

# Breaststroke Clinic 2023

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**Breaststroke Clinic** - Breaststroke is the least efficient stroke so we need to do everything we can to improve hydro-dynamics.

1. Minimize drag and resistance
2. Maximize propulsion – kick is 70%
3. Fast arms/soft hands
4. Lift and flow

### **Components**

1. Kick
2. Scull
3. Sweep
4. Glide

**Drills** - the aim is to separate and practice the components.

**Legs:** bending your knees - heels to bottom, not knees to chest to minimise drag.

1. **Wall kick** – to practice - arms resting horizontally on the pool deck. While ensuring you keep your hips against the wall, lift heels towards your bottom then kick and bring ankles together.

2. **Back kick** – on your back

Arms by side

Keeping

thigh to knees parallel with the bottom of the pool and surface of the water.

Heels to bottom

Kick

around like 2 curved brackets rather than a diamond. Bring ankles together.

Head looking straight up and hips high.

3. **Front kick with lift** – Can hold a pull buoy or kickboard with low profile or just arms out in front.

Towards the end of the kick tighten the glutes and lift so heels come to the surface.

**Scull:** arms in front.

- a. Keep hands soft especially at the beginning of the scull to maximise efficiency.

Lift head as hands scull out. Thumbs down.

Drop

head and look to bottom of the pool while hands scull in.

- b. To fasten the arm action - 3 sculls increasing the speed of each scull. Breathe and scull then lower head and do two more fast sculls then kick. Repeat.

**Sweep:** using a pull buoy just above the knees.

Hands inside the elbows and elbows higher than hands. Soft hands at the start of the arm stroke, open armpits, sweep the arms around to meet at the chest below the chin. Accelerate through the sweep then arms straight forward to the glide.

**Glide:** During the glide your whole body should be flat on the surface of the water for greatest efficiency. Heels, bottom, shoulders and head should all be flat at the surface of the water. – Known as the canoe position.

**Whole stroke:** Often practice separating the components of the stroke

Soft hands, lift head while hands scull out, drop head as hands scull in, with heels towards your bottom, feet out, kick and glide. As the kick is performed tighten the glutes. Pretend that you are holding a \$100.00 note between the cheeks. This will cause the heels to lift to the surface.

Scull, Sweep, Kick, Glide.