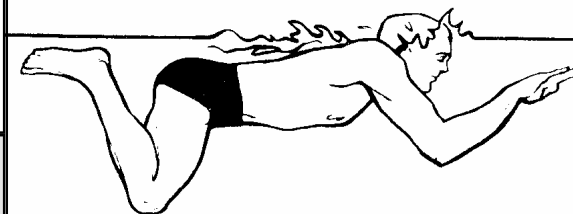


# Breaststroke Progression



*Kick – Glide – Hips / Heels – Pull & Breathe*

1. **Pool-side / Land Drills - each teacher: same instructions (exactly) - consistency.**  
(e.g. B/R Kick Stretch; Poolside: seated; lie back; lie back streamlined; eyes closed; B/R Wall Slide)
2. **25 B/R Kick on back (board) ▶ 25 F/S Kick on front (board)**
3. **25 Streamline B/R Kick on back (no board) ▶ 25 FTD F/S .. bilateral breathing on 3**
4. **25 Str. B/R Kick on back ▶ 25 Str. F/S Kick on front** (hips up, head up, sculling; breathe out u/w on 6 or 8 kicks)
5. **25 Heels-to-Hands on back** (fingers linked beneath buttocks) ▶ **25 FTD F/S .. bilateral breathing on 3**
6. **25 Heels-to-Hands on front** (fingers linked beneath buttocks) ▶ **25 FTD F/S .. bilateral breathing on 5**
7. **25 Str. B/R Kick on front** (work on hips high & timing of breath) ▶ **25 F/S 8 Kick – 3 stroke switch (▲)**
8. **50 B/R: 1 Pull – 2 Kicks** *finish the kick before “breaking out” (Heels Together - Hands Apart)*
9. **25 Left Hand / Right Foot Kick ▶ 25 Right Hand / Left Foot Kick .. focus on scull out**
10. **25 Hands-to-Heels** (on front, or, on back) ▶ **25 B/R .. 1 Pull – 2 Kicks**
11. **50 Glide .. Count 3 .. (Heels Together - Hands Apart)**
12. **50 B/R .. full stroke**

**25m (or 50m) Pools**  
**Advice:** 25 B/R Drill ▶ 25 FTD F/S or B/R  
 (visibility allows focus)

**Fundamental Cue**  
*Head Back*  
*Hips Up*  
*Toes Up*  
**Repeat over and over**

- Breaststroke**
- Both feet turned out on kick
  - Knees inside feet on backward kick
  - Arms pulling outwards to 10:00 o'clock and 2:00 o'clock in a locked position **after** the kick is complete
  - Legs up slowly and extend back quickly
  - High hip position
  - Long glide to the count of 3
  - Heels Together .. Hands Apart
- “Long” arms, head down at the commencement of the stroke.
- © North West Athletics  
[www.nwaswimaths.com](http://www.nwaswimaths.com)

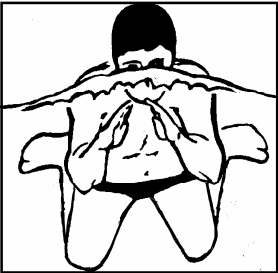


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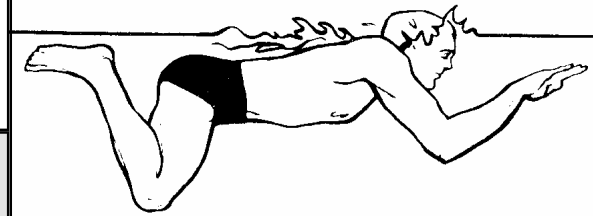
**P<sup>6</sup>**  
**Only Plenty of Perfect Practice Produces Professional Performances**

We are what we repeatedly do; excellence can (will) become a habit

There are progressions and sample session available for all strokes



# Breaststroke Set 1

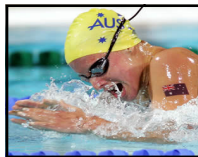


*Kick – Glide – Hips / Heels – Pull & Breathe*

- 1. 25 B/R Streamline Kick on back ► 25 B/R Streamline Kick on front**  
(“Head Back” – “Hips Up” – “Toes Up”) (Hips Up .. Timing of breath .. Head down (streamline) for the kick)
- 2. 25 B/R 1 Pull-2 Kicks ► 25 B/R: 1P-1K ► 1P-2K ► 1P-3K**
- 3. 25 B/R Streamline Kick on front ► 25 B/R .. 25% pull**
- 4. 50 B/R: 1 B/R Kick ► 1 Fly Kick .. Repeat**
- 5. 25 B/R .. 50% pull ► 25 B/R .. 75% pull**
- 6. 25 B/R 1 Pull-2 Kicks ► 25 B/R: 1P-1K ► 1P-2K ► 1P-3K**
- 7. 25 B/R Streamline Kick on back ► 25 B/R Streamline Kick on front**  
(“Head Back” – “Hips Up” – “Toes Up”) (Hips Up .. Timing of breath .. Head down (streamline) for the kick)

## Breaststroke

- Both feet turned out on kick
- Knees inside feet on backward kick
- Arms pulling outwards to 10:00 o’clock and 2:00 o’clock in a locked position **after** the kick is complete
- Legs up slowly and extend back quickly
- High hip position
- Long glide to the count of 3
- *Heels Together .. Hands Apart*



## Follow-up

2 x 25m B/R Full Stroke



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There are progressions and sample session available for all strokes

