

The Basics for Freestyle Swimming

Swimmers should have a balanced stroke that has sufficient trunk rotation to allow them to attain maximum distance per stroke and an early catch leading into a high stable elbow position underwater.

- ❖ The entry by the hand is made in line with the shoulders.
- ❖ The palm pitched at approximately 45 degrees.
- ❖ As the hand enters, it extends forward as the other arm pushes through to the back of the stroke.
- ❖ The swimmer then applies pressure to the water while making the catch.
- ❖ After the catch is made, the hand travels in an outward and downward direction while the elbow remains firm and assumes a high elbow position.
- ❖ Following the initial pull phase in the outward and downward direction, the angle at the elbow is about 45 to 65 degrees.
- ❖ Inward and upward movement occurs before the push through to the back of the stroke.
- ❖ The arm leaves the water with the elbow leading in a traditional high elbow recovery stroke.
- ❖ Following the recovery the hand enters the water and the sequence starts again.
- ❖ During this full stroke cycle, the legs will have made six downward kicks.
- ❖ Variations are a two-beat or four-beat kick