

TURNS

ADAPTED FROM ASCA PRESENTATIONS:

TEACHING THE 7 COMPETITIVE TURNS BY STEVE HAUFLER

AND

TEACHING TIPS FOR FAST FREESTYLE AND BACKSTROKE TURNS BY GUY EDSON

The 7 Parts of a Highly Effective Turn

First is the approach – how the swimmer sets up his or her body between the flags and the wall

Second is the touch – how the hands make contact with the wall

Third is the change of direction – involves turn technique and speed

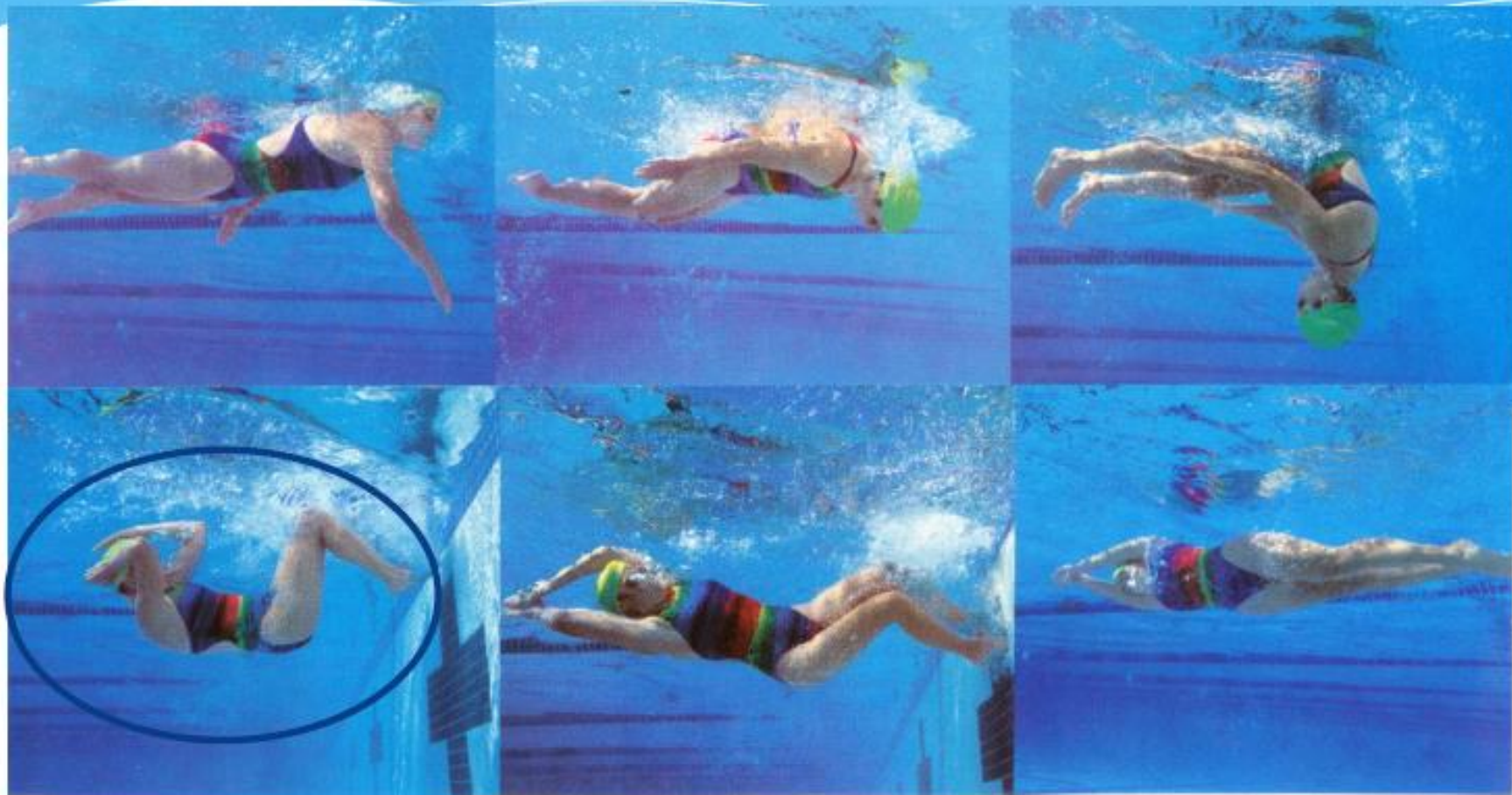
Four is the foot plant

Five is the push-off and streamline

Six is underwater technique and speed

Seven is the breakout

Freestyle Turn – just to show the pushoff position within, details later.



Photos by D. Madison in Fitness Swimmer May/June 2000

Correct and Incorrect Positions



Freestyle Turns

What the ideal turn should look like

- * Hands pull to hips, alternately: palms down
- * Dolphin kick to help get over
- * A nearly straight somersault, head goes just outside the knee
- * The head comes to the hands
- * Hands are ready, and pointing toward other end
- * The feet hit the wall at a 45 degree angle
- * The pushoff is on the side
 - * Which side?

Freestyle Turns - Progression

- * Learning to push-off on side.
- * Learning to tuck and turn with hands in the proper position. This is the key.
- * Kickboard turn drill
- * Approach skills
- * In on the belly, off on the back.
- * “Pause, think, push”
- * Practice. “It’s not learned until....”

What to Watch For

- Maintain speed and avoid deceleration into the wall
- Hold breath inside flags on approach
- Use “submarine or blind” approaches to avoid looking up and dolphin motioning into turn
- Know pool markings or use bottom edge of pool
- Submerge begins during the final stroke
- Lean on your chest to lift your legs
- Spring your heels at the target

- The sooner your feet hit the wall the better
- Nose stays close to the legs
- Hands are used for leverage, elbows remain narrow
- Hit the wall with balls of your feet
- Spring off the wall
- Hands in streamline before the feet leave the wall
- Rotate to front during streamline
- Break the surface before finish of first arm stroke

The Ready Position

- One hand on the wall
- Balls of feet planted on target
- Feet planted upward for Free and Back and toward the side wall for Breast and Fly
- Chin near wall side shoulder, eyes looking down or at the wall hand, head straight
- Non-wall hand underwater near hip, fingers in direction of other wall and palm facing up (ready to push water up)
- Hand-elbow-shoulder-chin-shoulder-elbow in LINE
- Elbows Bent

The Push-Off

- Hands leave wall, head maintains position
- Elbow stays in the water until hand almost touches the same side ear, in an “answering the phone” type motion
- Face goes under and hands find each other underwater and above head for streamline
- The other hand will push up on the water, which will assist in dropping the body down
- Extend arms and legs simultaneously to add force to the push-off
- Leave the wall in streamline
- Maintain a straight body line off the wall

The Streamline

- Head in the Neutral Position
- Flat Back
- Two Squeezes: hand over hand with top thumb squeezing the under side of the bottom hand and the biceps squeezing your ears
- Point your Toes
- Measure the Total Streamline

Novice Streamlining



Shadow Streamlining



Novice Streamlining After Expert Coaching



BREAKOUT

Freestyle

Glide in a tight streamline position for a short time before slowing to your underwater dolphin speed.

Start with dolphin kicks (2 to ?) followed by flutter kicks, then a breakout stroke. Dolphin kicking and going into a breakout pull, without flutter kicking, usually causes a loss of speed during the breakout.

BACKSTROKE BREAKOUT

Start the first arm stroke while still under water but near the surface (6-10 inches.) Right before your face breaks the surface, begin the second pull. This pull assists in bringing your face and the first stroke out of the water aggressively.

COMMON MISTAKES and HOW to CORRECT THEM

FREESTYLE TURNS

1. STRAIGHT LEGS UP (The Archie)

THE FIX: The swimmer should be instructed to tuck the legs right after they leave the water. The feet should be moving back toward the wall and not DOWN. The swimmer should also be instructed to initially bring the face close to the knees, as they begin the bow into the turn. They should think of reducing the axis of rotation and keeping the knees in the water, as the feet move toward the wall.

2. THROWING THE LEGS TOO FAST

THE FIX: The speed of the spin and rotation is created by the roll, not by throwing the feet. The swimmer should not RUSH the LEGS. They need to let the spin unroll naturally.

3. THE PILL BUG

THE FIX: With this problem the swimmer needs to keep his legs straight, as the upper body bows down and the eyes come close to the knees.

4. LIFTING THE HEAD into the TURN

THE FIX: The swimmer needs to learn how to submerge into the wall on the last stroke. Then, learn the “T” on the bottom of the pool, or sight the edge of the pool where the bottom meets the turning wall. At the very most, while submerging use a little “alligator eyes” to sight the lowest third of the wall target.

5. AIRPLANE ARMS

THE FIX: This problem is often caused because the hands are not in the correct position before the swimmer begins the turn. The swimmer needs to finish both arms to his sides before initiating the flip. Then, the palms must be turned down so the swimmer can “feel” and “hold” the water as the feet travel over the surface. The elbows will flex and the hands will perform a quick “push the hat back” type motion.

6. TURNING the BODY on the WALL to PUSH-OFF on the STOMACH

THE FIX: The best medicine for this common turn flaw is for the swimmer to first practice doing straight over flips and pushing off immediately on the back. Next, swimmer should be instructed to land on the wall with the feet just slightly angled to one side. Immediately push off slightly on their side and still “legal for backstroke”.

BACKSTROKE TURN

OVER ROTATION

THE FIX: The swimmer needs to stop the rotation of the body by spotting the underside of the top of the water as he flips around.

WHAT TO WATCH FOR WITH TWO HAND OPEN TURNS

(Includes Fly, Breast, Fly to Back, Breast to Free)

Acceleration to the wall

Approach the wall on stroke

Know when to use 2 long vs. 3 shorter strokes

Eyes looking at bottom of pool

Knees fast to head (a small ball spins faster)

Use momentum to help spin speed

Head stays neutral/some may tuck

Elbow the robber and call the police

Feet pointed to the side corner gutter (ready position)

Late breath or none at all

Back of the head in first (try knee to head backspin)

Find streamline before leaving the wall

WHAT TO WATCH FOR IN THE BACK-TO-BREAST OPEN TURN

(For More Advanced Swimmers)

- Swimmer maintains speed on approach (stroke count and flag angles)
- No peeking for the wall on approach – use the now game to see if they know where the wall is
- Treat the approach as a backstroke finish, except turn palm down for hand touch
- Legs stay on surface during the approach
- Use momentum to help spin speed – bring knees to chest and keep legs shallow to spin fast

OPEN TURNS

1. THE JACK-in-the-BOX

THE FIX: The swimmer should be instructed to let the arm absorb the wall like a shock absorber. As the knees start to come under the body (the face is still in the water,) then the body rolls back with the head and shoulders close to the surface.

2. PUSHING OFF ON THE STOMACH

THE FIX: The main reason swimmers make this mistake is because they believe they are supposed to push off on their stomach. If they are instructed to plant their feet to the side and to push off (without turning the knees and feet down) they will push off on their side.

3. PUSHING OFF TOO SHALLOW

THE FIX: Swimmers need to get their arms off the wall faster. The wall hand is usually the one that is holding on too long. It needs to get off the wall and back into the water before the feet touch the wall.

4. LIFTING the HEAD

THE FIX: The swimmer needs to be instructed to keep their eyes down on the touch, and to begin the tuck of the knees while the face is still in the water. An excellent tool to correct this problem is the use of under water mirror (placed right up against the wall.)

- 5. TAKING a SHORT STROKE into the WALL**
- 6. PULLING into the WALL** (let the arm absorb the wall like a shock absorber)
- 7. TURNING the HEAD to the SIDE or FRONT**
- 8. BIG ARMS OVER the TOP**
- 9. CIRCLE SWIMMING TURN, legs flair out**

BREASTSTROKE BREAKOUT

The pull part of the pull-down should angle the body slightly to the surface. The approach should start with the hands recovering tight (against the body.) The kick should be fast and late – as the hands are shooting into the streamline. Bringing the heels up early causes the body to slow down.

BUTTERFLY BREAKOUT

Build the kick speed to the surface. Kids often slow the kick rate down as they approach the surface. Try to get them to build their kick speed into an aggressive kick on the breakout stroke.