

Breaststroke Clinic 17/5/25

Notes by Pamela Walter

Breaststroke is the most inefficient stroke. The reduction of bad resistance and drag equals greater efficiency. Fast and fluid movements equals greater speed.

Hold the water with hands, arms and inside legs

Breaststroke is 70- 75% kick dominant.

In the water, vertical with hips and upper legs against the wall of the pool. The lower part of the leg comes straight up so it is behind the upper leg trying to touch your bottom with your heel. Then feet turn out, whip legs around in an arc keeping your hips and upper leg in contact with the wall if possible ie push hips into wall rather than hinging at the hips. As your ankles come together point your toes. There should be an upward movement of the body as a result of the leg propulsion.

DRILLS

Arms - use a pool buoy just above the knees.

Scull – elbows high, catch and return. Not like the freestyle scull. The breaststroke scull involves a slightly different trajectory with a downwards angle rather than the horizontal sweep of the freestyle scull. The forearm paddle should be employed as per freestyle scull.

Scull and sweep – elbows high, catch and pull back keeping the hand and arm in front of the elbow and return to the front.

Scull, sweep and lift - elbows high, catch and pull back keeping the hand and arm in front of the elbow. Scoop the hands around so they come together and follow the body up past the breast (hence the name Breaststroke) and bring your elbows in tight in front of and against the chest / breast, palms up. Relax. Return the hands to the front.

Scull, sweep, lift and drive - elbows high, catch and pull back keeping the hand and arm in front of the elbow. Scoop the hands around so they come together and follow the body up past the breast. Bring your elbows in tight in front of and against the chest/ breast, palms up or thumbs up. Drive the hands forward.

Legs

Draw legs up, knees in.

Feet turn out.

Feet scull and sweep in an arc.

Lift and squeeze. Pretend you have a \$100 note between your butt cheeks.

Timing – arms and breathe, kick, glide.