

Breaststroke Session

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- It is the most technical, most tiring and requires the most coaching.
- Limitations with Masters due to hip, knee and ankle flexibility.
- Some land flexibility/stretching exercises may help -e.g., wobble board.
- Timing is critical. It is least efficient of all the strokes – due to recovery of arms and legs underwater. The Pull and Kick Thrust Phases are positive propulsion forward, the arm and leg recovery are negative propulsive phases – the aim is to minimise the impact of these on the stroke. The stroke is *forward* (not up).

KICK PROGRESSION

- Narrow punchy whip kick, activating inner thigh.
- Kick is finished quickly with feet together and toes pointed.
- Switch on core and tighten glutes in kick in leg recovery. This will lift hips and feet to streamline.

Kick Drill	Why	How
Kick pool side	Beginner drill only for those whose feet are not turning out.	Swimmers breaststrokes next to pool side and tries to kick ball of 1 foot to pool side. Repeat other foot.
Kick on back	To practise keeping knees under water in narrow whip kick and glide.	BRS kick on back, arms extended to streamline.
Penguin – heels to palm	To feel right kick position. Prevents knees coming up under body. Assists in correcting uneven kick.	Place hands next to bottom, bring heels up to touch palm in kick.
Kick with pull buoy	To narrow kick – whip kick.	Place pull buoy low between thighs – kick – an over correction. Kick without pool buoy focusing on narrow kick.
Kick no board/ Kick with Board	To develop streamline. Less strain on neck/shoulders.	Arms extended in front and kick. Can use snorkel.

PULL PROGRESSION

- It is continuous - going forward not up.
- Pull commences while legs are still in streamline.
- Hands out-sweep to Y, little finger comes round to set up hands in catch position. Back of hand facing direction of travel.
- Make a window with arms; elbows high-EVF (early vertical forearm).
- Fast recovery - Shoot your elbows forward.
- Breathing: shoulders activate - lift from your shoulders, tuck head, do not look at end of pool
- Complete your stroke! Try to “push a box in front of you with your fingertips”.

Pull Drill	Why	How
Sculling	To get feel of out-sweep.	Hands in front, pull buoy between legs, practise out-sweep with hands.
Pull with paddles	To develop “feel” of outswEEP and pull.	Swim BRS – use paddles. Follow drill with normal BRS to develop progression from drill to full stroke.
Tennis ball in hands	To develop fast hand recovery and to “feel” outswEEP and pull.	<ul style="list-style-type: none"> • hold tennis ball in each hand; focus on quick recovery of hands. • as above (no tennis balls); focus on quick recovery with power on sweep.
Tennis ball under chin	To lower head position. Eyes focused slightly forward and down.	Tuck ball under chin and swim breaststroke – an overcorrection. Follow drill with normal BRS to develop progression from drill to full stroke.
BRS -head in water for 2 arm strokes.	Practise pull. To feel shoulder activation.	Swim BRS – leave head in water on 2 nd stroke. Follow drill with normal BRS to develop progression from drill to full stroke.

TIMING PROGRESSION *The most critical point

- Using power of pull and kick in most dynamic position to reduce negative propulsion.
- Pull Breathe Kick Glide. Kick thrust happens when front end is in streamline.
- Complete stroke -feet together, hands stretched out-trying to “push the box forward”.
- Streamline glide position: hands, head, hips, and feet all in line under water – bow wave should hit back. Initial part of glide is aimed downhill to achieve underwater position.
- Engage shoulder blades as glide ends to begin next stroke.
- Legs are still in streamline as hands begin outswEEP.
- Go forward, don’t shorten stroke esp. in 200s or end of 100.

Timing Drill	Why	How
Separation Drill	To develop timing (An over exaggeration)	Separate phases of stroke. Do complete breaststroke pull, then when hands are in front, kick. Build into normal timing.
Pull, breathe, kick, glide	To practise glide and timing.	Slow stroke down, count 4 in glide. Swim 25s trying to decrease stroke count, keeping same speed.
2 kicks/1 pull	Develop timing.	Complete 2 kicks to every pull. Hold hands in front glide on 2 nd kick. "Swim downhill "to stay under water in streamline. Challenge: 3 kicks /1 pull. Follow drill with normal BRS to develop progression from drill to full stroke.

Extra drills to develop Stroke.

BRS Drill	Why	How
Fast arms/dolphin kick	To practise dynamic arm stroke.	Fins -1 arm stroke to 1 dolphin kick, no glide, push elbows forward.
BRS/FLY Combo	To develop dynamic forward stroke and rhythm.	Swim BRS with 1 BRS kick / 1 Fly kick.
Vary stroke rate 3 fast/ 3 slow.	To "feel stroke" and be able to adjust stroke rate. Good drill for racing.	Swim 3 fast strokes followed by 3 slow.

Turns /Breakout.

- 1 ½ strokes, dolphin kick occurs during pull phase.
- Body position – eyes focused down, long tight streamline.
- Go under bow wave when completing turn off wall.
- Do not lose momentum, surface before forward propulsion slows.