elbows tuck in and arms and hands stretch forward into a glide



#### Common Faults

- Fingers are apart
- Arms fail to extend fully forward
- Hands come out of the water
- Arms extend forward too far apart

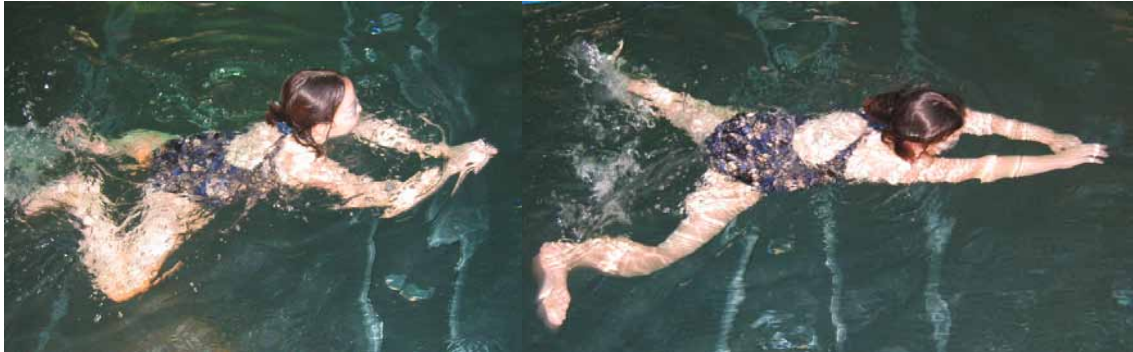
#### Corrective Practice

- Repeat earlier arm practices
- Demonstrate and repeat
- Reiterate the teaching point and repeat
- Reiterate the teaching point and repeat

# BREASTSTROKE: Timing



## Two kicks, one arm pull



### Aim: to perfect timing whilst maintaining a streamlined body position.

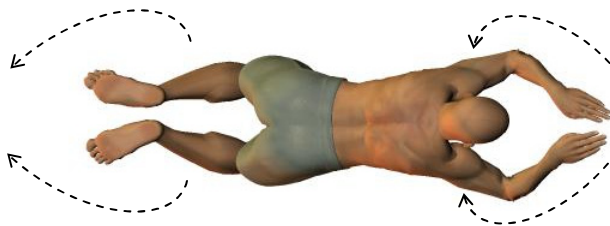
From a push and glide, the swimmer performs a 'pull, breathe, kick, glide' stroke cycle into another streamlined glide. They then perform an additional kick whilst keeping the hands and arms stretched out in front. This encourages concentration on timing and coordination and at the same time develops leg kick strength.

#### Teacher's Focus

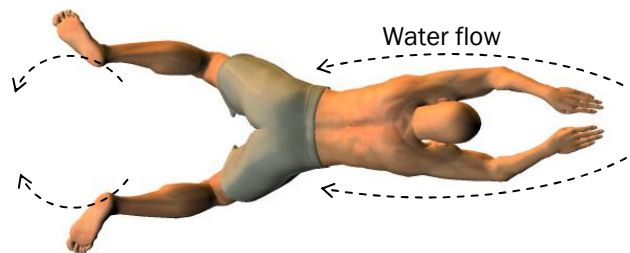
- Legs should kick into a glide
- Legs should kick as the hands and arms recover
- A glide should follow each leg kick
- Head lifts to breathe with each arm pull

#### Teaching Points

- Kick your body into a glide
- Pull, breathe, kick, glide



A full stroke cycle is performed from a push and glide



Additional kick whilst the hands and arms remain still

#### Common Faults

- Arms pull too often and too early
- Failure to glide
- Failure to keep the hands together for the second kick

#### Corrective Practice

- Demonstrate and repeat
- Repeat earlier timing practices
- Demonstrate and repeat