

# COACHES TOP TIPS

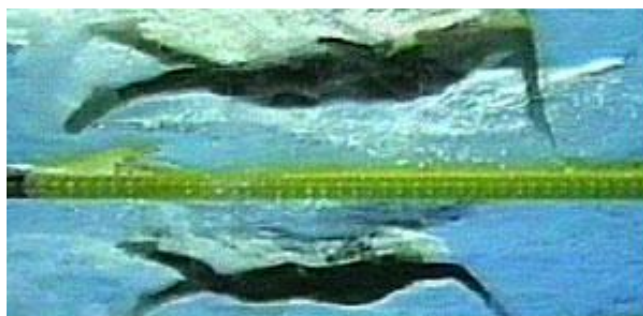
## FREESTYLE

JOL FINCK – NATIONAL COACH, BATH NATIONAL CENTRE

1. Set your body alignment to eliminate as much drag as possible
  - E.g. Sun Yang (Picture 1)
2. Engage first quartile vertical forearm catch on breathing side
  - E.g. Ian Thorpe & Grant Hackett (Picture 2)
3. Let the elbow take the weight of the wrist through the recovery phase
  - E.g. James Guy (Picture 3)



PICTURE 1



PICTURE 2



PICTURE 3

STEVEN TIGG – HEAD COACH, STIRLING PERFORMANCE CENTRE

1. The timing of the breathing must not compromise swimming speed and the swimmer must be competent using multiple patterns (Right/Left/Bi-lateral)
2. Use a 6 beat leg-kick that is elastic (Foot speed relates to stroke rate)
3. Lead the arm recovery with elbow and let the hand and wrist follow suit.
  - E.g. James Guy (Picture 3 above), Grant Hackett (Picture 4) and Michael Phelps (Picture 5)



PICTURE 4



PICTURE 5

**DAVE MCNULTY – LEAD COACH, BATH NATIONAL CENTRE**

1. Develop a great kick that can ‘go through the gears’ during a race
  - E.g. Thorpe and Hackett (Picture 2 above)
2. Develop a great feel of the water, especially on the catch
3. Maintain a high elbow position throughout the pull creating the maximum amount of force
  - E.g. Katie Ledecky (Picture 6) and Rebecca Adlington (Picture 7)



PICTURE 6



PICTURE 7

**KEVIN RENSHAW – PATHWAY IMPLEMENTATION MANAGER, BRITISH SWIMMING**

1. Look down not forward! Swim with a neutral head position with no stress on the Thoracic spine and no wrinkles in the back of the neck. This aids early vertical forearm (EVF) catch with less stress in shoulder.
  - E.g. Katie Ledecky (Picture 6 above) and Rebecca Adlington (Picture 7 above)

**NATHAN HILTON – HEAD COACH, NOVA CENTURIAN**

1. Internal rotation of shoulder on catch so that inside of the elbow faces down.
  - a. E.g. Ian Thorpe (Picture 2 above)
2. The hand recovers slightly wide of the elbow so as not to impinge the shoulder.
  - a. E.g. Rebecca Adlington (Picture 8)



PICTURE 8

**MARK SPACKMAN – HEAD COACH, ROYAL WOLVERHAMPTON SCHOOL**

3. Leg Kick Levels – Great freestyle swimmers have different levels of kick and use this throughout a race. In training you should train:
  - a. For balance/ low intensity (aerobic)
  - b. Propulsive (aerobic/anaerobic threshold)
  - c. Maximum (Vo2 max)