



Team Maidenhead

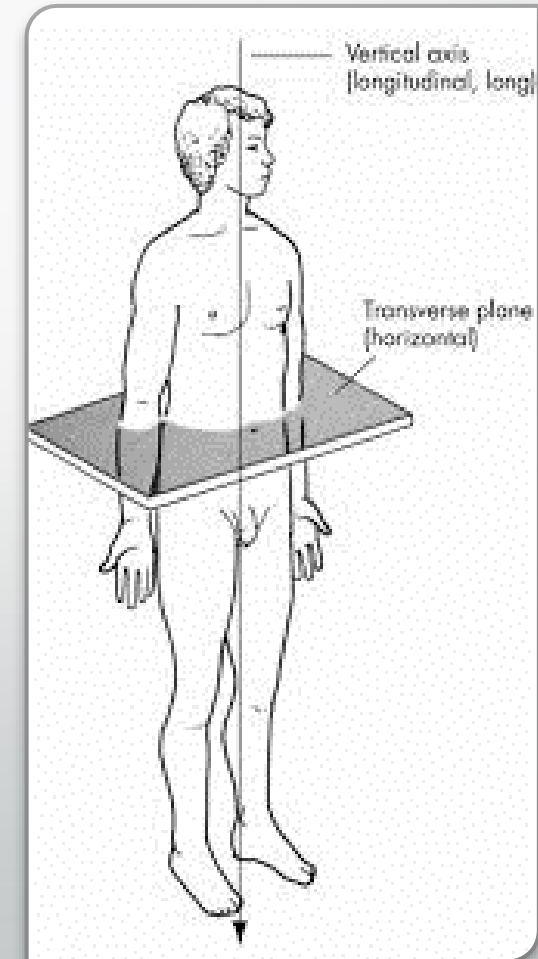
Stroke mechanics

B.L.A.B.T

- **Body position**
- **Leg action**
- **Arm action**
- **Breathing**
- **Timing/coordination**

SWIMMING AXIS'

- Longitudinal – Frontcrawl, Backstroke
- Horizontal – Butterfly, Breaststroke



FRONTCRAWL MECHANICS

- Body position along axis'
- Alternating leg & arm action
- Timing and breathing



FRONTCRAWL BODY POSITION DRILLS

- Side on kick
- One stroke 6/12 kicks
- Three strokes 6/12 kicks
- Russian drill
- Fins or no fins?



FRONTCRAWL PROPULSIVE DRILLS

- **Single arm drills**
- **Side on catch drill**
- **Front catch drill (doggy paddle)**



BACKSTROKE MECHANICS

- Body position along axis'
- Alternating leg & arm action
- Hand entry
- Timing



BACKSTROKE BODY POSITION DRILLS

- Streamline kicking
- Rotational kicking
- Side kicking
- Pause drill
- 6 kicks drill
- Fins or no fins?



BACKSTROKE PROPULSIVE DRILLS

- **Single arm drill**
- **Double arm drill**
- **Catch pause to acceleration**



BUTTERFLY MECHANICS

- **Body position along axis'**
- **Simultaneous leg & arm action**
- **Hand entry**
- **1st vs 2nd kick**
- **Timing**



BUTTERFLY KICK

- **Simultaneous**
- **A whole-body undulation**
- **Legs must stay together**
- **Flexible ankles create whiplike kick**
- **Can be improved on front, back or sides**



BUTTERFLY DRILLS

- **Breast pull fly kick**
- **Arms by side fly kick**
- **4 under 4 over**
- **Biondi drill**
- **Single arm?**
- **Fins or no fins?**



BREASTSTROKE MECHANICS

- Body position along axis
- Undulation
- Narrow kick
- Simultaneous leg/arm action
- Timing



BREASTSTROKE KICK

- **Narrow whiplike**
- **Glide**
- **Feet to glutes**
- **Drive through heels**
- **Plantarflexion of feet**
- **Can be improved on front or back**



BREASTSTROKE DRILLS

- 3 kicks 1 pull
- 2 kicks 1 pull
- 3 second glide
- BR pull fly kick (fins)
- BR pull free kick fins
- Peaty drill

