

swimmer

Quality control of BREASTSTROKE SWIMMING technique

1. LEG KICK PHASE

- Timing of arms at the beginning of leg kick (arms must be stretched forward)
- Position of legs at the beginning of the kick (shins vertical, knees separated, good hip angle)
- Body and head position during kick (horizontal, between arms)
- The backward slip of feet during kick (no slip)
- Forward speed during kick(high)

2. GLIDING phase

- Glide speed after kick (compared to kick speed)
- Glide duration after kick (longer if higher speed)
- Body position during glide (avoid deep sinking)

3. ARM PULL PHASE

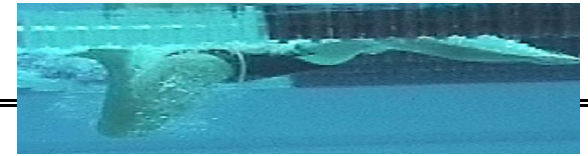
- Arms action during pull (wide, high elbow)
- Hands slip during arm pull(positive slip moving on the pull)
- The length of the arms pull (hands reach the shoulder line)
- Forward speed during arm pull (high)

4. ELBOWS BRINGING TOGETHER PHASE

- Position and action of elbows (close to the body)
- Forward speed (rising max high)

5. ARMS RECOVERY & LEGS FLEXION PHASE

- The timing of stretching of arms and final flexing legs (without dropping body)
- Action of arms during recovery
- Action of legs preparing the next kick
- Duration of recovery actions (short)
- Forward speed of recovery actions (high)



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