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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<table>
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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