

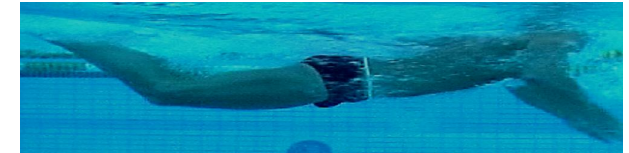
swimmer

Quality control of BUTTERFLY SWIMMING technique



1. Arms pulling phase

- The arms action during pull (good catch, high elbow position)
- The leg action during the pull (with overextension of knees)
- The head action during the pull (good stretching chin forward)
- Hands slip during pull (must be positive, body moving on the pull)
- Forward speed during pull (higher, compared to previous phase)



2. Arms pushing with leg kick phase

- Position of arms at the middle of stroke (almost vertical)
- Timing of push and kick (simultaneous end)
- Hands pushing slip (less negative, sticking to water).
- Forward speed (max high speed)



3. Arms recovery phase

- Body position during arm recovery,(flat)
- The timing of head entry at the end of inhalation(hands passing shoulder line).
- Forward speed during recovery.(high)



4. Arms entry with leg kick phase

- The timing of hands entry with leg kick down(simultaneously).
- Legs action during kick with arms entry (good transfer of force, fixing knees and hip)
- Forward speed during kick with arms entry(high)



5.FULL STROKE CYCLE

- Body and wave position (flat)
- Relative speed of hands backwards (the slower the better sticking to water)
- Hands speed forward during recovery.(not too quick)
- Movement during arms stroke = half stroke length(the longer the better stroker)
- Movement during arms recovery = half stroke length (the longer the better flyer)
- Stroke length (the longer the better)
- Frequency (individual optimum)



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