Evaluating Technique

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Freestyle

- Front view reveals if athlete has good catch
- Hand in line with the shoulder
- Elbow bent and wider than hand/shoulder
- Fingers facing down or inward
- Hand entry and extension in line with shoulder
- Rotate forward
- What happens during breath?
- Too much rotation? Too late rotation?
Backstroke

- Entry points – above shoulder, pinky first
- If too narrow and with back of hand, how is rotation timing? Is entering shoulder staying up too long? Can you see arm pits?
- After entry, look for hands going wide
  - Fingers pointing to the side
  - Arm is out to the side
Breaststroke

• Evaluation is a little more elusive
• Looking at overall quality of the movement rather than specific checklist
• Does the body always move forward? Or is it stop-and-go / up-and-down?
• Look for good attack on the water with body/head/arms during recovery
• Upperbody gets forward / in-line
  – Hands not smashing on insweep
  – “Triangle” space between arms at start of recovery
  – Palms turn down on recovery
• Hips stay high
• Appearance of late timing is likely slow feet or not getting body in line
Butterfly

• Similar to breaststroke, primarily making a judgement on the movement during the forward press
  – Hand entry, head entry, 1st kick (hips popping) all working together
  – Good forward attack on entry
  – Is head timing in sync with arms?
  – Do arms enter in front of shoulders? Or too narrow?
  – Press forward, not down

• Two kicks

• If hands are getting stuck at finish (or start of recovery):
  – Are the hands finishing too far back?
  – Lifting up too much for the breath? Arching the back?
For more information:

- Tips & Training
- High Performance Tips