

How To Swim Breaststroke



Mark Young

How To Swim

Breaststroke

a step-by-step guide for beginners
learning breaststroke technique

Mark Young

Want to learn breaststroke in easy steps? Maybe you can swim and want to perform better breaststroke. If it's recreational breaststroke or swimming to burn calories, everything you need is here.

This book contains specific exercises for each aspect of breaststroke. Each exercise makes the individual parts of breaststroke simple and the whole stroke easier to swim.

This is an ideal book for any beginner to accompany their swimming lessons and perfect for average swimmers to learn or improve their basic breaststroke.

Clear, concise and easy to follow.

To **download** the full version of this book **including all exercises**, go to:
<http://www.swim-teach.com/how-to-swim-breaststroke.html>

Contents

Breaststroke Technique

body position

leg kick

arm action

breathing

timing

Breaststroke Exercises

what are they?

body position

leg kick

arm action

breathing

timing

full stroke

Common Questions

To **download** the full version of this book **including all exercises**, go to:
<http://www.swim-teach.com/how-to-swim-breaststroke.html>

breaststroke

an overview

Breaststroke is the oldest and slowest of the four swimming strokes. It is also the most inefficient of all strokes, which is what makes it the slowest. Propulsion from the arms and legs is a consecutive action that takes place under the water. A large frontal resistance area is created as the heels draw up towards the seat and the breathing technique inclines the body position also increasing resistance. These are the main reasons that make breaststroke inefficient and slow.

This stroke is normally one of the first strokes to be taught, especially to adults, as the head and face is clear of the water, giving the swimmer a greater perception of their whereabouts and their buoyancy. There are variations in the overall technique, ranging from a slow recreational style to a more precise competitive style. Body position should be as flat and streamlined as possible with an inclination from the head to the feet so that the leg kick recovery takes place under the water.

The leg kick as a whole should be a simultaneous and flowing action, providing the majority of the propulsion.

The arm action should also be simultaneous and flowing and overall provides the smallest propulsive phase of the four strokes.

The stroke action gives a natural body lift, which gives the ideal breathing point with each stroke. A streamlined body position during the timing sequence of the arm and leg action is essential to capitalise on the propulsive phases of the stroke.

body position

The body position should be inclined slightly downwards from the head to the feet.

The body should be as flat and streamlined as possible with an inclination from the head to the feet so that the leg kick recovery takes place under the water.



To **download** the full version of this book **including all exercises**, go to:
<http://www.swim-teach.com/how-to-swim-breaststroke.html>

The main aim should be good streamlining, however the underwater recovery movements of the arms and legs together with the lifting of the head to breathe, all compromise the overall body position. In order to reduce resistance created by these movements, as the propulsive phase of an arm pull or leg kick takes place, the opposite end of the body remains still and streamlined.

Common body position mistakes

The most common mistake with the body position for breaststroke is being too flat in the water. In other words the face is submerged too much causing the hips, legs and feet to rise to the surface. This could then make lifting the face to the front to breathe more difficult. It could also lead to the feet breaking the surface of the water as they kick and therefore losing power.

The angled body position can be perfected with a simple push and glide exercise. Push and glide from the poolside either holding a float or without, but with the head and face up above the water surface.

Legs

The most important teaching aspect of the legs is that the action is a series of movements that flow together to make one sweeping leg kicking action



Heels are drawn up towards the seat. Soles face upwards



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

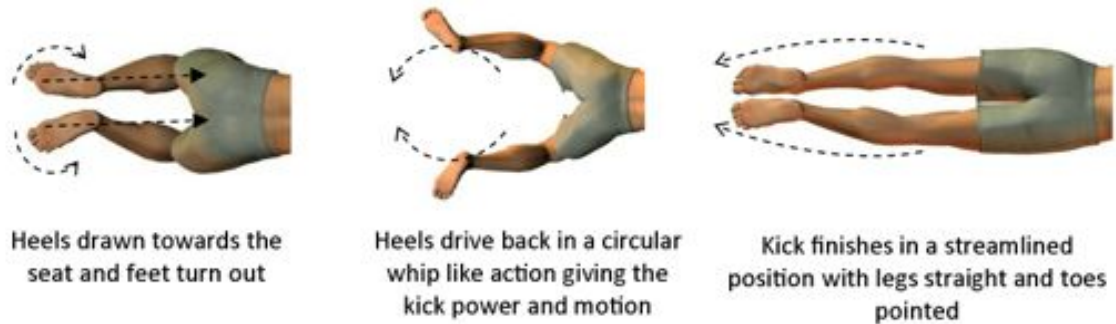


Heels push back and outwards in a whip-like action

It is more important for a swimmer or teacher to recognise the difference between the wedge kick and the whip kick in breaststroke. The leg action provides the largest amount of propulsion in the stroke and swimmers will favour a wedge kick or a whip kick depending on which comes most naturally. For a whip kick, the legs kick in a whip-like action with the knees remaining close together. For a wedge kick the legs kick in a wider, more deliberate circular path.

To **download** the full version of this book **including all exercises**, go to:

<http://www.swim-teach.com/how-to-swim-breaststroke.html>



The leg kick as a whole should be a simultaneous and flowing action, providing the majority of the propulsion. Knees bend as the heels are drawn up towards the seat and toes are turned out ready for the heels and soles of the feet to drive the water backwards. The legs sweep outwards and downwards in a flowing circular path, accelerating as they kick and return together and straight, providing a streamlined position.

Common leg kick mistakes

The feet cause most of the problems when it comes to kicking. Failure to turn the feet out will result in a lack of power and that feeling of going nowhere. Failure to turn out both feet and only turning out one foot will result in something known as a screw kick. This is where one leg kicks correctly and the other swings around providing no propulsion at all.

The best exercise for correcting these common faults is to swim on your back (supine) with a woggle or noodle held under the arms for support. Then the swimmer is able to sit up slightly and watch their own leg kick as they perform it. Kicking in slow motion at first making a conscious effort to turn out both feet and ensure both legs and feet are symmetrical is best before attempting to add power.

To **download** the full version of this book **including all exercises**, go to:
<http://www.swim-teach.com/how-to-swim-breaststroke.html>

breaststroke: stroke exercises

beginners to learn and swimmers to improve

The stroke exercises contained in the following parts of this book form reference sections for each aspect of breaststroke swimming stroke.

what are they?

Each specific exercise focuses on a certain aspect of breaststroke, for example the body position, the leg kick, the arms, the breathing or the timing and coordination, all separated into easy to learn stages. Each one contains a photograph of the exercise being performed, a graphical diagram and all the technique elements and key focus points that are relevant to that particular exercise.

how will they help?

They break down your breaststroke into its core elements and then force you to focus on that certain area. For example if you are performing a leg kick exercise, the leg kick is isolated and therefore your focus and concentration is only on the legs. The technical information and key focus points then fix your concentration on the most important elements of the leg kick. The result: a more efficient and technically correct leg kick. The same then goes for exercises for the arms, breathing, timing and coordination and so on.

will they improve your swimming strokes?

Yes, definitely! These practical exercises not only isolate certain areas but also can highlight your bad habits. Once you've worked through each element of the stroke and practiced the exercises a few times, you will slowly eliminate your bad habits. The result: a more efficient and technically correct swimming stroke, swum with less effort!

To **download** the full version of this book **including all exercises**, go to:

<http://www.swim-teach.com/how-to-swim-breaststroke.html>

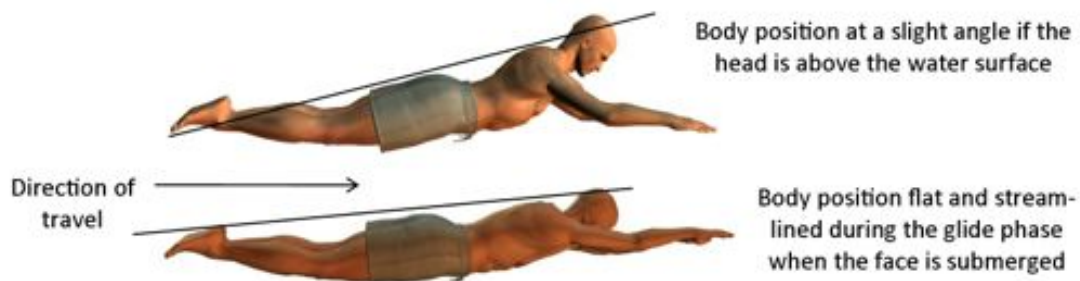
BREASTSTROKE: Body Position

Push and glide



Aim: to develop a basic body position by pushing from the side

The distance of the glide will be limited due to the resistance created by the chest and shoulders. The exercise can be performed with the face submerged as it would be during the glide phase of the stroke or with the head up facing forwards.



Key Actions

- Push hard from the side
- Keep head up looking forward
- Stretch out as far as you can
- Keep your hands together
- Keep your feet together

Technical Focus

- Head remains still and central
- Face is up so that only the chin is in the water
- Eyes are looking forwards over the surface
- Shoulders should be level and square
- Hips are slightly below shoulder level
- Legs are in line with the body

Common Faults

- Shoulders and/or hips are not level
- Head is not central and still
- One shoulder is in front of the other

To **download** the full version of this book **including all exercises**, go to:

<http://www.swim-teach.com/how-to-swim-breaststroke.html>

BREASTSTROKE: Legs

Supine position with a woggle held under the arms

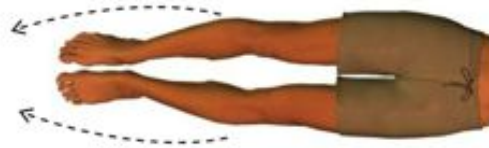


Aim: to develop breaststroke leg kick in a supine position.

This allows the swimmer to see their legs kicking. The woggle provides stability for the beginner and, with the swimmer in a supine position, allows the teacher easy communication during the exercise.



Heels drive back in a circular whip like action giving the kick power and motion



Kick finishes in a streamlined position with legs straight and toes pointed

Key Actions

- Kick with both legs at the same time
- Keep your feet in the water
- Kick like a frog
- Kick and glide
- Point your toes at the end of the kick

Technical Focus

- Kick should be simultaneous
- Heels are drawn towards the seat
- The feet turn out just before the kick
- Feet kick back with knees just inline with the hips

Common Faults

- Feet are coming out of the water
- Failing to bring the heels up to the bottom

To **download** the full version of this book **including all exercises**, go to:

<http://www.swim-teach.com/how-to-swim-breaststroke.html>