

Breaststroke Technique and Training Ideas

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Coaching Breaststroke

- Observe your athletes, key in on what is successful for them.
- Keep an open mind
- Experiment
- Much of the methodology our program uses has been developed through trial and error.

Broad Scope Ideas

- Maintain Lowest possible ratio of time with head/torso above the water vs. below the surface
- Prioritize lowering resistance vs increase propulsion
- When teaching: isolate specific body positions that focus on timing of the breath, timing of the kick
- When swimming fast: Focus on the flow of energy, and the connection of kick/momentum from end of kick into next catch

Key Technical Concepts

Ideas and movements common to almost all fast Breaststrokers

- 1. Time the Breath** with the widest Part of the stroke
 - Synchronize initiation of the breath as the palm of the hand turns from outward to inward
- 2. Catch**-Establish vertical forearm angles
- 3. Spine**-No Neck Movement/No Back Arch/Minimize Hip Drop
- 4. Pull** ends at width of the ribcage
 - Hands should be moving forward by the time they make contact with each other
- 5. Recover** with “Thumbs Dry, Hands Wet”
- 6. Time the Kick** as elbows lock (some variation as to when “momentum” is maximized)
- 7. Top of Kick**- Knee position about width of hips (lot of variation)
 - Feet turned out at the top of kick, vertical shin angle
- 8. Direct foot path**- from top of kick to close, (avoid outward, wide foot path)
- 9. Finish of the kick**- knees lock as ankles touch
- 10. Rhythm**-Weaves all the “points” together
 - Connection of Kick through outswEEP and into next catch

Drills

I-Y Drill

Purpose= Time the breath correctly.

Description-Pause at the widest part of the pull to “freeze frame” proper body position at the initiation of the breath.

Piece by Piece

Purpose- Teach Balance and Timing

Description-Athlete does pull pauses 1 sec in glide, then kick into 1 sec glide

Piece by Piece w/ Dolphin Kick

Purpose- Teach Balance and Timing

Description-Athlete does pull followed by dolphin kick (timed at moment when you want your feet to turn out on Breast Kick), then Breast kick connected into next outswEEP/catch

Delayed Kick Build

Purpose – Teach Kick Timing

Description – Start with purposefully late kick, progressively eliminate delay between Lung + Kick until timing feels right

1 Pull/2 Kick

Purpose – Quickness of Breath+ focus on connection of momentum between strokes

Description – We emphasize using second kick with almost no glide to practice great connection from the end of 2nd kick into next catch

Training Methods: Types of Kicking

Un-Resisted: Generally done with snorkel (board or in glide)

Types of Resisted Kick:

- * Vertical Kicking with weight
- * Med Ball w/ snorkel+ Vertical Kicks at each wall
- * Vertical Swimming w/ weight belt

Technical Improvement Kick:

- * Mirror Kick
- * Partner Kick with Cord

Breaststroke Weekly Training Plan

Mon PM - Some Breast Kick mixed into general kicking

Tue AM - Breast Pull w/ buoy or Breast w/ fins

Tue PM - 200 Stroke Training.

Geared toward peak effort on distances of 50-200's.

12-16 min Vertical Kick after main set

Wed PM - IM Training, no breast isolation

Thu AM – Breast Pull w/ buoy or Breast w/ fins

Thu PM - 100 Stroke Training.

Mainly sprint 25's mixed with FAST 50's/75's.

16-20 minutes of Vertical Kick

Fri PM – Some Breast Kick mixed into general kicking

Sat AM - Practice almost always ends with High Rest, Off Block sprinting.

****Sculling is mixed into warm-up/down throughout the week****

What's next?

- * Higher Stroke Rates (especially in the 100 BR)- See Russell Mark's charts/studies from 2012
- * Upkick on the finish of Kick