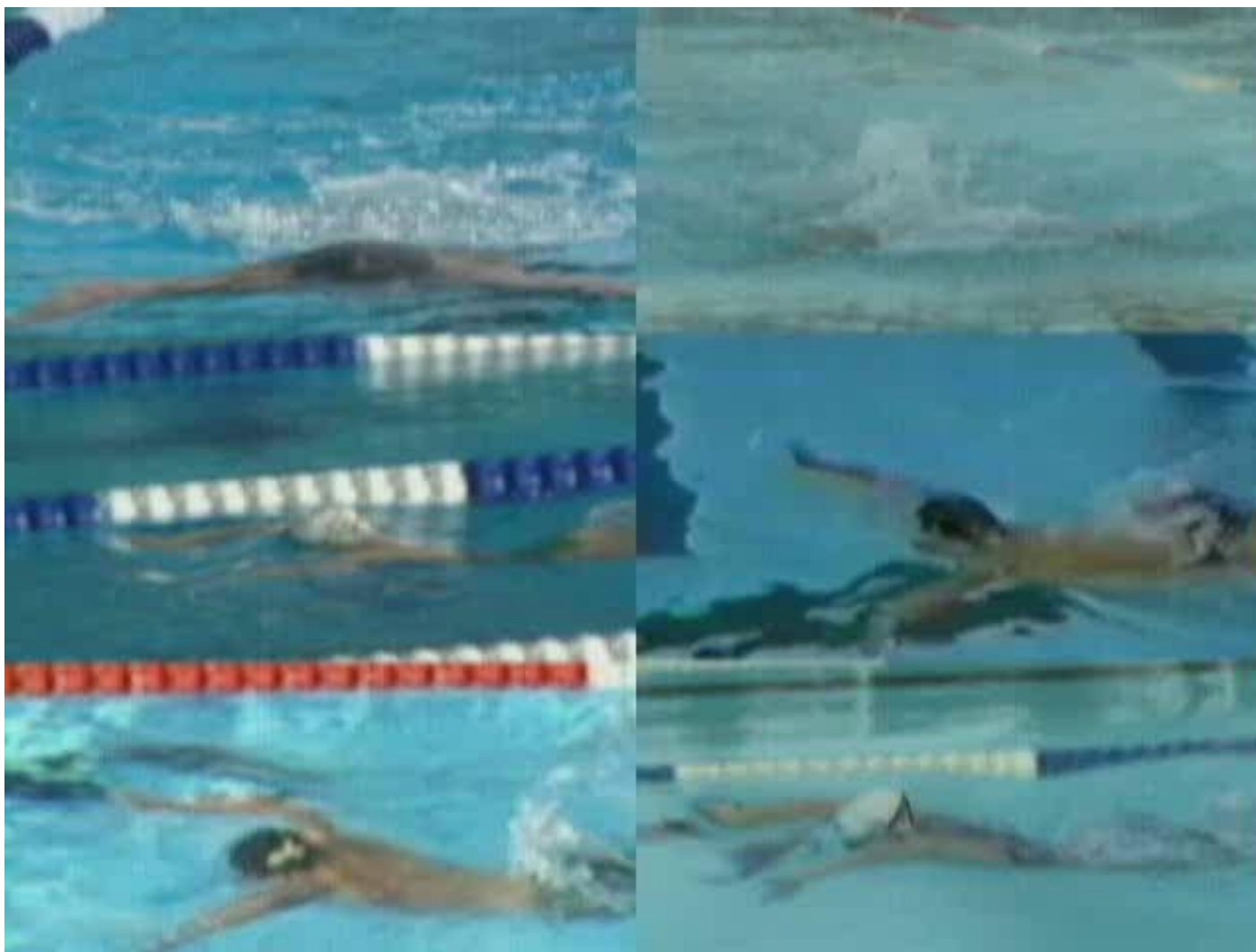




***Diff'rent Strokes
for
Diff'rent Folks***

Russell Mark, USA Swimming
Mark Hesse, USA Swimming
Scott Colby, USA Swimming

The best definitely look different...



“Old School Breaststroke”



“Rookie Breaststroke”



...here's what all of the best do well

Keep moving forward – Minimal “stop & go” action

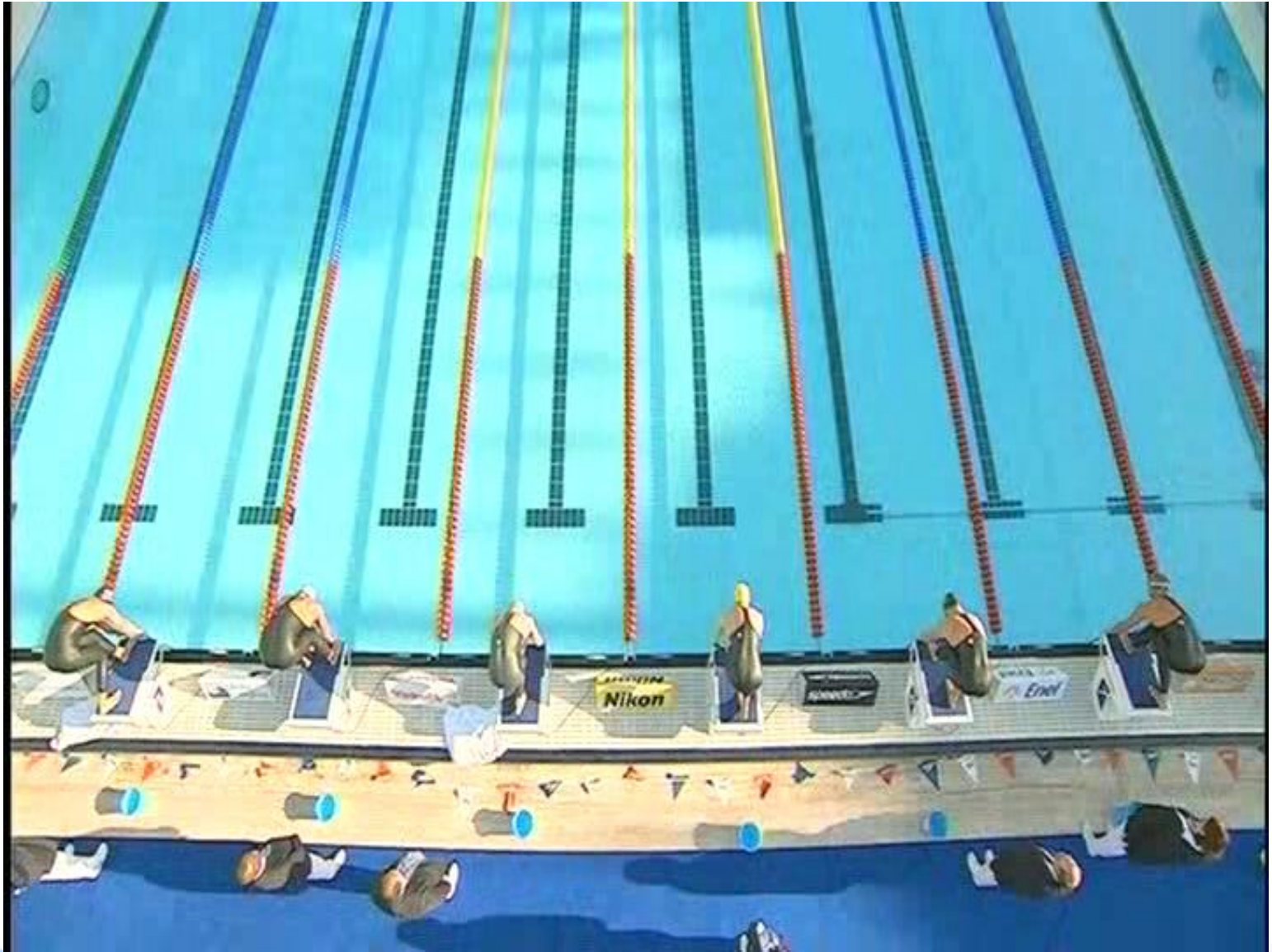
Maintain speed & body position through the midpoint of the arm stroke and breath

Surge chest, head and arms forward into the line

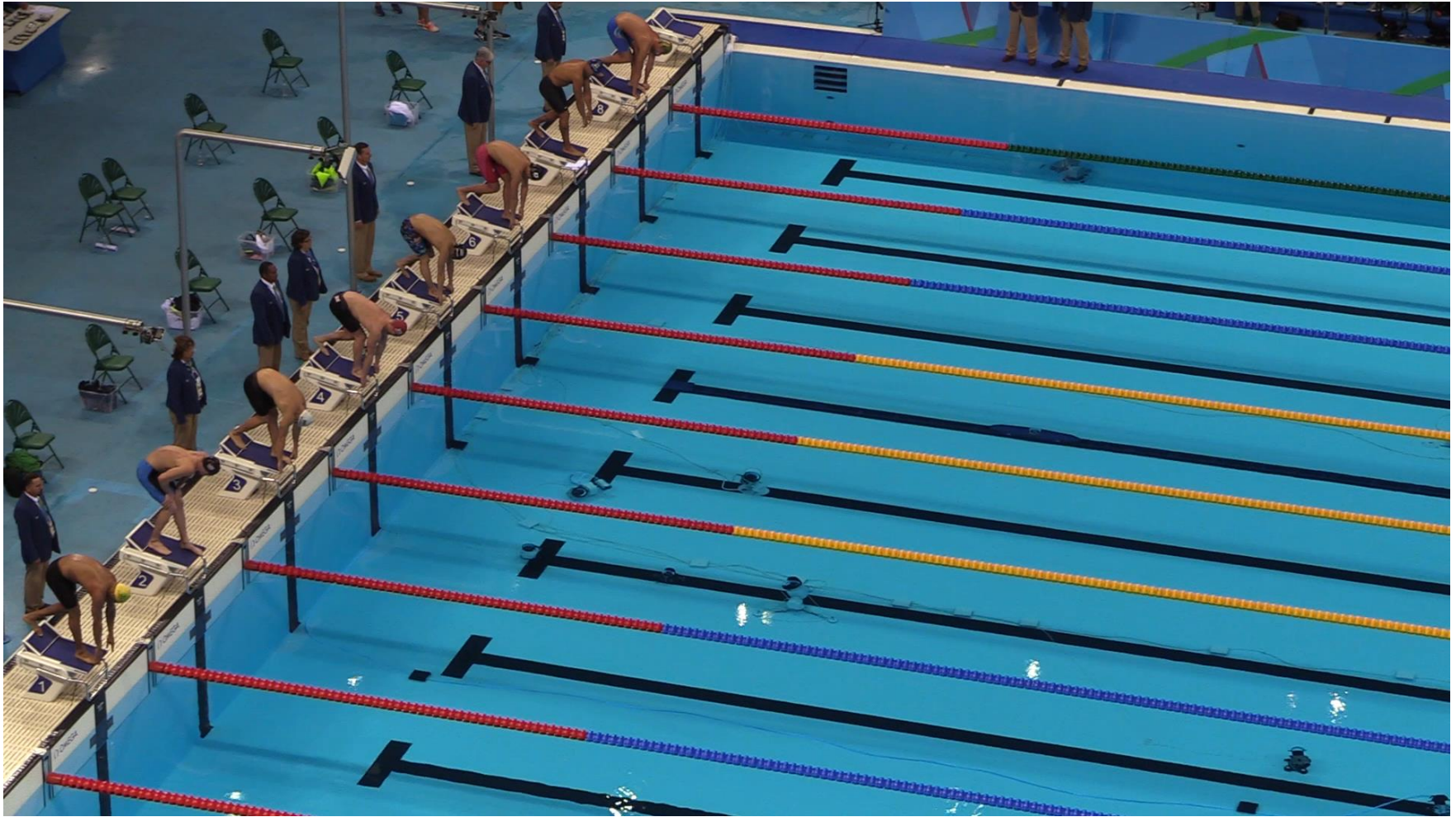
Ride the kick in a solid, strong streamline



Flow



Adam Peaty 57.13



Make The Pieces Work Together

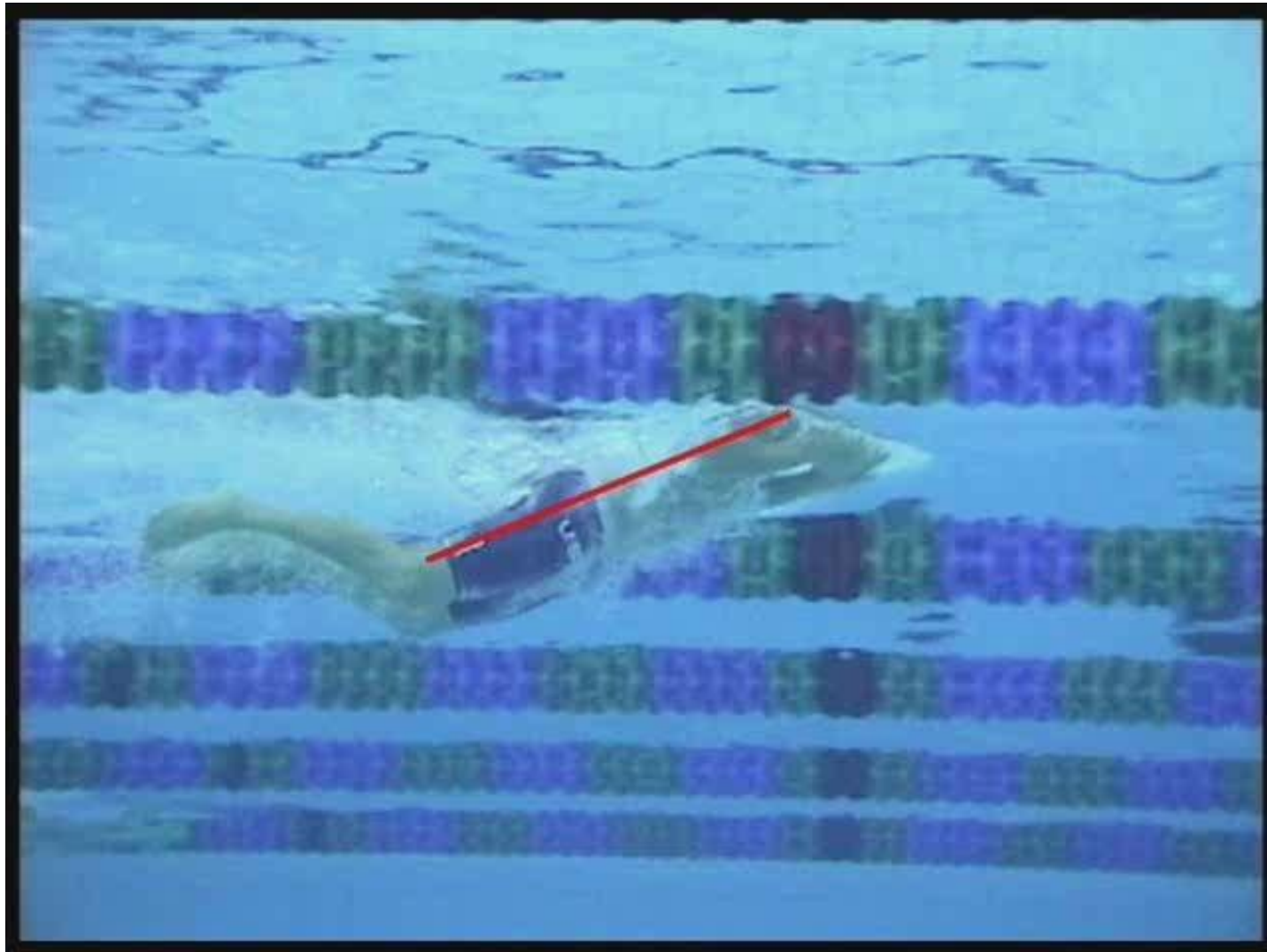
Line of the body

The Arm Stroke Set-up

Timing of the kick

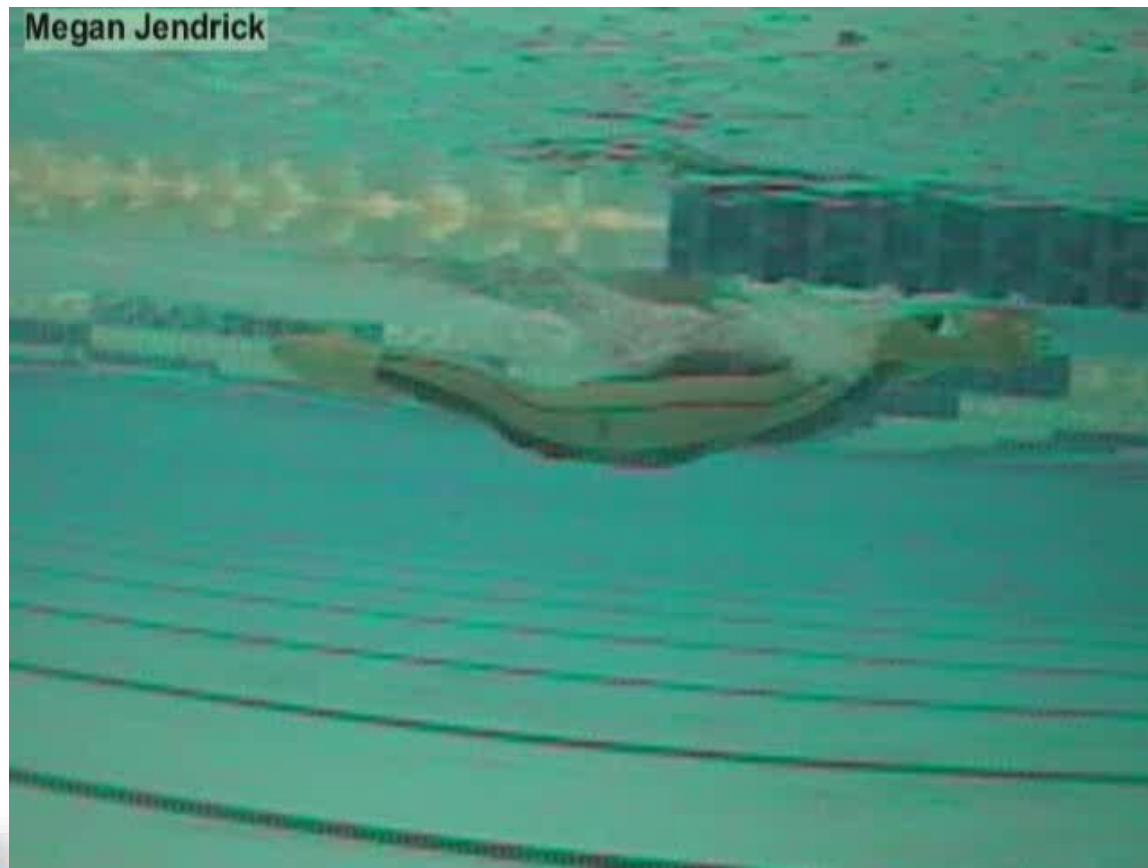


Create & Sustain The Best Line



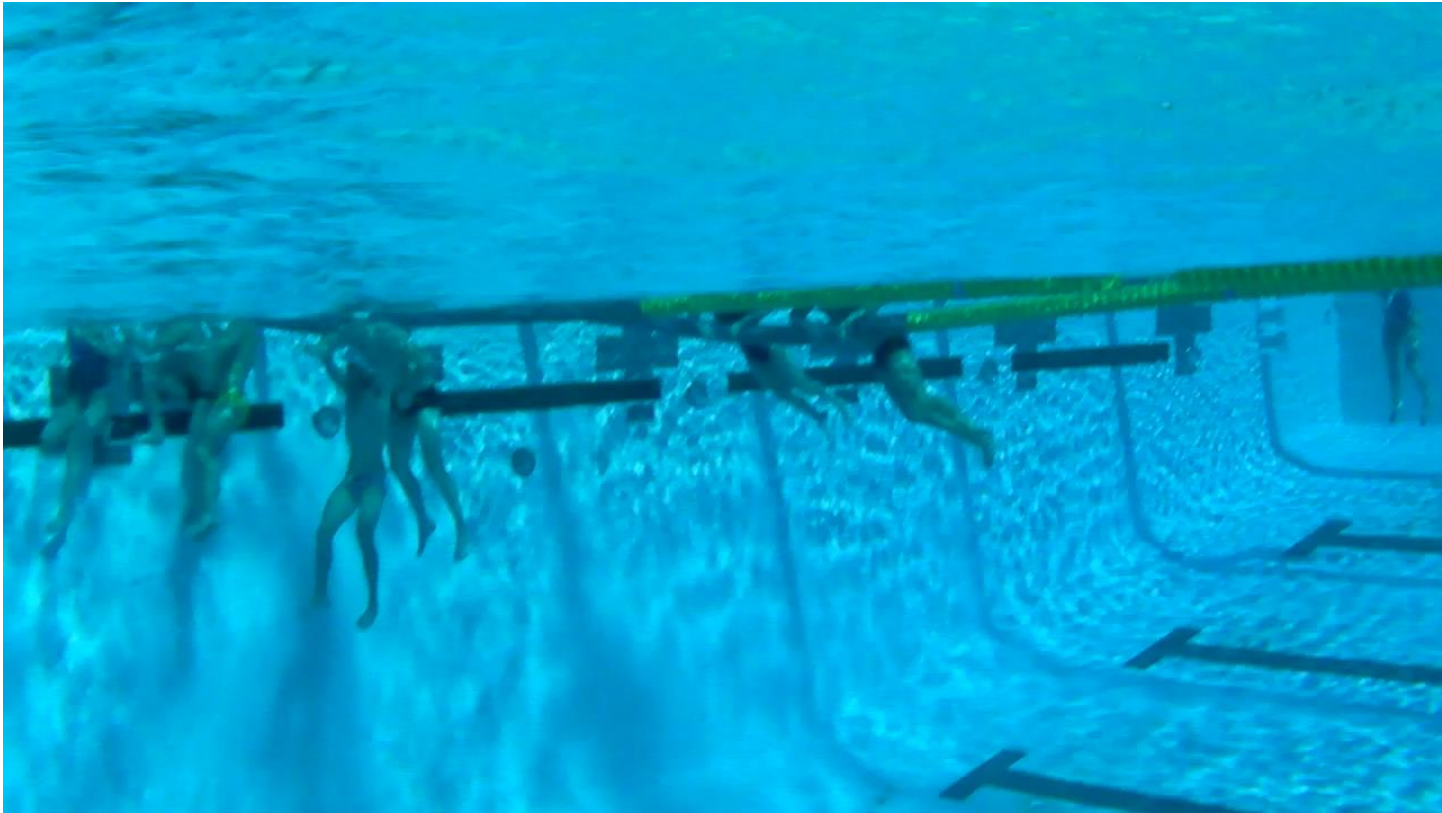
It's about more than just arms and legs

Races are won in the spaces between the strokes



Ride The Line

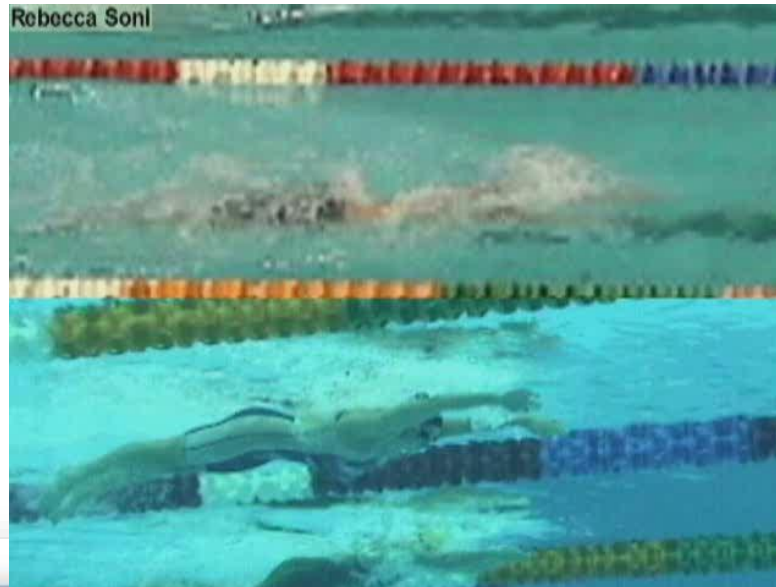
Engage the 'core' throughout the stroke to transfer energy forward



The Line

Engage the 'core' at the peak of the stroke to move through the "sinking position" quickly

Keep back "flat"



The Line

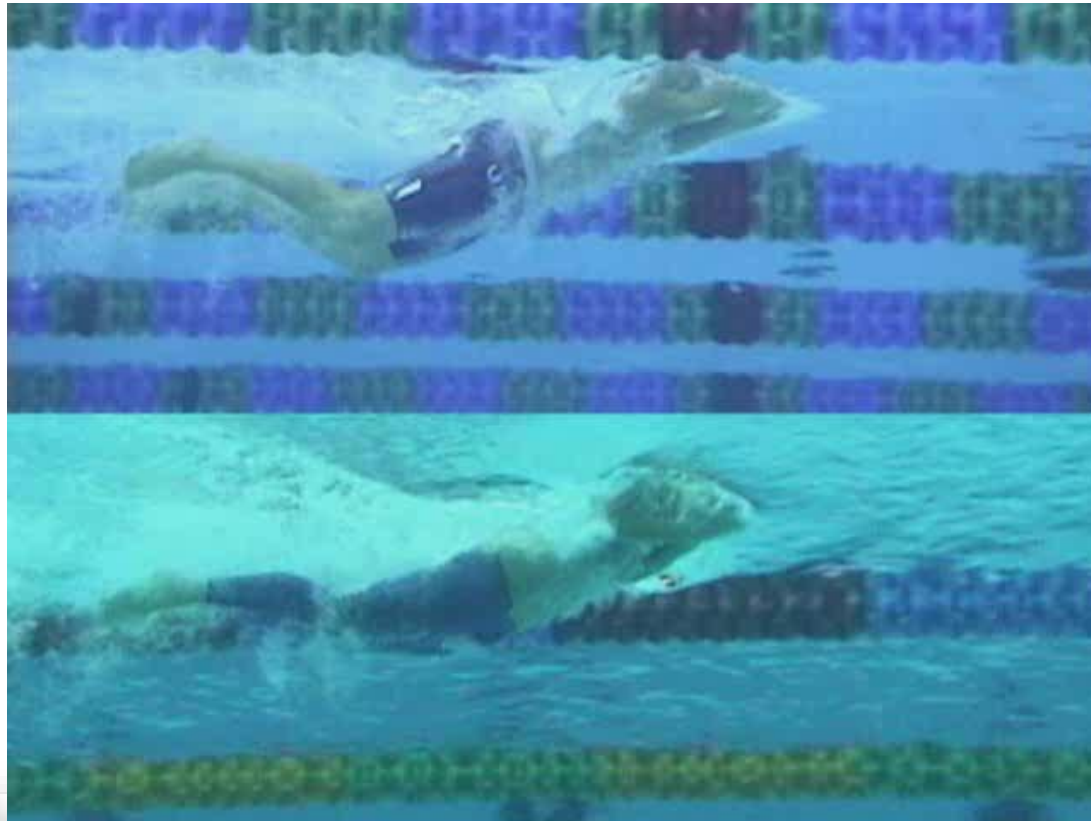
Surge chest, shoulders points & crown of the head forward

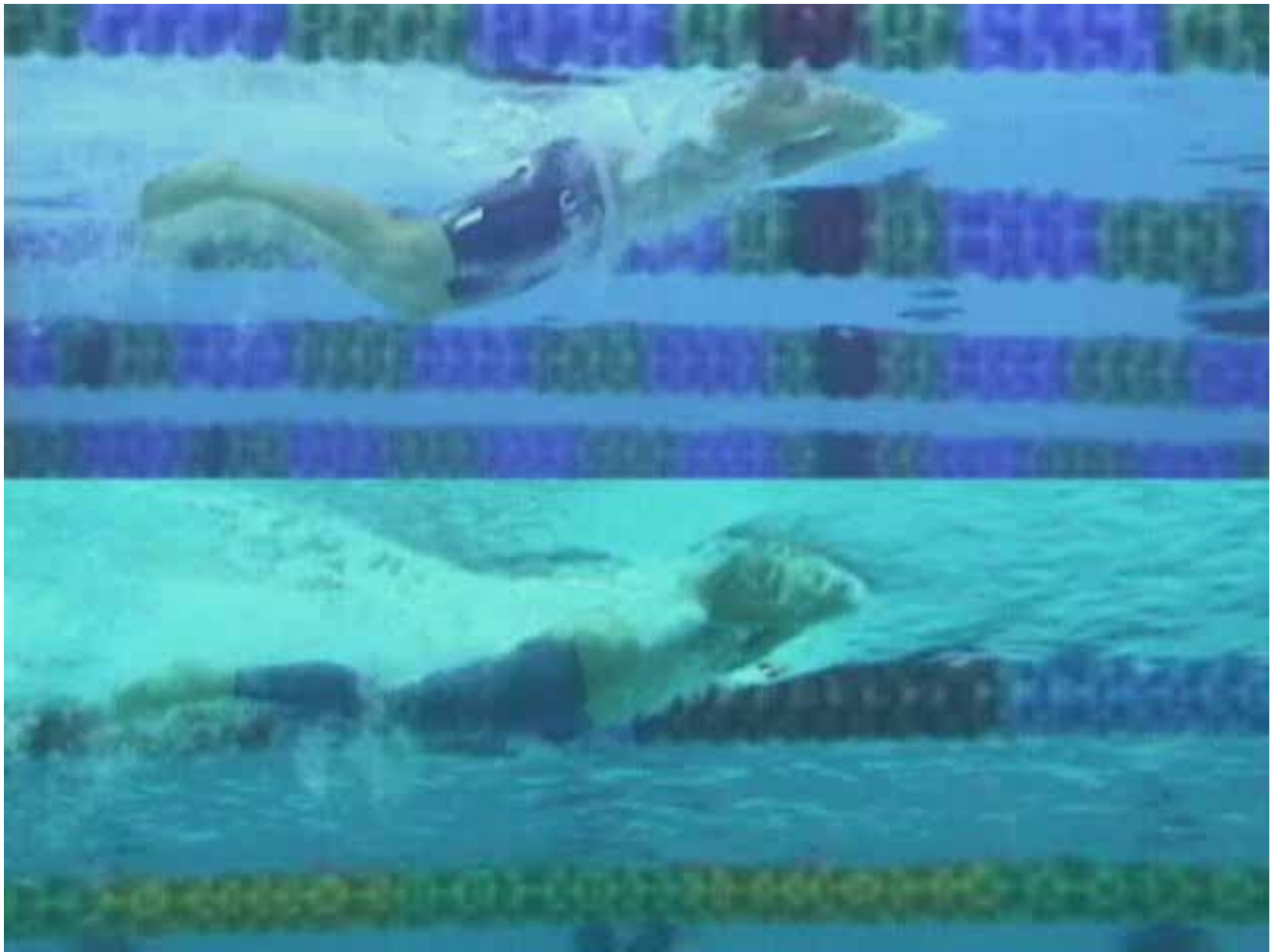
Sustain “core” engagement at full arm extension



The Line

Engage the 'core' through the extension to maximize distance per cycle





The Line

“Body Surf” the kick



6 Flutter K between Strokes





“Pretzel” Drill



Arm Errors

AVOID:

Pulling back too soon – **X** is not the spot

Lifting head too early

Pulling back too far

Lifting the body up too high

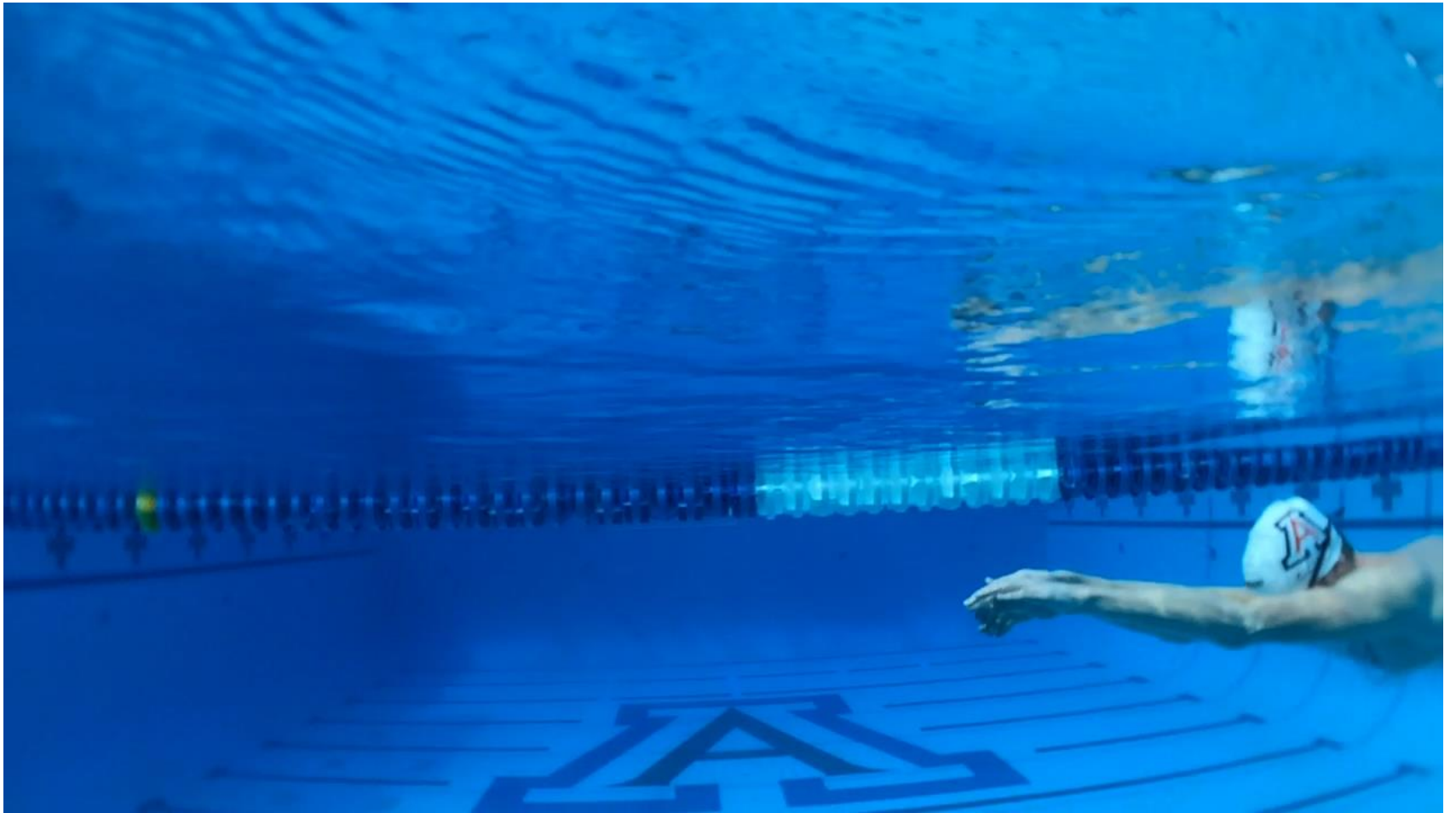


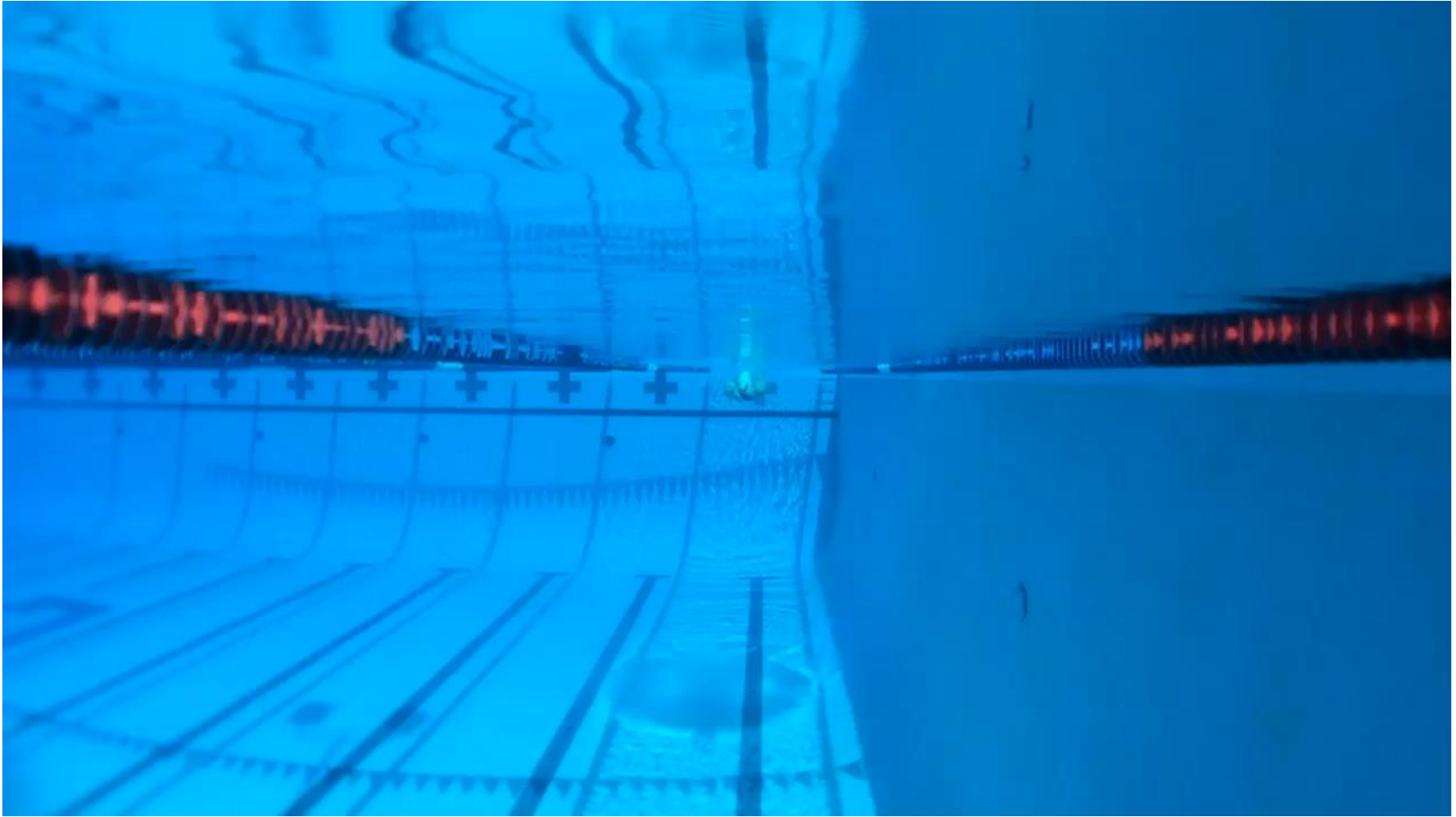
Arms Set Up Your Line & Timing

Scull out wider than shoulders



Breathe & surge forward on inward scull





Denver Hilltoppers Drill Sequence – Coach Shawn Smith



The shape of the pull unlocks the body surge

Rounded stroke

Keep arms 'out of the way'



1/2 Breaststroke Pull Drill



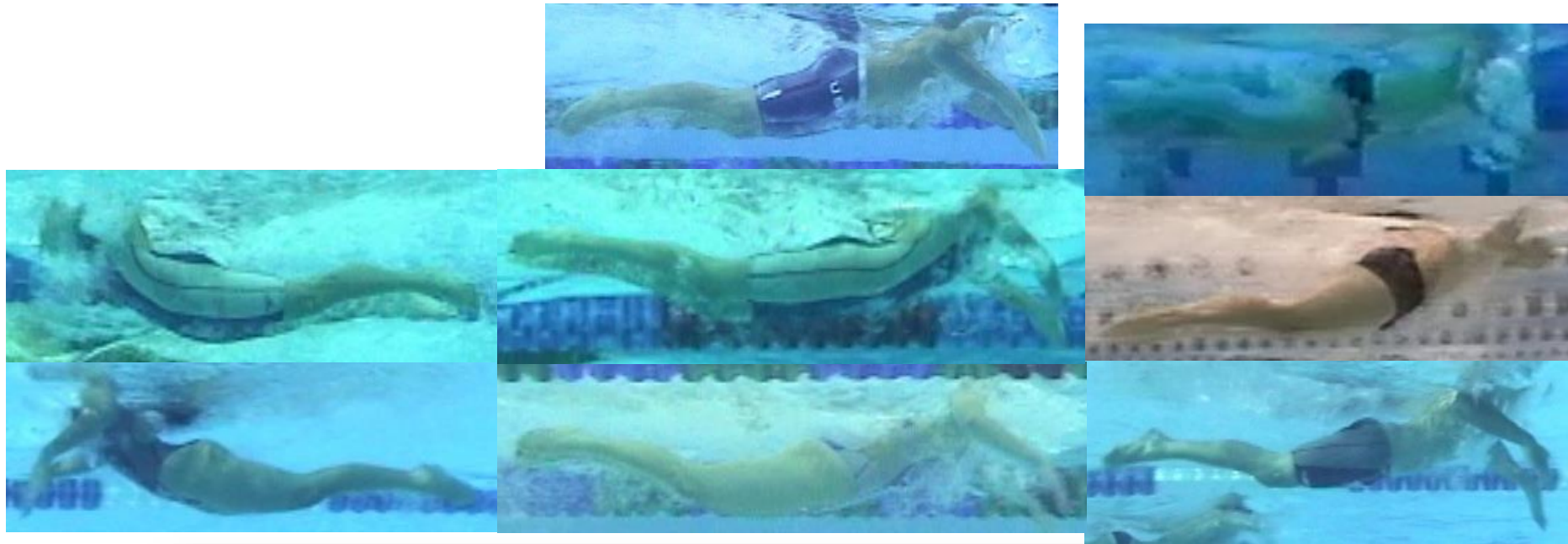
Breathe across
the water



Timing The Legs

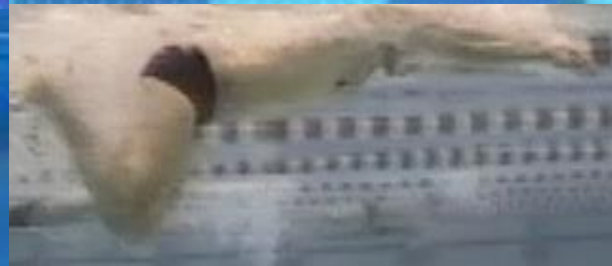
Heels lift towards the end of insweep

Recovery of the heels **must** be FAST

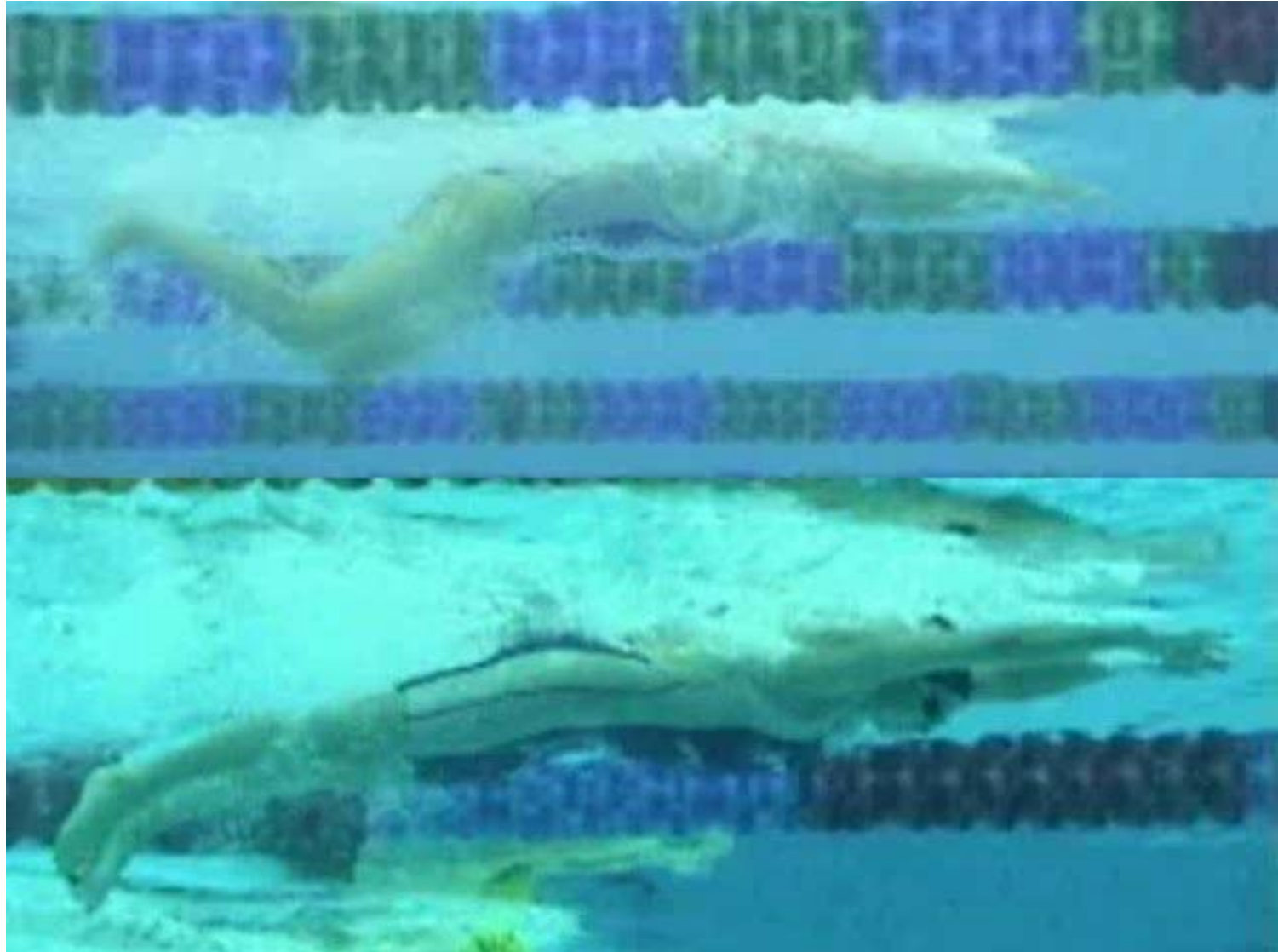


Timing The Legs

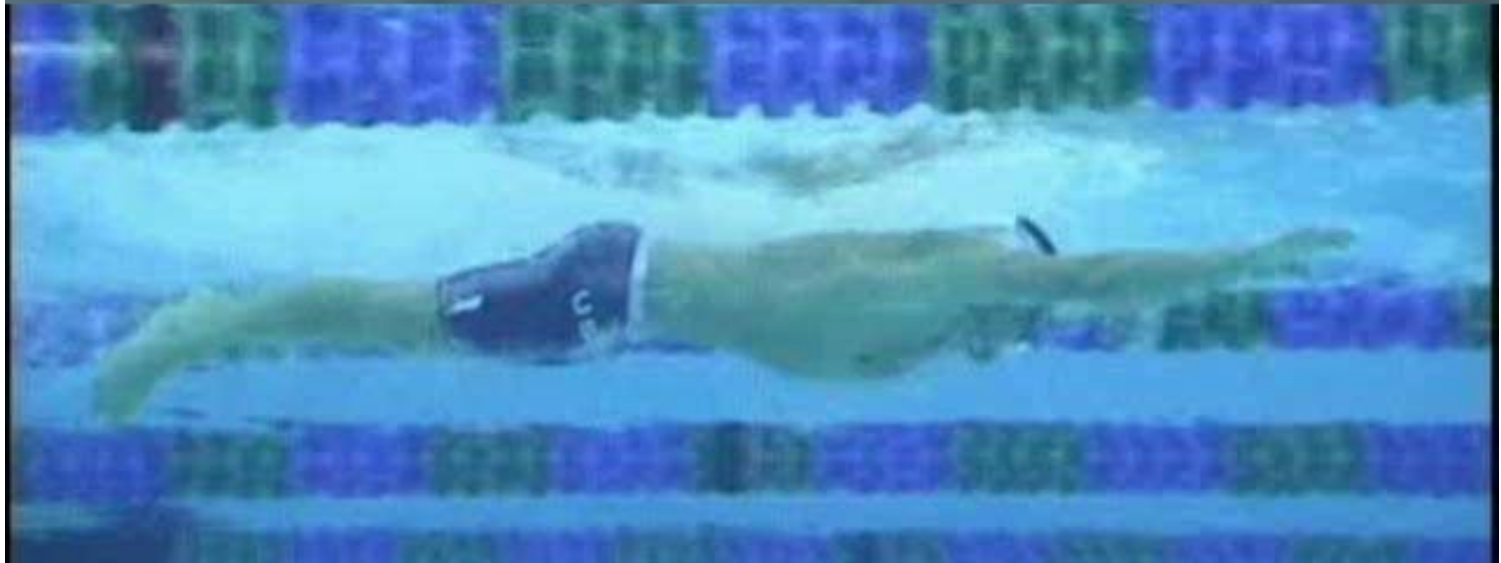
Start to push back at end of upper body surge



Jessica Hardy / Rebecca Soni



Mark Gangloff / Brendan Hansen



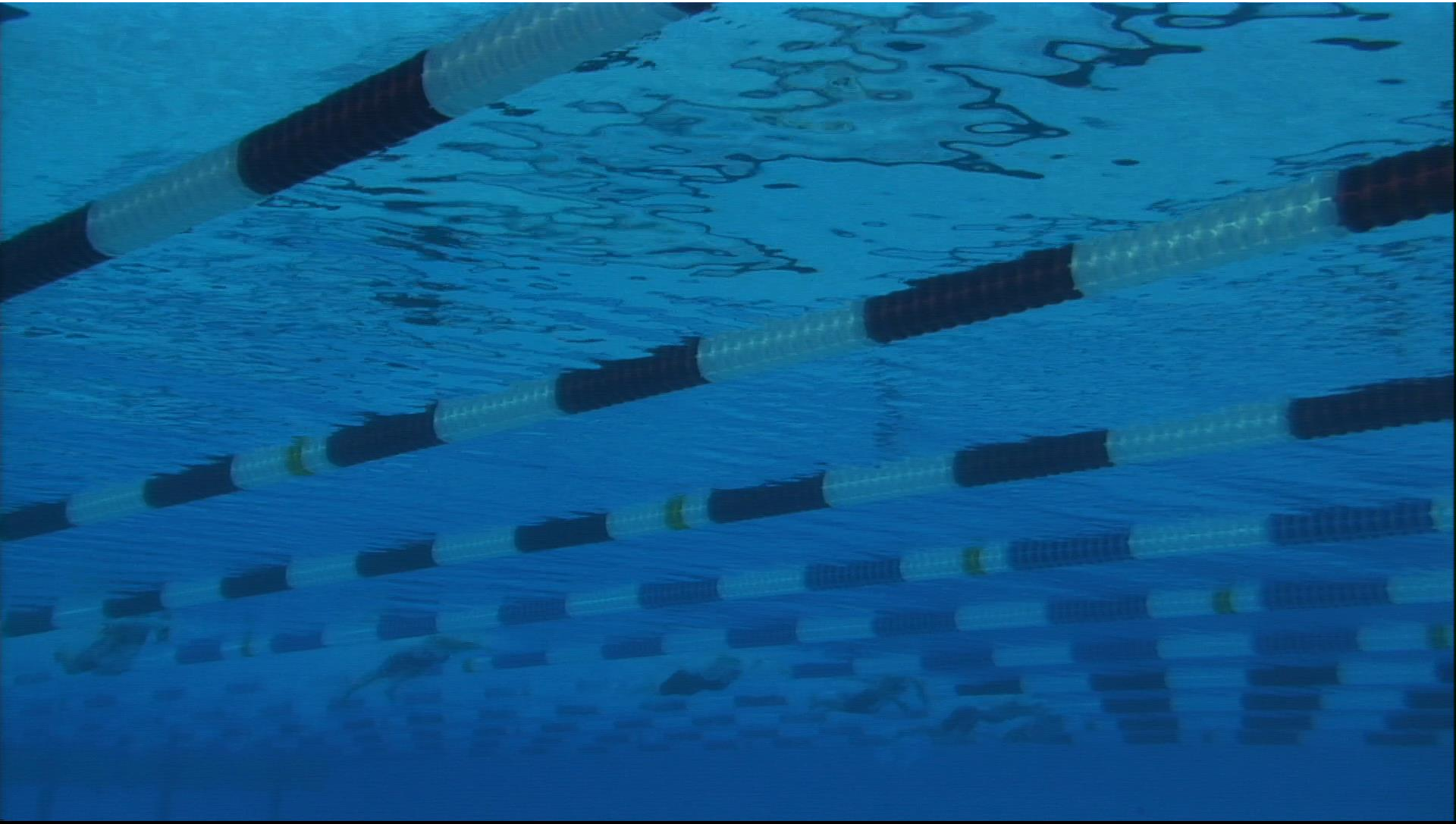
Denver Hilltoppers Drill Sequence – Coach Shawn Smith



Denver Hilltoppers Drill Sequence – Coach Shawn Smith

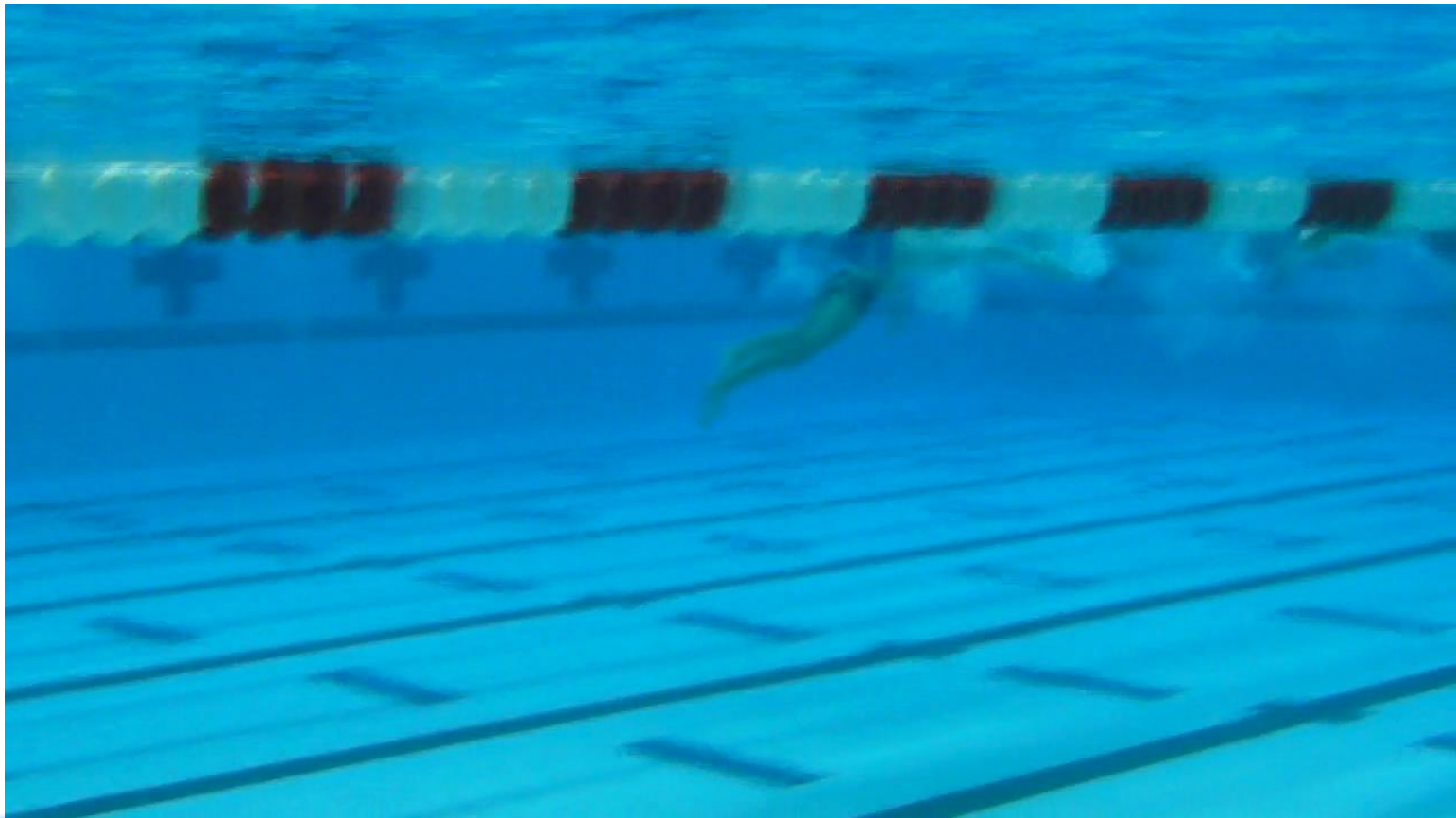


Keep Legs Connected After the Kick



After the Kick

Hold on to the water with the bottoms of your feet



Timing

Arms & breath with streamlined legs
Kick with streamlined arms & head



DRILLS



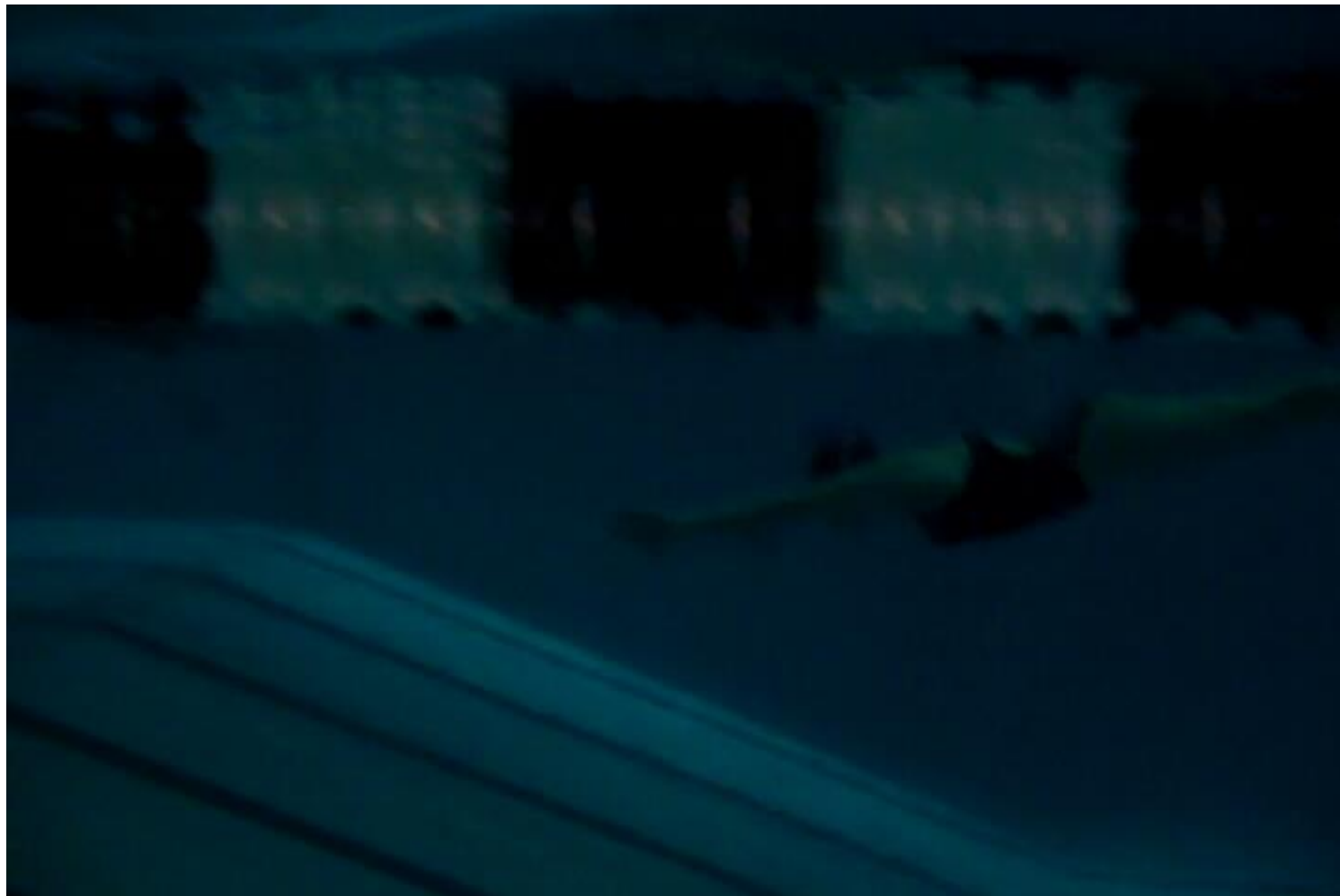
3-5 Kicks Underwater



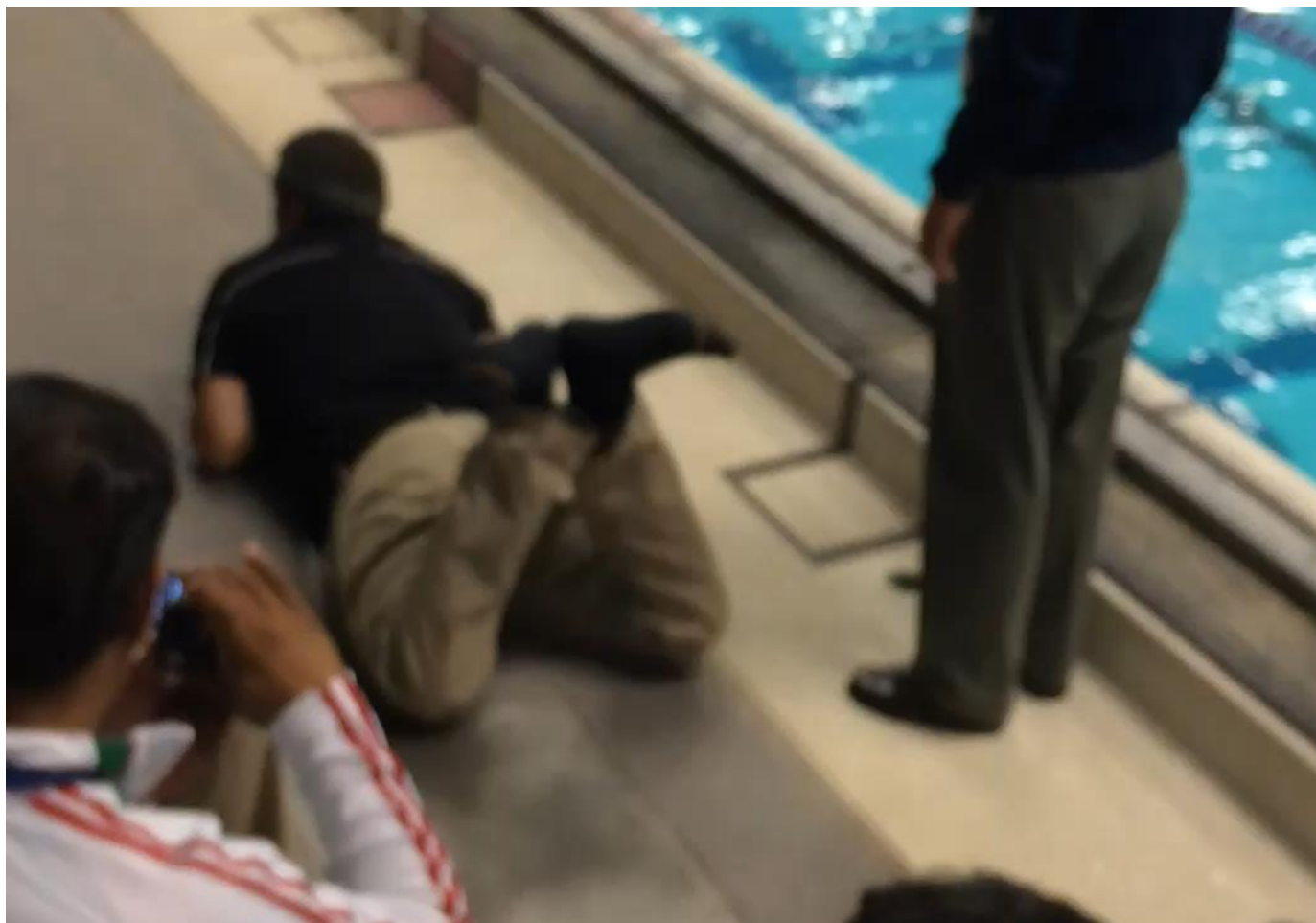
3-5 Pulls Underwater WRONG!



3-5 Pulls Underwater CORRECT!



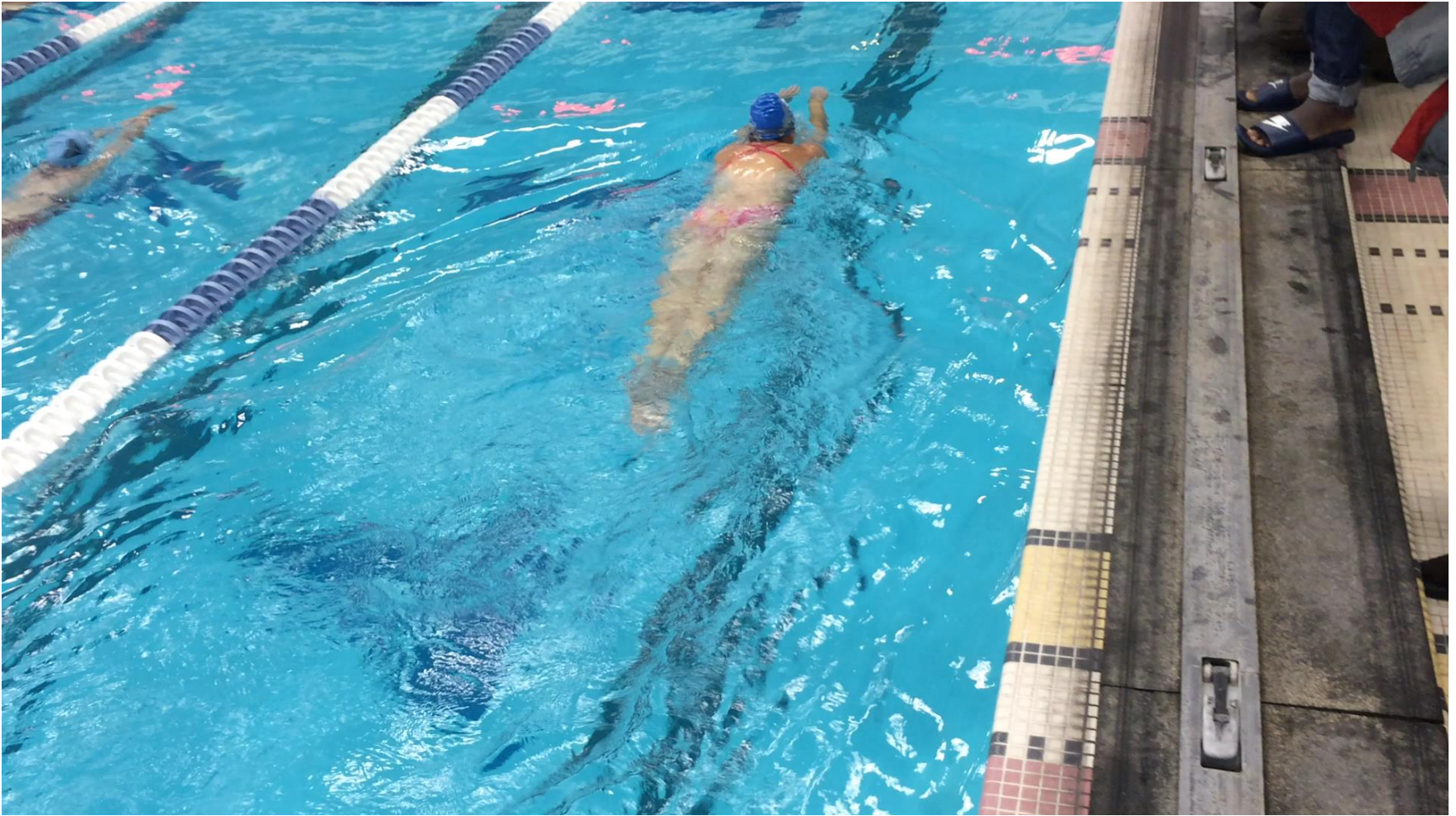
Sergio Lopez Heels Together



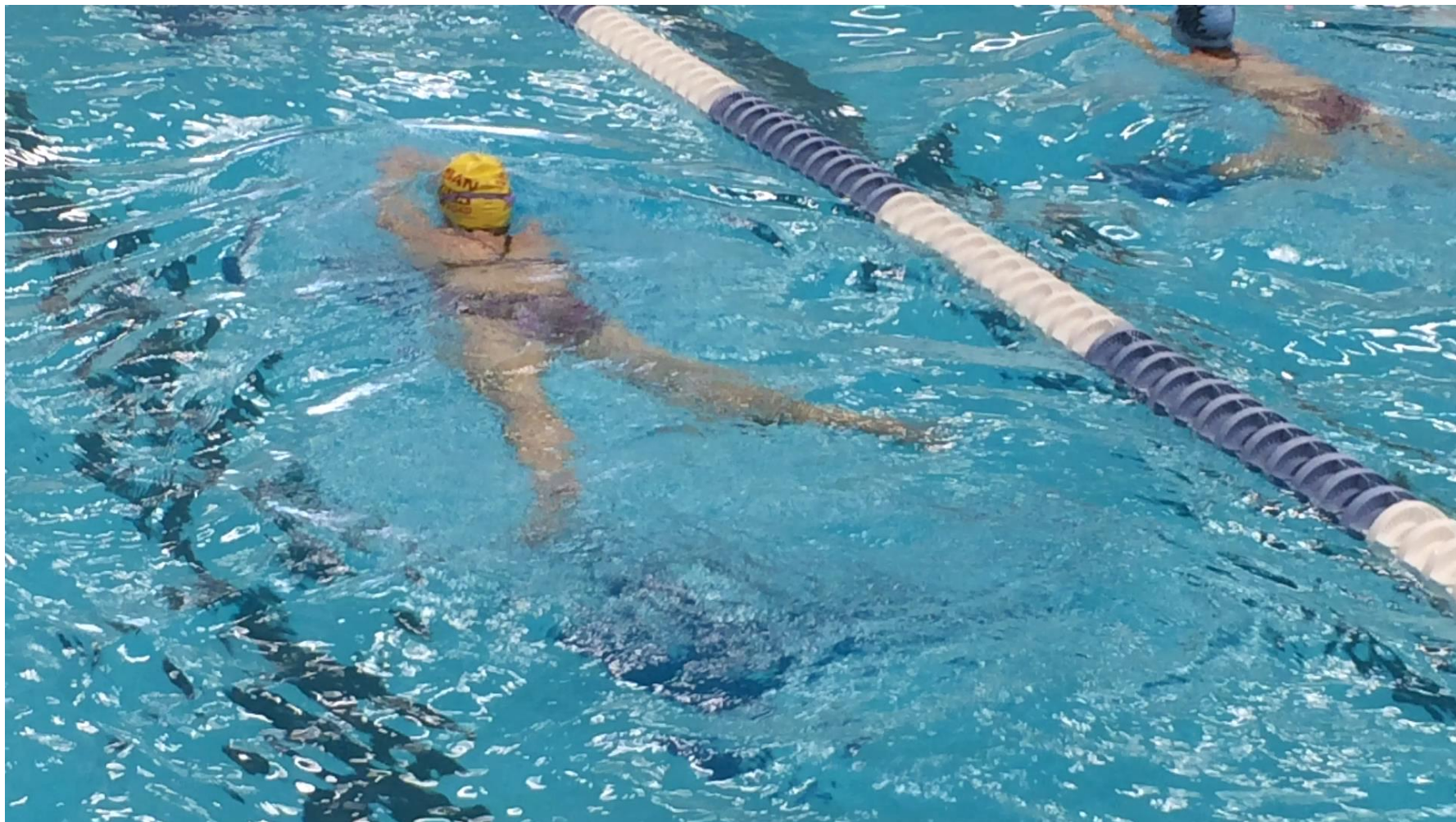
Sergio Lopez - Heels Together



Sergio Lopez - Knees Together



Sergio Lopez - Alternating Legs



Other Drills

2P/1K

4,3,2,1P/K

4,3,2,1 K/P

Upside Down Underwater

Single Arm

Paddles/Fins

The “secret” for a legal kick for novices?



What drills do you do?



Conclusion: Improve Breaststroke “Overnight”

Ride the Line

Stroke with Streamlined Legs

Kick with Streamlined Arms



Pullouts

Body line is the priority

Have a vision of the ideal pullout

Timing: “3 – 2 – 1”
“Apple, peaches, pumpkin pie” etc.

Arms similar to fly stroke



Pullouts

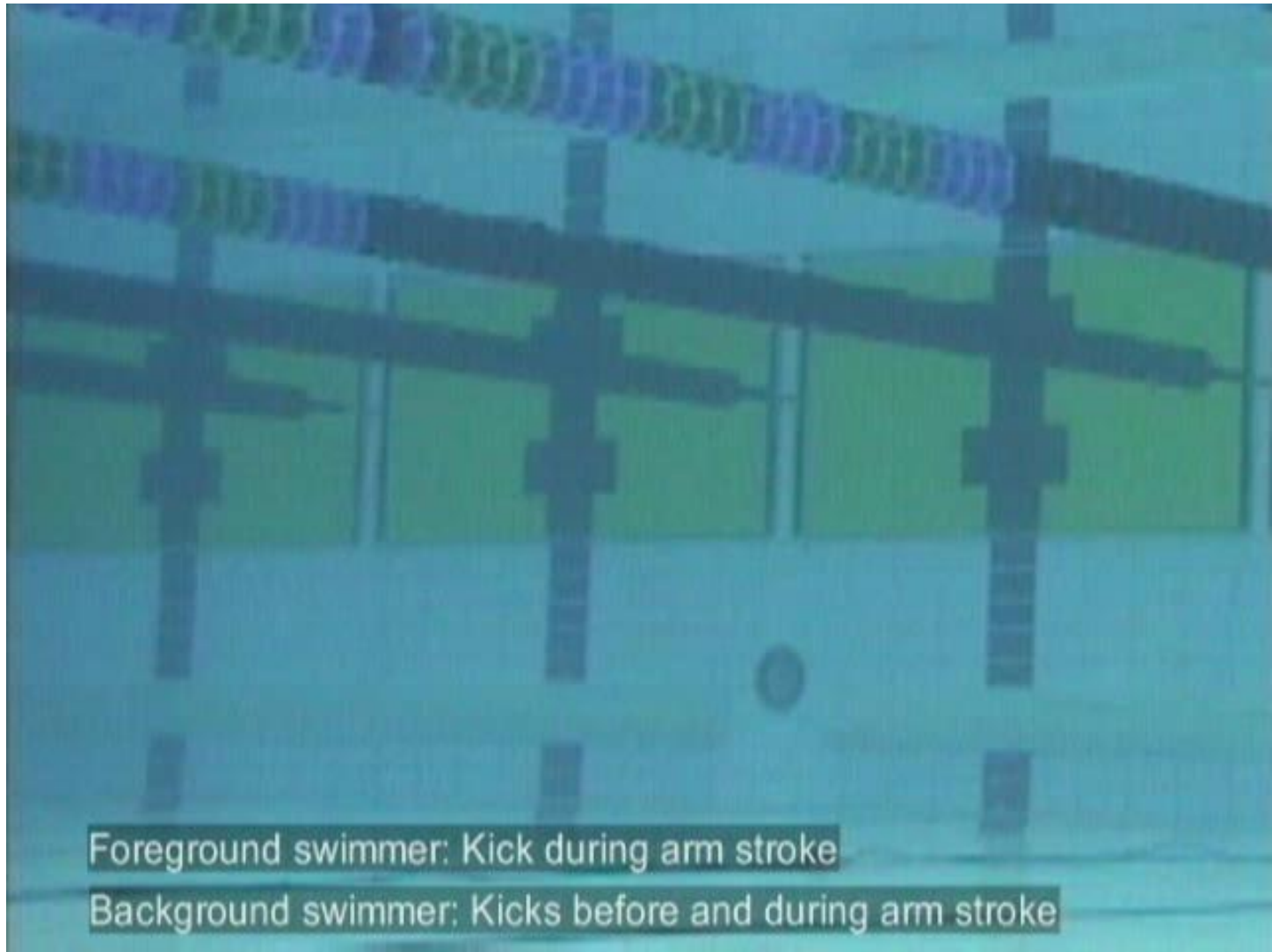
Put kick where the line stays the best

Smaller dolphin kick from the knees works best

Dolphin, ride, pulldown, ride, Breast kick to the surface



Dolphin at Beginning of Pullout



Dolphin Variations

