

COACHES TOP TIPS

BREASTSTROKE

MEL MARSHALL – LEAD COACH, LOUGHBOROUGH NATIONAL CENTRE

SPRINT TECHNIQUE

1. Learning and developing foot speed is critical to performance
2. Foot scull capabilities during developing years is paramount (learn the feel on the feet as well as the hands)
3. Width of knees on kick essential to maintain effective propulsion
 - E.g. Lilly King (Picture 1)
4. Old school says 70% Legs, New school says upper body propulsion just as important



PICTURE 1

AMANDA BOOTH – HEAD COACH, CITY OF OXFORD

1. Develop an understanding of what good bodyline is, how it feels & what it looks like
2. Developing the timing of arm action with breathing
 - E.g. Michael Jamieson (Picture 2)
3. Developing the timing of the arms with propulsive backwards drive of legs
4. Emphasising high fast hands during the recovery phase



PICTURE 2

ANDY WALLACE – SUPPORT COACH, LOUGHBOROUGH NATIONAL CENTRE

1. Elbows remain in front of the chest
 - E.g. Adam Peaty (Picture 3)
2. Hands push forward at the surface to minimise resistance
 - E.g. James Wilby (Picture 4)
3. Narrow leg kicks (knees inside hip width) strong whip action timing linked with end of arm recovery
 - E.g. Lilly King (Picture 1)



PICTURE 3



PICTURE 4

DAVE MCNULTY – LEAD COACH, BATH NATIONAL CENTRE

1. Streamline, alignment and glide
 - E.g. Michael Jamieson (Picture 5)
2. Ride the wave – when the arms extend out in the recovery phase of the arm cycle, the upper body and head should ride the wave that is created for as long as possible
3. Timing – the timing of the stroke is paramount. Small errors in the timing of the stroke can add significant amounts of time to your swimmers overall racing speed.



PICTURE 5

DAVID HEMMINGS – NATIONAL COACH, LOUGHBOROUGH NATIONAL CENTRE

1. Work on developing an understanding of true streamline from fingers through to toes
 - E.g. Anton Chupkov (Picture 6)
2. Teach kicking with flat thighs in supine positions/along bottom of pool floor. This helps the athlete learn to recover heels rather than pump knees forward (more drag).
3. Avoid rep and rate – focus on wider out-sweep whilst maintaining a neutral head.
 - E.g. Anton Chupkov (Picture 7)
4. Teach pointing of toes through the arm 'wrap' otherwise low legs or early knee flexion with neutralise arm pull propulsion.
 - E.g. Anton Chupkov (Picture 8)



PICTURE 6



PICTURE 7



PICTURE 8

DALE FRANTZESKOU – ASSISTANT COACH, CITY OF CARDIFF

1. Foot speed, foot speed, foot speed – The speed at which the feet finish the kick is vital in creating a powerful kick.
2. Every movement in the stroke is about creating forward movement. You must eliminate any movement that unnecessarily produces vertical movement or puts a 'dead spot' into the stroke.