

Freestyle

TECHNIQUE CHECKLIST

BODY

- Horizontal (head, hips, and heels at the surface)
- Posture (tall and proud)

HEAD AND BREATHING

- Eyes looking 0-45%
- Long neck, slight tuck-in of chin
- Top of the head above water
- Light exhale through the nose, then big exhale just before turning head to side for inhale
- Head turns to the side with part of bottom goggle in the water (head on a pillow)

KICK

- Kick from hips and allow some knee bend
- Toes pointed and feet turned slightly inwards
- Floppy feet
- Heels breaking surface
- Kick in the bucket (kick can be slightly wider than your body line)

ROTATION

- 30-40 degrees rotation
- 'Rock' don't 'roll'
- Hips and shoulders usually rotate the same amount (some swimmers keep hips flatter)

RECOVERY AND ENTRY

- Hand and wrist relaxed over the water
- 'Open' recovery showing armpit and with elbow pointing up
- Fingers first entry, elbow higher than hand
- Enter in line with shoulder and reach directly forwards (train tracks)

CATCH AND PULL

- Start of catch: When your arm is at full extension in front of you, your fingers should be at armpit depth and be the lowest part of your arm.
- Catch: This is when your fingers are pointing to the bottom of the pool and your arm should be in a high elbow catch position.
- If looking from the front your arm will be in angle of 100-120 degrees.
- Power diamond: As your hand passes underneath your shoulder, your arm will make a half diamond shape if viewed front-on.
- Exit: Your hand exits just past your hip with your palm facing towards your feet until almost the very end. Your elbow exits the water first.

RHYTHM AND TIMING

- Movements are slow to fast: slower in front of the head, accelerate through the pull
- Most elite swimmers are front-quadrant timing: Always having an arm in front of the head

