



KILLARNEY SWIMMING FREESTYLE

presented by Brad Mori

5 TECHNICAL FINGERS



1. Start
2. Streamline & Transition
3. Stroke
4. Turn
5. Finish

Get fast, faster, by always thinking about what you are doing!

FREESTYLE



START – Track Start

- ▶ Body Position on the blocks in the Ready Moment
 - Head Neutral, Hips High, Chest Low, Shoulders over Wrists, Back foot positioned on balls of your feet with heel up, front foot toes curled around the front of the block. The line of attack, to the water, is now set.
- ▶ On the Go!
 - Push with the back foot, Drive the head forward on the attack line.
 - Common mistakes, lifting the chest and head away from the line of attack (pike dive)
 - Drive the hands into streamline position, squeeze the head tight, keep head neutral.
 - Pull the front leg up to the back leg, legs streamline
 - Rip the entry like you are a diver!

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STREAMLINE

▶ Streamline Checklist

- Squeeze the head tight with your arms
- Hands are overlapping, locked with the thumb grip, fingers pointed
- Head neutral
- Ankle together, Knees tight, toes pointed
- Squeeze your butt tight
- Streamline depth 1m below surface or deeper.
- Do this check list every time you push off the wall and starting block



FREESTYLE



TRANSITION

- ▶ Push the wall maximally every time
- ▶ Glide in the streamline moment for 1m to 1.5m then open your first fly kick. (opening up sooner will slow you down more quickly).
- ▶ Great fly kickers push deep and get out to 15m
- ▶ Weaker kickers get up swimming sooner.
- ▶ Have a quick transition from fly to freestyle kicking. (don't stop kicking to start swimming!)
- ▶ Main point, break out at the speed in which you are going to swim. You don't want to have to speed up again after you break out.
- ▶ 10 to 15 degree angle of attack for the breakout against the race is forward.
- ▶ Keep the Head Neutral; common mistake is to lift the eyes and look for the breakout.
- ▶ Don't Breathe on the Break Out Stroke.

FREESTYLE

STROKE TECHNIQUE

- ▶ Kicking
 - 6 Beats per arm cycle; All distances
 - Steady and rhythmic ; legs are relatively straight
- ▶ Pulling
 - The Pull should begin from a full extension on the shoulder line
 - Form the "Catch"; fingertips move to a downward pointed position; elbow is high.
 - Create the catch before the shoulder, keep pressure light on the arms at this point in the stroke
 - As the body moves past the hand increase the pressure on the arm to hold water. Feel like you are pushing stronger from the belly button down.
 - Push the hands to full extension on the bottom.
 - Pull along the "Power Line" ; don't let the finger tips move in and out.
 - Timing should be opposite with a very slight catch up.
 - Recover with a High elbow and relax arm.
 - Enter with the hand sliding forward on the shoulder line. Middle finger first and palm down.



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STROKE TECHNIQUE



- ▶ Breathing & Controlled Breathing Patterns
 - Keep the Head in a neutral position
 - Novice swimmers should always breath every 3rd stroke or practice bilateral breathing patterns
 - Elite swimmers should continue to practice with bilateral breathing for balance of body, although they may race with single sided breathing patterns
 - 50m: 1-2 breaths at most ELITE.
 - 100m: Establish a breathing pattern. It may be every 3rd, 5th 4th Stroke.
 - 200m +: Establish a breathing pattern. Once per arm cycle; breath 3 strokes, breath, breath, 3 strokes
 - SPRINGITNG 50m & 100M No breathing inside the flags. Take your breaths in the middle of the pool, no breathing on break out stroke
 - 200m + No breathing on the last or second last stroke into the wall. Set up your turn.

FREESTYLE



TURN

- ▶ Approach the wall with speed
- ▶ Head should be neutral; a common mistake is to lift the eyes to look directly at the wall. Keep the eyes looking down.
- ▶ On the last stroke submerge the back of the head under the water tuck the chin into your chest. Let Physics help to rotate you.
- ▶ Time the flip on a full stroke.
- ▶ Rotate in a cannon ball position. Tighter is faster. Use your arms to enhance the rotation speed.
- ▶ Place feet on the wall slightly angled up towards the corners.
- ▶ As the legs extend and the toes extend begin to “jump and twist” onto your front.
- ▶ Push the wall hard and streamline; get under the wave!

FREESTYLE

FINISH

- ▶ Be mentally tough; you should be struggling to hold it together as you have pushed yourself to the max. Desire the win, the best time!
- ▶ No Breathing flags to the wall.
- ▶ Touch on a full extension
- ▶ Keep your head neutral until the touch is made.

