

Freestyle



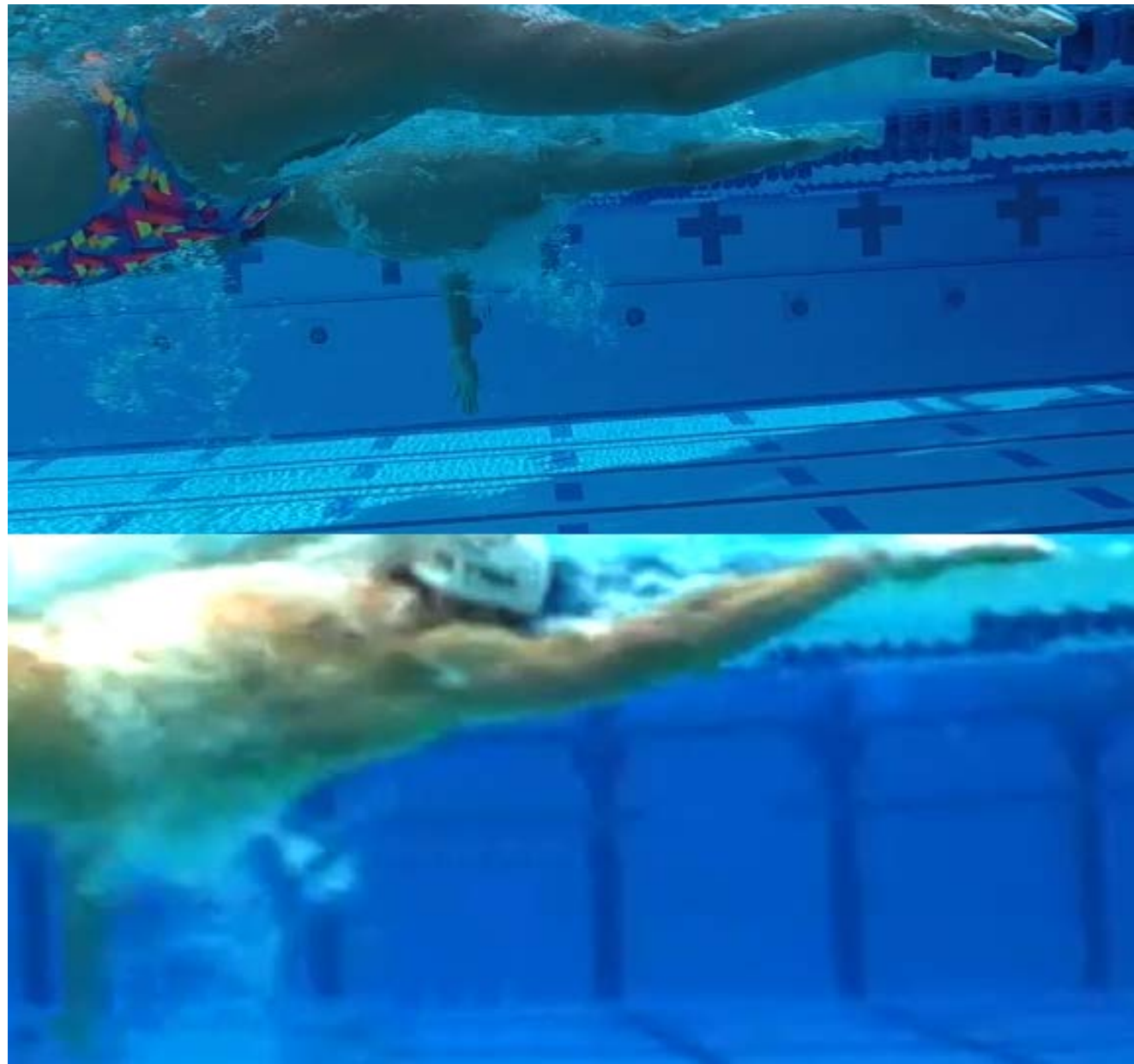
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Freestyle Technique Aspects

- Underwater
 - Catch – Power Triangle
 - Entry, Finish, Rotation
- Recovery
 - Width, Arm Position
- Breathing
 - Timing, Head Position
- Kick

The Catch #1 Priority

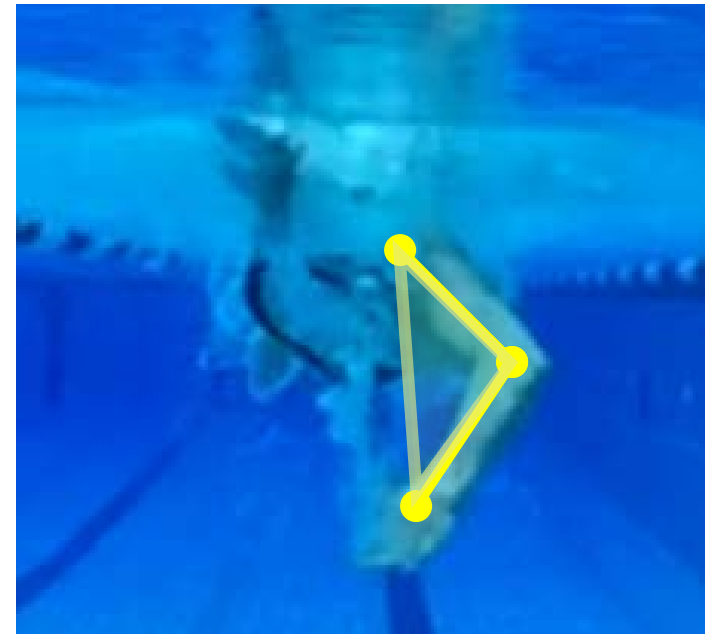
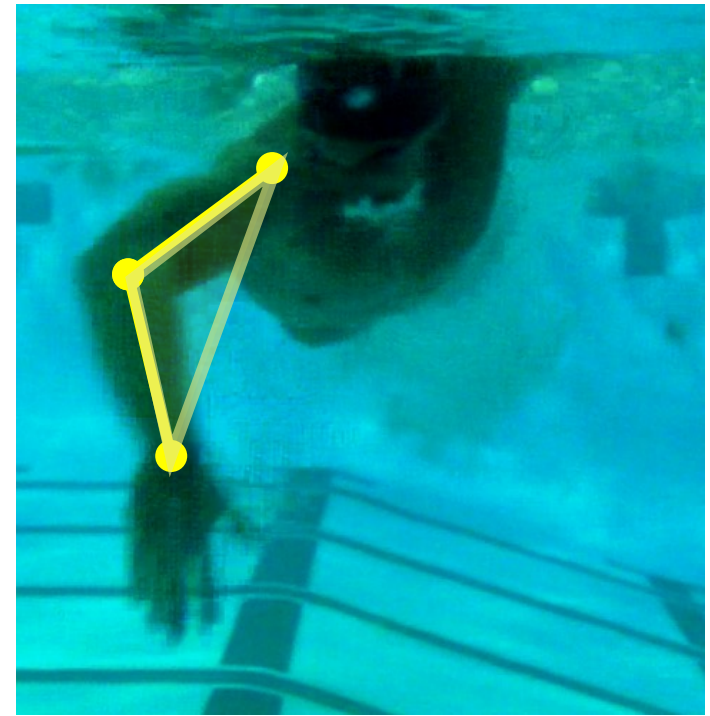
- Bend your elbow
- Get your arm around the water
- Push water back with palm and forearm



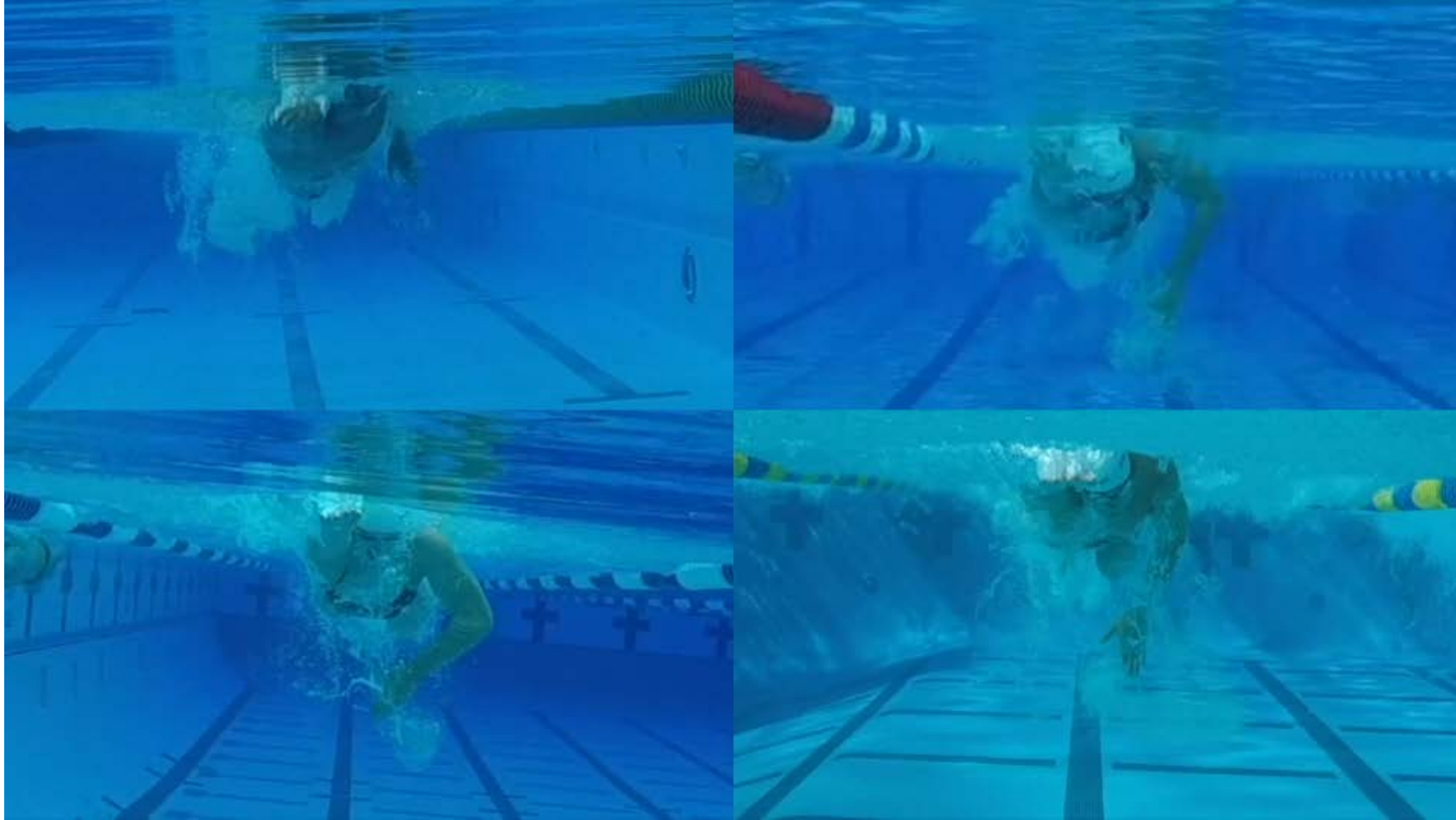
The Catch – How To Do It

From hand entry:

- Extend & rotate forward with hand in line with shoulder
- Do NOT over-rotate!
 - Keep shoulder next to face
 - Never roll the shoulder in front of face
- Point fingertips down / Hand in-line with the shoulder
- Bend elbow to the side / Elbow wider than shoulder
- POWER TRIANGLE



The Catch – How To Do It



Power Triangle

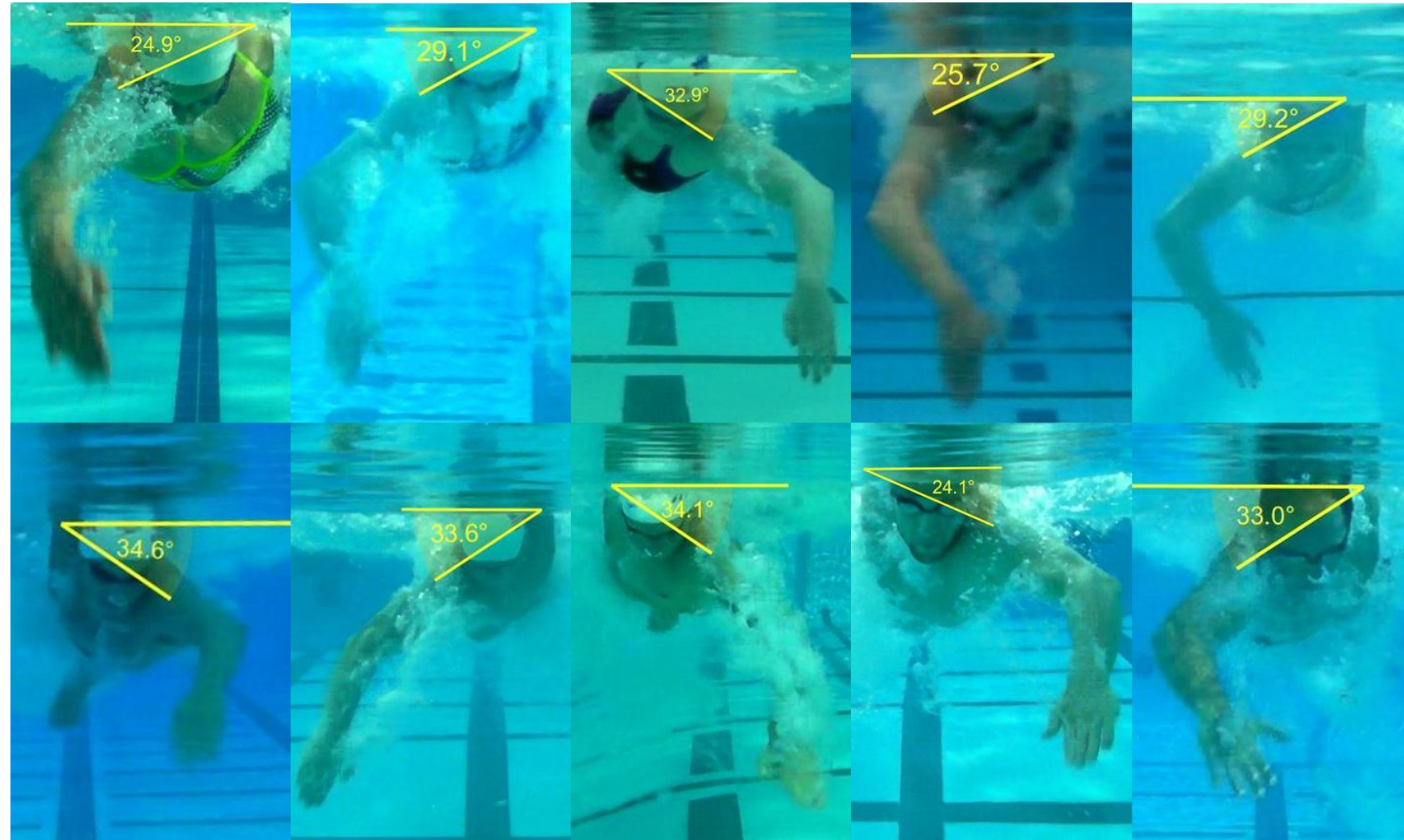
- Fingertips down
- Hand in-line with shoulder
- Elbow bent wider than the shoulder

This Drill is Everything!



Rotate FORWARD!!!

- Not all the way onto your side
- 25-35° means you are more on your stomach than you are on your side
- **The catch is the goal!**
- Too much rotation makes it hard to get your elbow bent to the side



Rotation & Injury-Mechanics

- Shoulder injuries happen with bad mechanics repeated over time
- The arm bending behind the line of the back puts stress on the shoulder
- This can happen:
 - 1) During the catch, if the swimmer is rotated too much
 - 2) During the recovery, if the swimmer is too narrow with the hand – high elbow or straight arm recovery



Arm Recovery



- The hand is relaxed
- The motion is a dynamic throw of the hand forward
- The hand comes around the side
- Wide, not narrow
- High elbow – Hand is bent downward, to the side of the elbow
- Straight arm – Forearm/Hand is extended to the side

Arm Recovery

- Hand is wide
- The hand leads the elbow about halfway through
- Shoot the hand forward



Stroke Finish

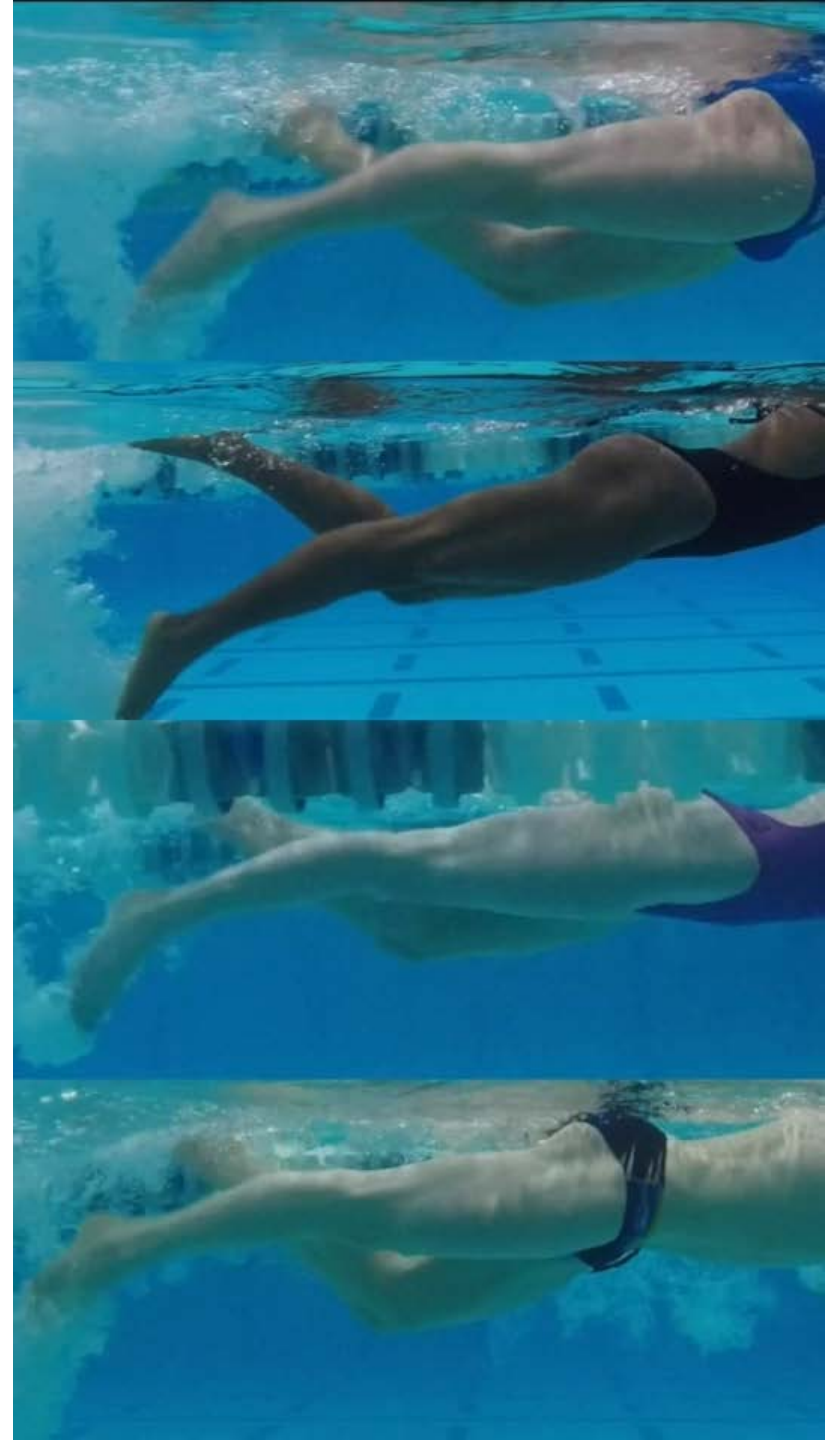


After the catch & power triangle:

- The hand comes closer to the body
- Keep pressure on forearm and palm
- The elbow exits first

Kicking Mechanics / Timing

- The best kickers have superior technique
- Bend the knee forward
- Lower leg extends forward while the knee stays in place
- The kick finishes before the leg rises up
- Not-as-good kickers' knees lift up while the leg is extending (i.e. bicycle kick)
- The kick finishes below the bodyline



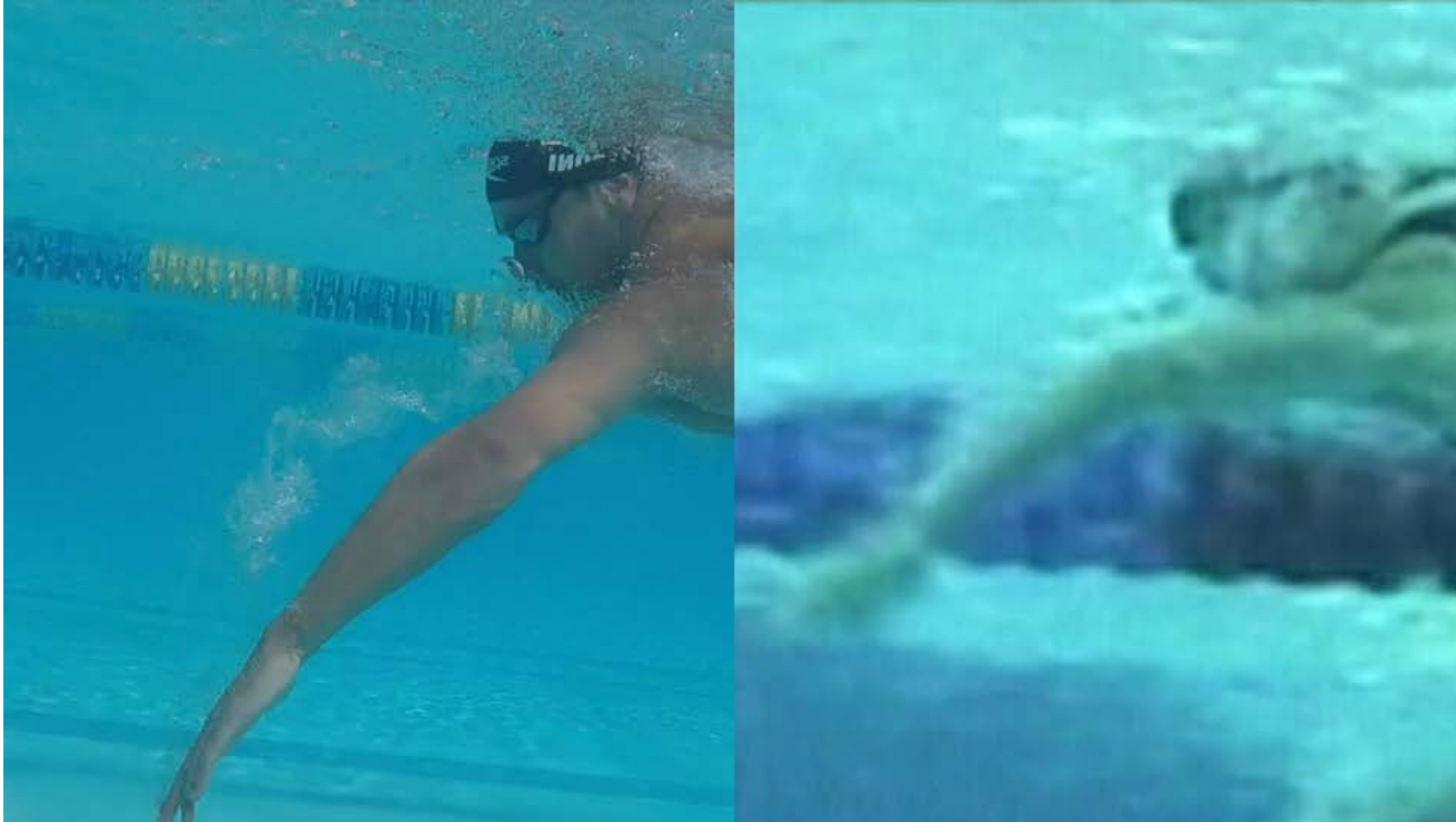
Breathing Mechanics / Timing

The best breath:

- Makes the catch of the non-breathing arm great
- Does not slow down the rhythm of the stroke
- Is timed well
- Not just quick
- A turn of the neck
- Starts before the non-breathing arm entry
- Snaps back during the breathing arm recovery

It's easy to over-rotate during the breath, so be aware of your non-breathing shoulder & arm

Breathing Mechanics / Timing



The head turn LEADS the rotation

You should almost see the catch after the breath

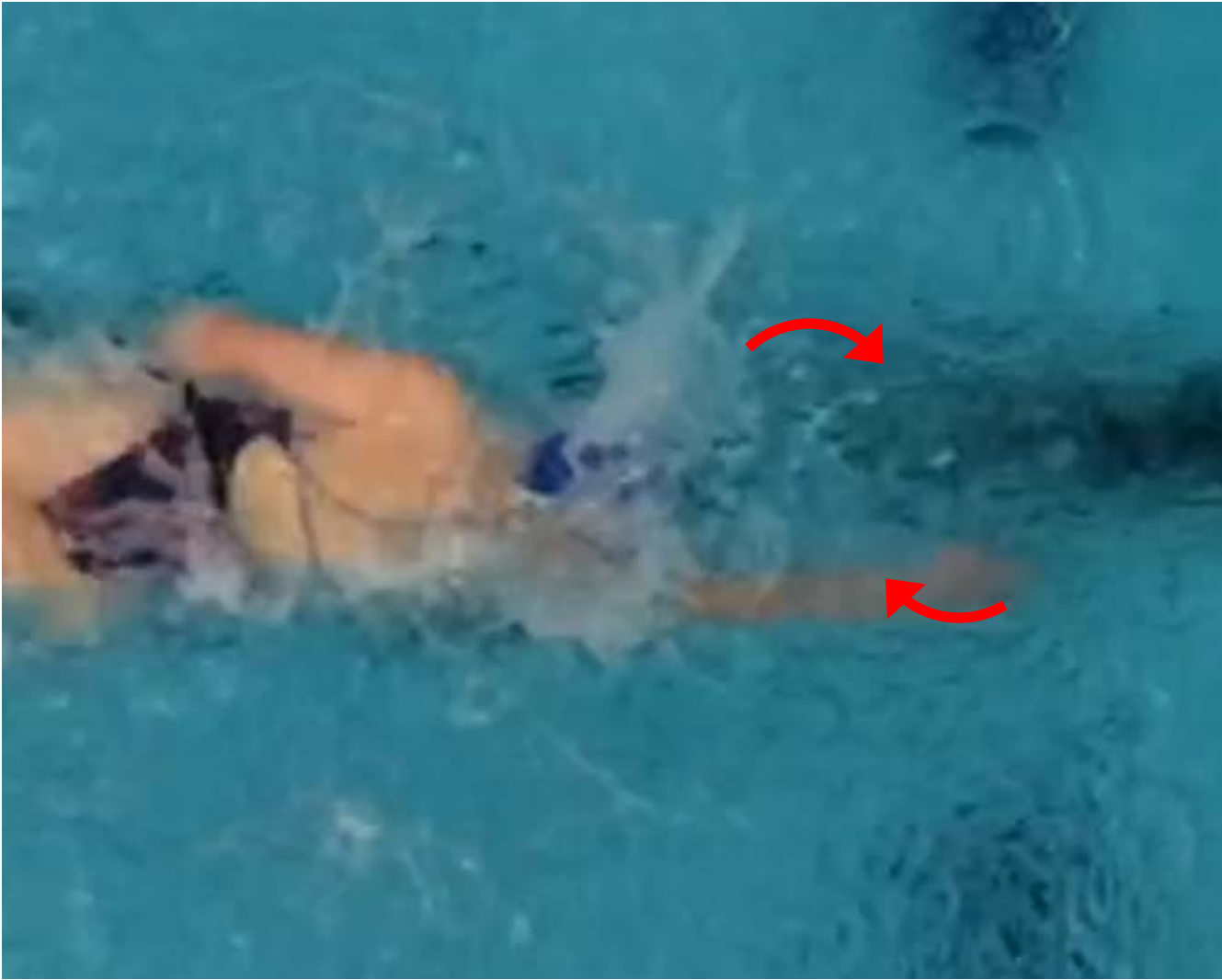
Breath Timing – Bad & Most Usual

Most swimmers are too late:

- Late = Starting the breath with the entry of the non-breathing arm
- Late = Turning the head back when the breathing arm crosses in front of your face (and after the catch of the underwater arm)



Freestyle 2.0 – Swimming “Connected” (1)



With a solid core, both sides of the stroke work together:

- The catch holds water and helps drive the recovery side forward

Freestyle 2.0 – Swimming “Connected” (2)



Likewise:

- Holding water in the 2nd half of the stroke helps drive the entry side forward

THANK YOU!



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