Swimming technique testing system

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Quality control of FREESTYLE SWIMMING technique

swimmer

1.Left ARM PULL &Right RECOVERY phase

- ☐The position of left shoulder (must be relatively high)
- ☐ The timing of left catch,right exit,right kick (must be simultaneous)
- ☐ The left arm pull action (good catch , fixed elbow position)
- ☐ The position of left arm at the middle of stroke (vertical, max flexed)
- ☐ Left hand slip during pull (positive, let your body move on the pull)
- ☐ Forward speed (compare to speed during right pushing phase).

2. Left ARM PUSH & Right RECOVERY phase

- ☐ Timing of the left arm pushing action from shoulder , elbow and forearm
- ☐ The timing of recovering arm entry (middle of the push)
- ☐ Action of recovering arm (elbow before hand)
- ☐ The timing of left arm pushing end with left leg kick (must be simultaneous)
- ☐ Left hand slip during push (less negative, sticking to water)
- ☐ Forward speed (higher, compare to speed during left pulling phase)

1. Right ARM PULL & Left RECOVERY phase

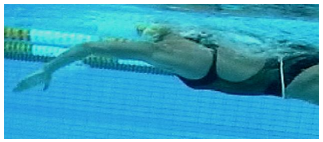
- ☐The position of right shoulder (must be relatively high)
- ☐ The timing of right catch, left exit, left kick (must be simultaneous)
- ☐ The right arm pull action (good catch , fixed elbow position)
- ☐ The position of right arm at the middle of stroke (vertical, max flexed)
- ☐ Right hand slip during pull (positive, let your body move on the pull)
- ☐ Forward speed (compare to speed during left pushing phase).

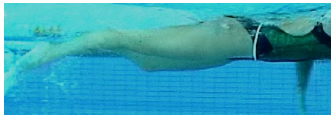
2. Right ARM PUSH & Left RECOVERY phase

- ☐ Timing of the right arm pushing action from shoulder , elbow and forearm
- ☐ The timing of recovering arm entry (middle of the push)
- ☐ Action of recovering arm (elbow before hand)
- ☐ The timing of right arm pushing end with right leg kick (must be simultaneous)
- ☐ Right hand slip during push (less negative, sticking to water)
- ☐ Forward speed (higher, compare to speed during right pulling phase)

FULLSTROKE CYCLE

- ☐ Body and wave position (individual optimum)
- ☐ Sholders rolling, "kayaking" positions (opposite)
- ☐ Left hand relative speed backwards (the slower the better sticking to water)
- ☐ Right hand relative speed backwards (the slower the better sticking to water)
- ☐ Movement during left stroke & right recovery = half stroke length
- ☐ Movement during right stroke & left recovery = half stroke length
- ☐ Stroke length (the longer the better)
- ☐ Frequency (individual optimum)





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