

Saturday, March 24 – Breaststroke

Breaststroke motivational video (4:00):

https://www.youtube.com/watch?v=hM6rdUwLKZU&feature=player_embedded

Speedo Breaststroke overview (4:00): <https://www.youtube.com/watch?v=L1va9qsH-ow>

Important Breaststroke Elements:

- ✓ **Pull: high elbows, sweep out, sweep in, elbows in and up, shoot out in streamline**
 - Pull overview (2:00): <https://www.youtube.com/watch?v=I00tfMwHvMI>
 - Small pull (wall drill - beginner; 1:00 into video): <https://www.youtube.com/watch?v=gi-lIfERtx0>
 - Treading to pulling (beginner drill) (3:00 into video): <https://www.youtube.com/watch?v=QcxPUQu57uU>
 - Windshield wiper scull, then pull drill (4:00): <https://swimswam.com/video-make-breaststroke-best-stroke/>

- ✓ **Kick: narrow, quick, feet flexed outward then turn inward (“clap”)**
 - Narrow kick overview (pull buoy drill; 1:00 beginning of video): <https://www.youtube.com/watch?v=gi-lIfERtx0>
 - Explanation of drag, then 45 second wall kick (3:00): <https://www.youtube.com/watch?v=d8Y7j4YmotE>
 - Quick kick drill, streamline position, eyes forward – 10 fast, 4 normal (2:00): <https://www.youtube.com/watch?v=LgCLvqrSxE0>

- ✓ **Body Position: reduce drag by streamlining, head looking down, stomach in/flat back, high hips, and by keeping kick and stroke recovery narrow**
 - 2-kick down (dolphin with fins) drill (Relaxed superman pose vs. hyper-streamlined position) (4:00): <https://www.youtube.com/watch?v=cva4KlrnMLE>
 - Hyperstreamline position (1p,3k in hyperstreamline – start 2:00 into video; same as above except breaststroke kick): <https://www.youtube.com/watch?v=oGPbFr5wGOM>
 - Head/neck position for breathing (3-step goggle drill) (2:00): <https://www.youtube.com/watch?v=S1ElcdpPhnM>
 - Head/body position (tennis ball drill) (3:00): <https://swimswam.com/video-swim-breaststroke-like-roger-federer/>
 - Minimize drag (advanced - 3 up, 3 down drill) (4:00): <https://swimswam.com/video-effortless-breaststroke/>

- ✓ **Timing: “Pull your legs” then “Kick your streamline”**
 - Under lanerope drill swimming width of pool (4 minutes into video): <https://www.youtube.com/watch?v=ken9HFfX3tM>
 - Delay kick - keep legs streamlined longer (advanced drills with cord/parachute) (3:00) <https://www.bing.com/videos/search?q=breaststroke+timing&view=detail&mid=6BC12F3BB388EAD6FC266BC12F3BB388EAD6FC26&FORM=VIRE>