



**Stroke Clinic**  
**8/26/23**

## **Chalk Talk-Freestyle**

### Body Position

- Long
- Head Position dictates hip position
- Rotation (how much is too much)

### Kick

- Six beat kick
- Connect the core

### Catch

- Fingers point down
- Arm extends in front of shoulder
- Elbow wider than the hand
- Some rotation/tilt at the point of the catch

### Stroke-power phase

- Direct force-push water back
- Forearm pitched forward
- Arm hooks the water with fingers down

### Stroke-finish

- Maintain pressure on forearm and palm
- Start releasing water-lead into recovery with elbow

### Recovery

- Controlled throw of the hand
- Arm lifts and drives into water
- Arm drives forward

## **Clinic**

### **Warmup**

200 free-be deliberate

200-redo with kick count, stroke count and proper breathing on breakouts

12x25 kick on right side/kick on left side/swim with catch in mind

### **Drills 25's and 50's**

4x25 of the drill

3x50 of the drill/swim by 25

100 swim

1-10 kick/3 stroke drill (arm in  $\frac{3}{4}$  position)

2-cathup (mix of fist and regular)

### **Swim**

200 free with proper technique, stroke count and kick count