

Super Saturday – Freestyle

For Fun ([2008 4x100 Relay](#)): (6:30)

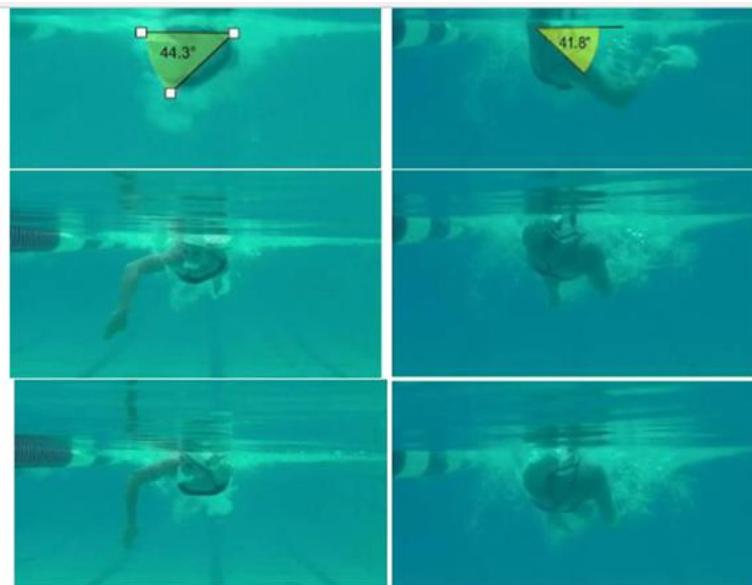
[Speedo Overview](#): (3:30)

Common Mistakes:

- [Looking forward, swimming flat, bent knees, pulling crooked, breathing late](#): (5:00)

Important Freestyle Elements:

- ✓ **Head/Body Position:**
 - [Scull with head up vs. head down](#) (1:00 into video): (4:00)
- ✓ **Kick:**
 - [Snorkel, Vertical Kicking](#): (1:00)
 - [Overkick drill](#): (4:00)
- ✓ **Rotation:**
 - [Problems of over-rotation](#) (description & images):



In freestyle, over-rotating:

- ◆ causes a late rotation back to the other side
- ◆ which results in a wide catch that is outside the line of the body
- ◆ Additionally, as people wait for their rotation to switch over to the other side, the freestyle breath is often delayed and drawn out.

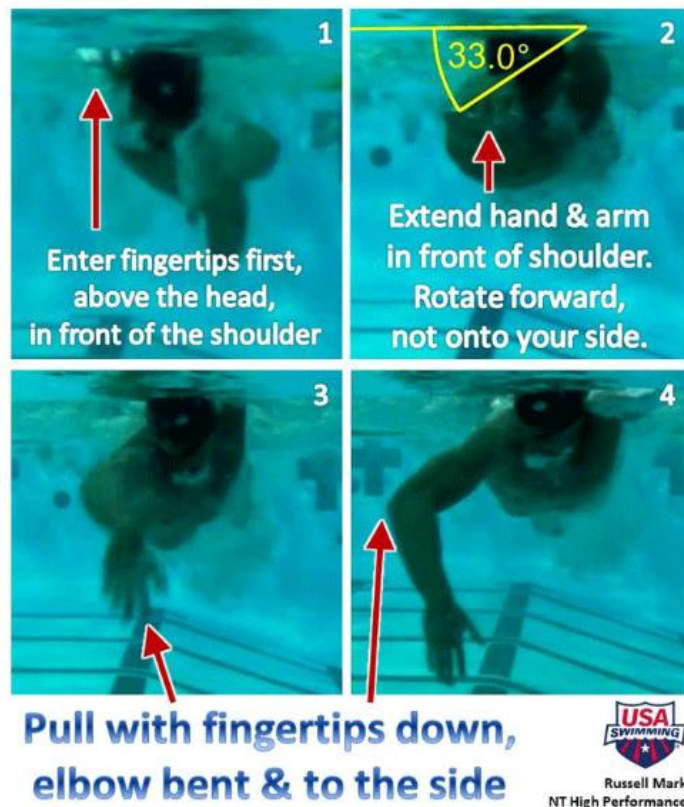
In backstroke, the over-rotation

- ◆ also results in a late rotation back to the other side
- ◆ which causes the hand to enter behind the head

For both of these strokes, over-rotation also causes a hiccup or pause in the flutter kick when the feet may either cross or splay out to try to re-balance the swimmer.

✓ **Catch and pull:**

- [Images/explanation of catch:](#)



- [Double-tap drill](#): (2:30)
- [Pipe drill](#) (entry and engaging kick): (4:00)
- [Pull position](#) (drag comparison): (5:00)

✓ **Recovery:**

- [Arm recovery](#) (relaxed, wide) (description and views):
- [6 kick, dangle wrist drill](#): (3:30)
- [Fast recovery](#) (dolphin kick freestyle - advanced): (3:30)

✓ **Breathing and Timing:**

- [Head position](#) (1 goggle - Bob Bowman): (3:00)
- [Late breath vs. slow breath](#) information & video clip:
- Video showing [late vs. correct](#): (3:30)
- [Phelps breathing](#) slow motion: (2:00)
- Fixing late [breathing](#): (description, video clips with drills)