



Dolphin Kicking

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Dolphin Kick

- The power comes from the legs (quads)
- Set up and follow-through
 - Knees must bend to set-up the kick
 - Follow through and finish the kick in front of the body
- **Focus on whipping the legs to a full extension!**
- Like kicking a soccer ball or football



Dolphin Kick

- The forward kick will always be more propulsive
- The back kick provides some propulsion but primarily serves to set up the forward kick



Dolphin Kick: Hips

- Hip movement is important, but doesn't drive the kick or move you forward
- The hips and core:
 - Provide a stable platform for the legs to kick off of
 - Controls the direction of the kick
- Looking for a controlled hip movement
 - Core remains tense
 - Coordinated with the upkick



Dolphin Kick: Hips

- There is such a thing as moving the hips too much!
 - Don't pop the hips too early or too much!
- There are very good dolphin kickers that don't move their hips much
 - Low back flexibility not super necessary



Dolphin Kick: Hips

- Upper body movement is ok
- Directly related to lifting the hips on the kick set up
- Lift the hips too much and:
 - The body crunches forward too much
 - The leg whip is compromised (gets cut off)
- Part of finishing the leg whip is making sure the upper body stretches forward too
 - Press with the chest



Dolphin Kick: Back v. Front

- Whipping the forward kick most important
- On your back...the forward kick is up
 - Helps keep the swimmer underwater
- On your stomach...the forward kick is down
 - Each kick pushes the swimmer toward the surface
 - Many swimmers pop the hips too much in order to stay underwater (compromised technique)
 - Maintain best technique by controlling the depth with direction of the arms



Dolphin Kick: Race Stats

- Male/Female, 100m back/fly:
 - Tempo: 0.40 seconds per kick
 - A tendency for the kick tempo to slow down during the breakout



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	M 100 back	W 100 back	M 100 fly	W 100 fly
15m start	< 6.2 sec	< 7.0 sec	< 5.6 sec	< 6.5 sec
# kicks	10-13 kicks	11-12 kicks	8-9 kicks	8-10 kicks
15m turn	< 7.0 sec	< 8.0 sec	< 7.6 sec	< 8.5 sec
# kicks	10-12 kicks	10-12 kicks	?	?



Dolphin Kick: Additional Notes

- I'm not concerned with size of the kick
 - Focus on having a complete forward kick
 - Size probably dependent on leg length
- Physical traits that help (but not necessary)
 - Ankle flexibility
 - Low back flexibility
 - Hyperextended knees
- Streamline with head pressed against arms
- I think there is opportunity in 400-1500m races



Dolphin Kick: Training

- PRACTICE!! Repetition & Discipline
- Use drills/tools with caution:
 - Fins / Monofins
 - Vertical kicking
 - Resistance