

Three Components of the Breaststroke

1. Pull

- a. Grab as much water as you can and pull yourself forward
 - i. Motion is like pulling yourself out of the water on the wall (hands a bit farther away from your head)
 - ii. Not pushing the or pulling the water but pulling yourself forward
- b. **SCOOP** to the mouth
 - i. Your hands go to your mouth – not your belly
 - ii. Head will naturally come up out of the water when you scoop, so don't lift your head. Your whole body (shoulders) will be lifting.
- c. **SHOOT** through the surface
 - i. Have your palms together when they are at your mouth and shoot them out in front of you through the surface. Not 4 inches below and not 2 inches above.
 - ii. Shoot the hands out really fast

DRILL - Heads up Breaststroke

1. Do the Breaststroke, scoop and shoot but keep your head above the water
2. This speeds up the scoop and shoot, they need to do it fast to stay above water
3. Hands are just skulling by your side

2. Kick

- a. Knees only 4-5 inches apart
- b. Heels up to the behind
- c. Turn your toes out and ankles out
- d. Slam your feet together with the toes pointed

DRILL – Breaststroke Kick on Back

1. Lie on your back and lift your head up to watch your knees
2. Do breaststroke kick – heels to the behind, knees slightly apart, slam together
3. Knees should NOT break the surface of the water – watch that they don't

3. Glide

- a. Super straight with hands next to each other like Superman
- b. Glide long, get to the glide position as quick as possible
- c. Try to glide thru the cone – really skinny

DRILL – Two Kicks, One Pull

1. Good breaststroke streamline (superman)
2. For every 2 kicks you get to do 1 pull of the hands
3. This speeds up the kick and works on the glide

The **Pulldown** at the start of the race and at every turn (Optional for youngest beginners)

1. Perfect Streamline
2. Tilt hands down to catch water.
3. Pop wrists and elbows when hands are at chest height – deep in the water
4. Thrust hands down to thighs and shrug shoulders up to ears to be more streamline
5. Sneak arms up, close to body
6. Do your first frog kick and stretch
7. Now you breakthrough the surface and do your normal breaststroke