

Starts & Turns

Part 1: Front Starts & Flip Turns

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Front Start

- **Objective**
 - Carry max forward speed into the water
 - Push effectively off the block
 - Have a great entry
- **Begins with set-up on the block!**



4 Things To Set Up A Track Start





High Hips

Eyes Down

Arms Loaded

Rear Foot behind Hips



With Wedge Without Wedge

- Weighted toward front foot
- Rear foot positioned high on wedge
- Wedge as forward as possible (still meeting 4 criteria)



Other Things to Look For

- If elbows are bent, elbows should point backward not outward
- Toes pointed forward
- Feet positioned just inside hip width
 - Not lined up directly with each other
- It's acceptable for torso to lean on thigh



Take your mark... GO!

- **JUMP FORWARD!!**
- **Elbows go back → The hands follow**
 - Hands should not go in front of face and shoot forward
- **Push chin forward; Push chest forward**
 - Do not stand up, lift shoulders or back
 - Keep back horizontal



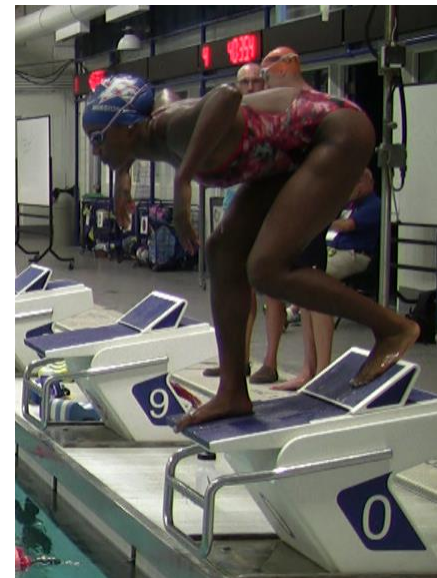


Key Points

- **Pulling with the arms is critical**
 - Gets upper body & hips moving forward
 - Keeps body low
- **A flat low back optimizes the leg push**
 - Connects lower to upper body chain
 - Push chin and chest forward



Drill Progression

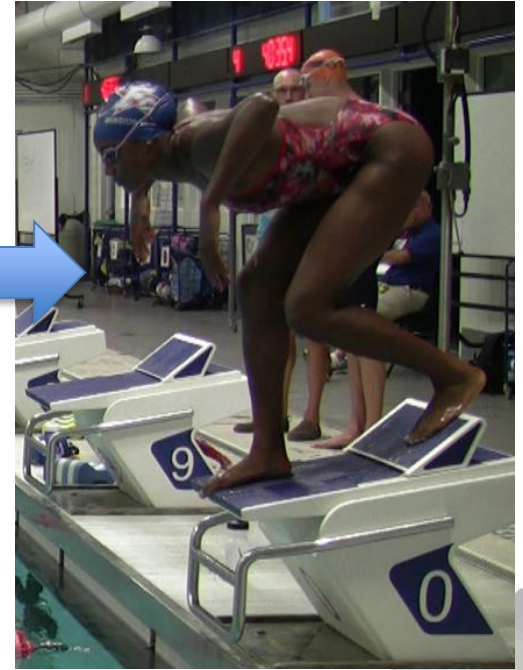


Flat back is key



The hard part is going from bent over to flat back:

1. Without lifting up too much
2. While moving forward



Common Problems

- **Falling straight in / Weak forward push**
 - Optimize the arm pull
 - Fix upper body position
- **Legs hit flat on the water**
 - Most likely from lifting upper body too much and/or not using the arms enough



The Entry

- A good entry is determined from how you set-up on the block and push off of it
- High hips & legs on entry helps push the body into the water with the most speed
 - Exaggerate the rear leg push





Freestyle Flip Turns

5 Focus Points



#1 The Head Follows The Hand

- The head should start moving into the turn while the last arm stroke is still moving back



#2 Get The Hips Over

- Dive the forehead / shoulders down
- Forcefully bend at the waist
- Don't focus on:
 - Tucking the chin / Rolling into the turn
 - Getting the feet over



#3 Throw Water Over Your Head

- At the end of the last arm stroke, immediately:
 - Rotate the palms down
 - Push water over your head to help hips rotate over



#4 Keep Your Knees at the Surface

- When the focus is (incorrectly) on getting the heels over, it is not uncommon to see the knees bending too early and coming toward the chest underwater, creating a lot of resistance.



#5 Jump Off The Wall

- The push-off should be the same technique as jumping on land
 - Feet hip width apart
 - Push through the balls of the feet
 - Lock the back / Slight arch
 - Leg force should push through the shoulders



Flip Turns: 5 Focus Points

1. The Head Follows the Hand
2. Get the Hips Over
3. Throw Water Over Your Head
4. Keep Your Knees at the Surface
5. Jump Off The Wall

