

FRONT CRAWL TECHNIQUE

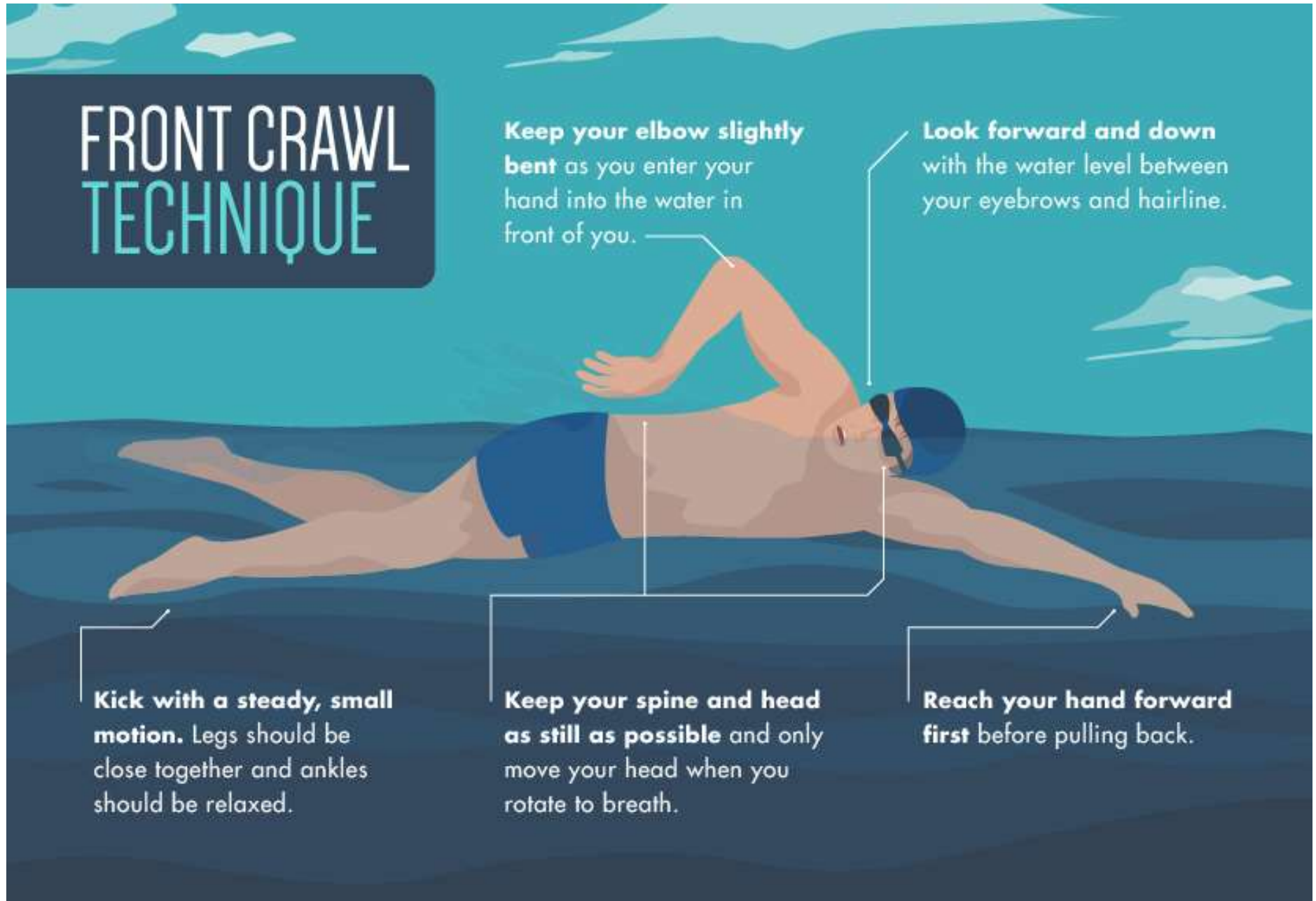
Keep your elbow slightly bent as you enter your hand into the water in front of you.

Look forward and down with the water level between your eyebrows and hairline.

Kick with a steady, small motion. Legs should be close together and ankles should be relaxed.

Keep your spine and head as still as possible and only move your head when you rotate to breath.

Reach your hand forward first before pulling back.



Backstroke Catch



Avoid this!



- Palm facing down
- Hand too deep

- Fingers point to the side
- Hand is just below the surface
- Hand is to the side of the body
- Bend elbow betw 90-120°
- Hand is higher than elbow



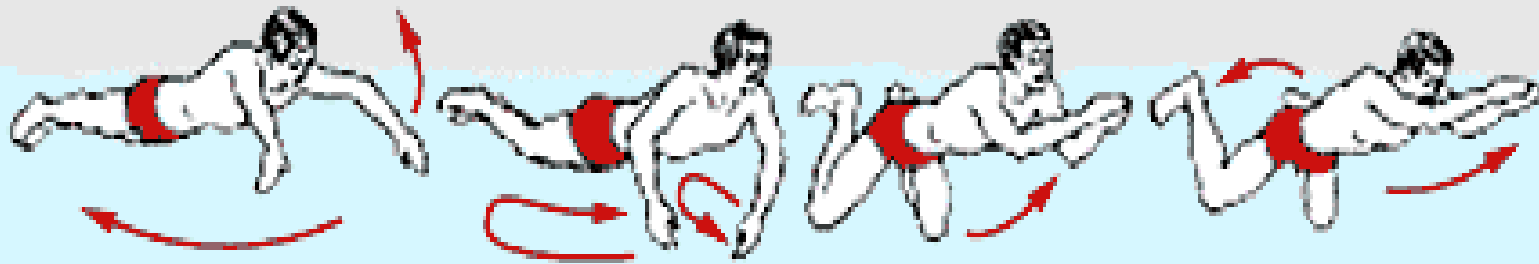
Russell Mark
National Team
High Performance

THE BREASTSTROKE

→
arms extended forward
hands are pulled
to the side

hands retain sculling
action as they start
coming forward near
the end of pull

hands are
thrust forward



legs are drawn up
for frog kick

frog kick, feet thrust
backward and legs
squeezed together

BUTTERFLY

As you complete your arm entry, straighten your arms in front of and below the shoulders.



When not breathing, keep your head motionless with the water level at the top of the head.



As you begin your pull, bend your elbows so your hands pass directly beneath your shoulders.



On the kick upbeat, keep your feet submerged so only your heels break the surface.



When breathing, keep your chin underwater.



As you complete your push phase, touch the front of your thighs with your thumbs.



As your arms recover, keep your thumbs just above the water.



As your arms recover, keep your elbows higher than your hands.



