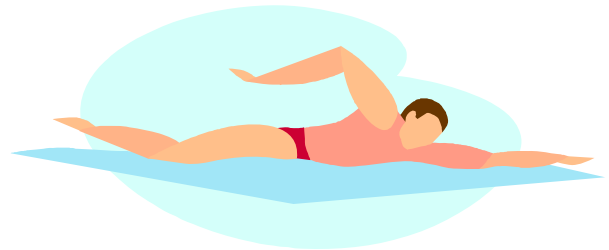


Freestyle Basics –

Bill Moorcroft Swimming ©



STREAMLINE your body to minimise drag

ARM is extended forward from the shoulder, **ELBOW HIGHER** than hand

BODY ROLL from **WAIST** through full body axis (approx 45 degrees)

SMOOTH hand entry – fingers enter (**thumb down**) hand extends forward as far as possible, pushing the shoulder forward for **maximum extension**

HAND sweeps down while **ELBOW** is maintained in a **HIGH** stable position

From deepest point the **HAND** sweeps inward and upward

At mid-stroke accelerate the **HAND** backward and outward

A finishing upsweep of the **HAND** past the **HIP** breaks the water

FEEL “pressure” on the hand at all times

HIGH RECOVERY ELBOW lifts as trunk rotates to facilitate the other arm

(Action is same as: Pull hand out of back pocket)

Regardless of kicking tempo, a **DOWNBEAT** of the **RIGHT LEG** will coincide with finishing movement of the **RIGHT ARMSTROKE** (similarly on left side)

Stroking Pattern is “**S**” shaped

Turning head to **BREATHE** is performed with **NATURAL ROLL** of trunk

Breath flows out firmly but gently and is **NOT BLOWN OUT**

Keep toes pointed; bend knee on downbeat; retain ankle flexibility

REMEMBER:

FREESTYLE is a form of **CATCH-UP** – swim mainly on your side

HIGH ELBOW – Low hand recovery – Long distance per stroke

STREAMLINE – Long body positions reduce drag

INCREASE BODYROLL – to allow enough time for full breath

USE ARMS to deliver power developed by rapidly rolling body from side to side

FRONT QUADRANT SWIMMING – Be aware of where your hands “pass” each other as your recovering hand is moving forward to enter the water and your stroking hand is moving in the opposite direction.

**Your “Passing Zone”
should be at,
or forward of, your head!!**

Backstroke Basics –

Bill Moorcroft Swimming ©

EXPLODE off the wall, streamline needle shaped, dolphin kick to surface

HEAD BACK, hand on hand – hand on top (palm up) is first stroke



FULL AXIS BODY ROLL to maximum extension

Initiate body rotation from **HIPS**

Head remains **STILL and BACK** – hair line/water line

POP shoulder on **EACH** body roll

As your left arm passes the shoulder in the **STROKE**, your right arm passes its shoulder in **RECOVERY**.

As your left arm approaches the finish of the **STROKE**, your right arm is preparing to **ENTER** the water.

Pull with **BENT ELBOW** to gain maximum propulsion

FULL ARMSTROKE past hip with flip hand palm down to end stroke

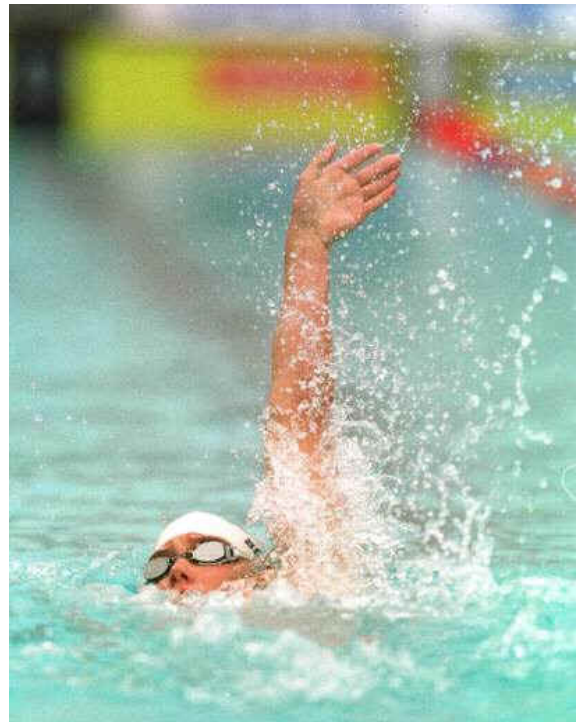
KICK WITH BODY ROLL: kick right; kick left

Recover armstroke **THUMB UP** till upright (12 o'clock)

Twist arm from 12 o'clock so that **LITTLE FINGER** enters water first

Arms are always **180-degrees** from each other.

Focus on rhythm, body roll, length of stroke – **aggressive catch and pull**



REMEMBER:

Full Axis Body Roll rotating from **HIPS**

POP shoulder on **EACH** body roll

Focus on Rhythm

Aggressive CATCH and PULL

Bill Moorcroft Swimming ©

Butterfly Basics –

Bill Moorcroft Swimming ©

Two kicks for every **pull**

Hips go **UP** as the hands go **IN**

Kick + **KICK** + Glide + Pull

Kick hands **INTO** the water –

Kick hands **OUT** of water

(as you end the pull stroke)

Keep **ELBOWS HIGH** and

ABOVE WRISTS

Breathe every **OTHER** stroke

When breathing lift head

FORWARD, push chin forward

Hands enter directly **IN FRONT** of shoulders

Arms streamlined on entry – **ride out the stroke**

Keyhole pull – create a triangle or diamond effect

Accelerate through end of stroke

Relaxed **almost straight-arm recovery**

Head comes out **before arms** come out

Head goes in **before arms** go in

Timing is critical to a smooth rhythm, **emphasise SECOND kick**

Kick from the chest down. The kick in butterfly should not originate from the knees or be limited to the lower legs.

Trying to picture yourself **kicking from the chest down** is another way to focus on body balance



REMEMBER CO-ORDINATION

TWO dolphin kicks to each arm cycle

FIRST downbeat kick as the hands enter and begin the catch

SECOND downbeat kick at the end of the push phase

Entire stroke underwater resembles a figure 'S' and should be successive and continuous

Bill Moorcroft Swimming ©

Breaststroke Basics –

Bill Moorcroft Swimming ©

ARMSTROKE

From streamlined position hands move outward (palms out and downward) slightly wider than, but always forward of, shoulders

Elbows begin to flex, forearm/ hand sweeps downwards

Hands at widest point, **shoulders begin to lift**

Hands scull inward and upward, **head and shoulders lift**

As shoulders lift to highest point; hands begin to move forward (close to surface).

Heels are at surface, knees bent, **feet begin to turn outward**

Arms extend forward. **Ankles dorsi-flexed and knee/hip extension drives feet backwards while rotating inward**

Hips extend and feet continue to rotate backward and inward

Head tilts downward and hips lift as body **returns to streamlined position**



KICKING

Kick can be 50-80% of propulsive force

Heels begin to draw up towards buttocks, **(do not drop knees)** toes turned inwards, **knees no wider than shoulders**

Closest to buttocks, feet begin to flex sideways, then become fully flexed

Feet wider than knees, begin **propulsive** drive outwards, backwards

Midway through propulsive phase, **feet at widest point**

Legs begin squeeze inwards as straighten

Cycle completes with feet **closed, pointed, streamlined**

BREATHING

Breathing – Slight forward extension of neck as out sweep of arms nearly completed

Face breaks surface of water during in sweep, breath taken **before** head lowered again

Breathing – One breath per cycle, as hands and elbows sweep in, trunk rises, breath taken from when mouth clears until trunk begins to lower.

REMEMBER

PULL – Begin by turning thumbs down - increased reach, chest drop and hip rise

KICK – Lift feet to bum **(don't drop knees)**. Toes turn out as feet go up

TIMING – **Lift feet** as you in-scull. **Kick** as arms reach extension.

Tempo of in-scull and kick stays constant (explosive!).

To change pace, increase or decrease length of glide (extension held).