

QUALITY TECHNIQUE

(Some) KEY PERFORMANCE FACTORS

In all strokes, continuous swimming without breaking stroke, breathing and rhythm is essential, as is a high, stable body position.

Rhythm and **timing** are key indicators of efficient technique.

Factors based on guidelines provided
by Bill Sweetenham and
Kings Mornington Swimming Club

Freestyle:

- Strong, continuous kick with extended legs – pointed toes
- Bent Arm Recovery with a slight elbow lead, thumb first (v. semi-circle recovery)
- Controlled breathing and head position
- Long stroke with slow arms
- Fingertips – wrist – elbow – shoulder; no splash entry

Teaching Swimming
Remember
A Child is NOT a little adult
Strategies: Teaching Groups
Read: “*Standard Strategies*”

Backstroke:

- Hip high position
- Continuous arm movement: straight / high on recovery, brushing the ear(s) and entering the water at 11:00 and 1:00 o’clock.
- Continuous kick, knees under water and extended legs; pointed toes to surface
- Stable head position (water at ear level)

Tags are available for kids to earn as they acquire skills; also Novelty Skill Tags, e.g. Bombs / Pin Drops

Plan ahead

Focus on 1-3 new skills per session, depending on group readiness

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
- “Long” arms, head down at the commencement of the stroke

Heels Together Hands Apart

Butterfly:

- Little finger first, straight arm recovery
- Feet together with kick in (hand entry) and kick out (hand exit); timing of the arm stroke
- Continuous arms together
- Breath just prior to arm recovery
- Feet together and hands together on kick and arm stroke (balanced)
- “Long” arms, head down, at commencement of the stroke

Each stroke to contain a locked elbow straight position prior to the commencement of initial limb force application ... a high or slightly elevated wrist position is desirable at this point.