

BREASTSTROKE

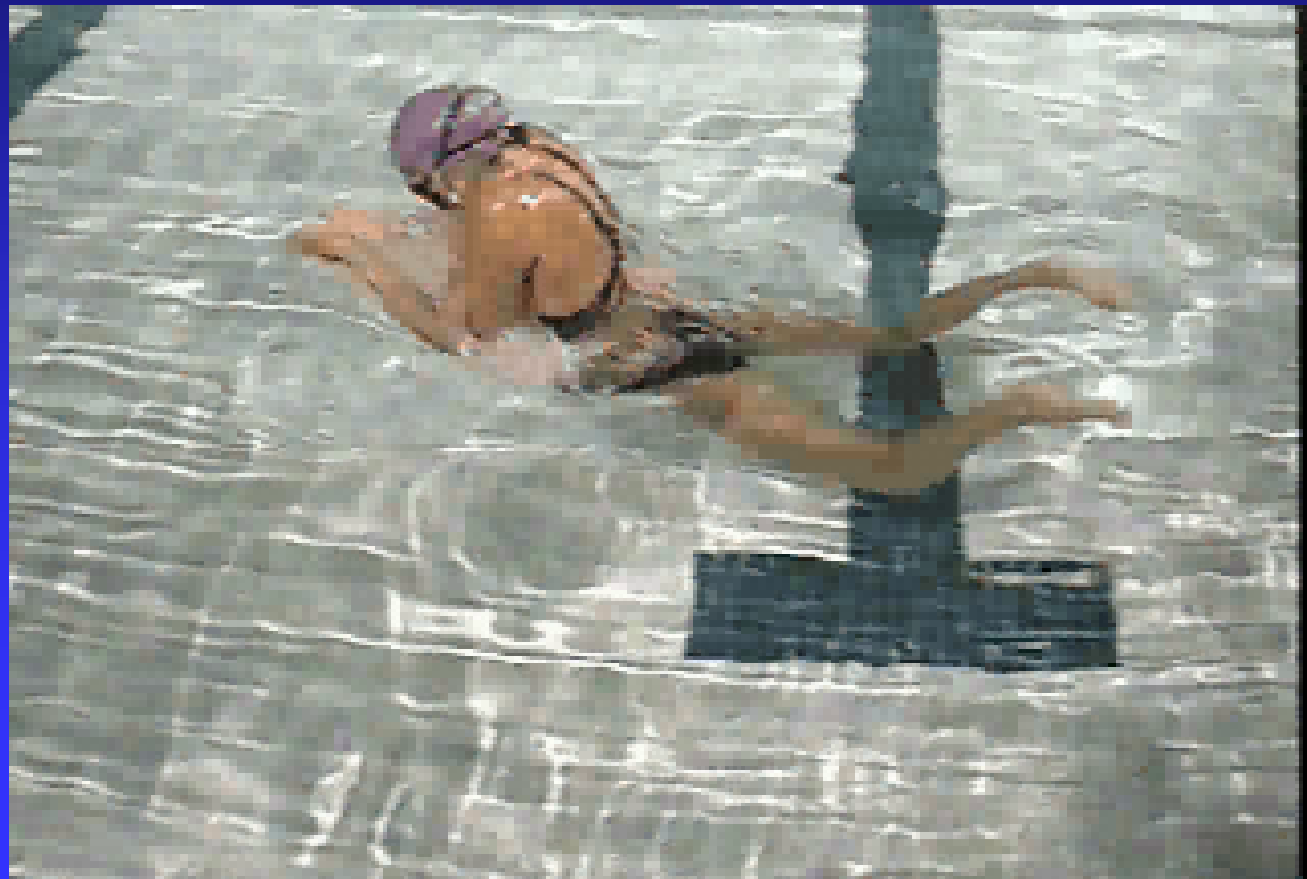
B Body Position

L Leg Action

A Arm Action

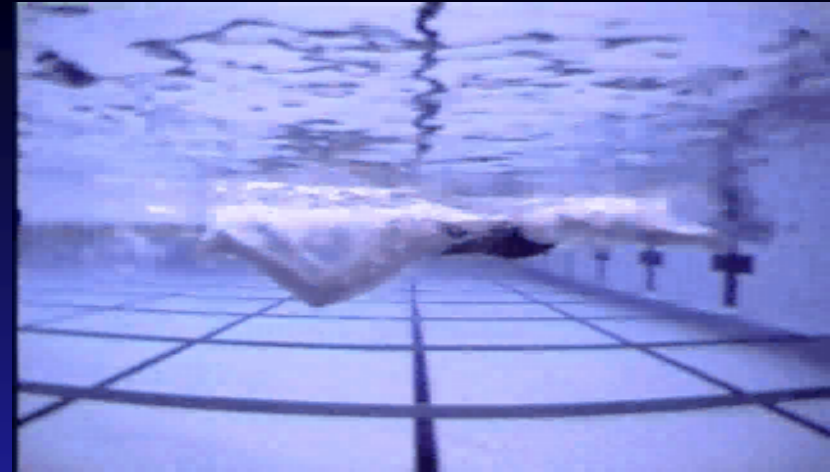
B Breathing

T Timing



BREASTSTROKE

Body Position:

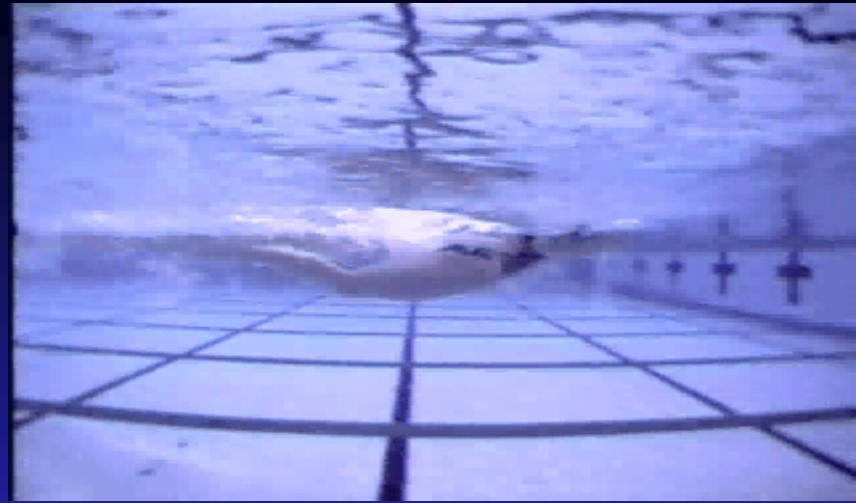


The body should be as horizontal as stroke movements allow, this means that there is a greater slope down to the seat than in other strokes in order to keep the leg action underwater

Good floaters find it easy to achieve a stable, almost horizontal position, while poor floaters need to lift and lower the head every stroke cycle

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Leg Action:



The recovery movement starts from the glide position

The heels are drawn towards the seat

The lower legs are perpendicular to the water surface at full recovery

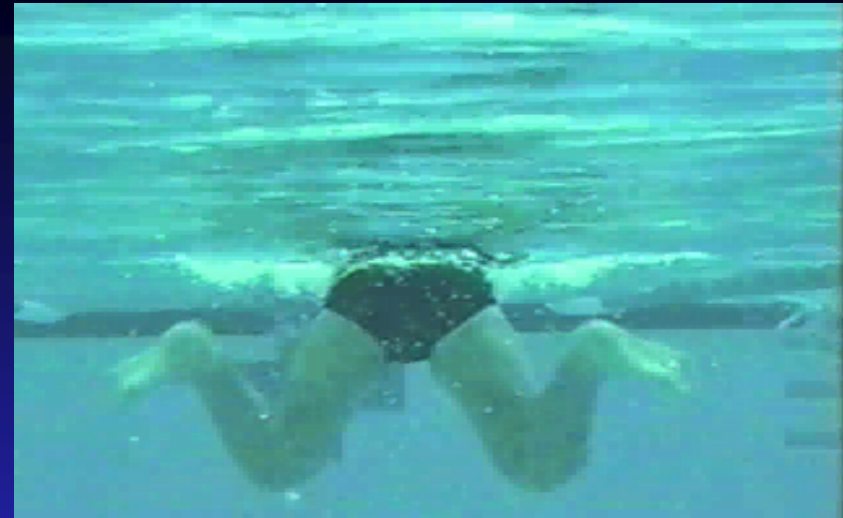
The knees remain behind the line of the hips

The knees are just wide of the hips

Just before the kick, the feet turn out this is important to propulsion

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Leg Action:



The Kick is backwards with a circular action, A narrow kick is more efficient than a wide kick

At the end of the backwards circular action the feet come together with the legs straight and the toes pointed

The legs rest and rise towards the surface

As in all propulsive actions, the kick accelerates throughout the movement

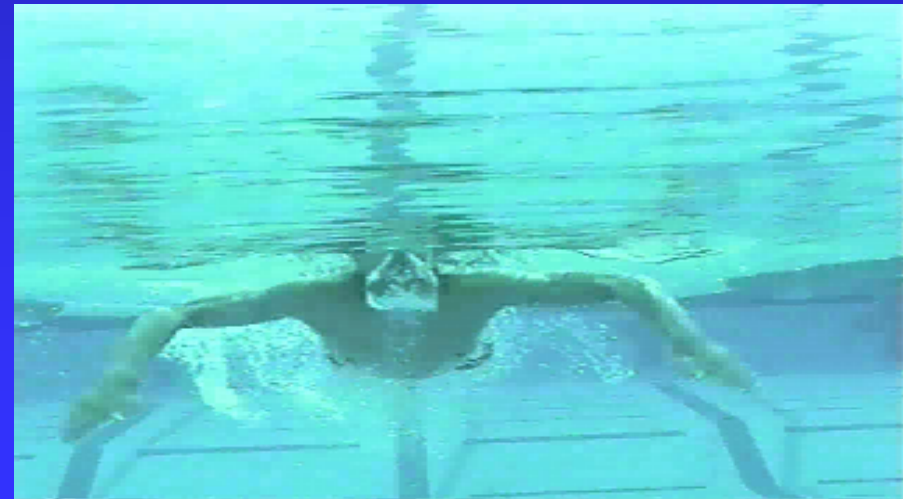
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Arm Action:



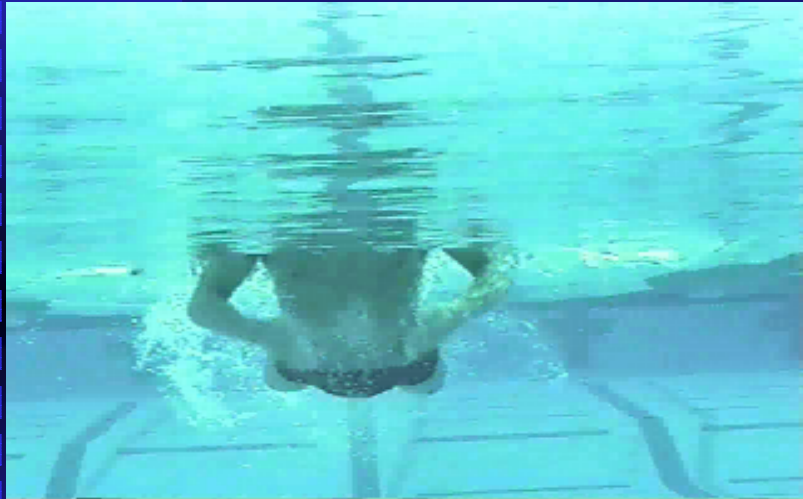
OUTSWEEP: From the glide position, the hands are turned (pitched) palms half outwards and sweep outwards and slightly downwards to the catch at a point approximately shoulder width apart

DOWNSWEEP: The brief action sweeps downwards and slightly outwards with the elbows bending and kept high



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Arm Action:

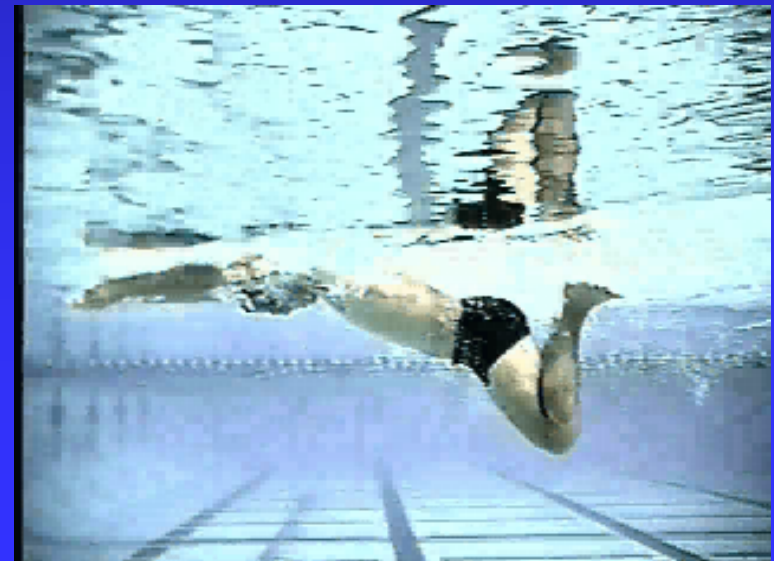


INSWEEP:

Before the arms reach shoulder level the insweep begins, palms pitched partly inwards. The elbows follow the hands in towards the centre line

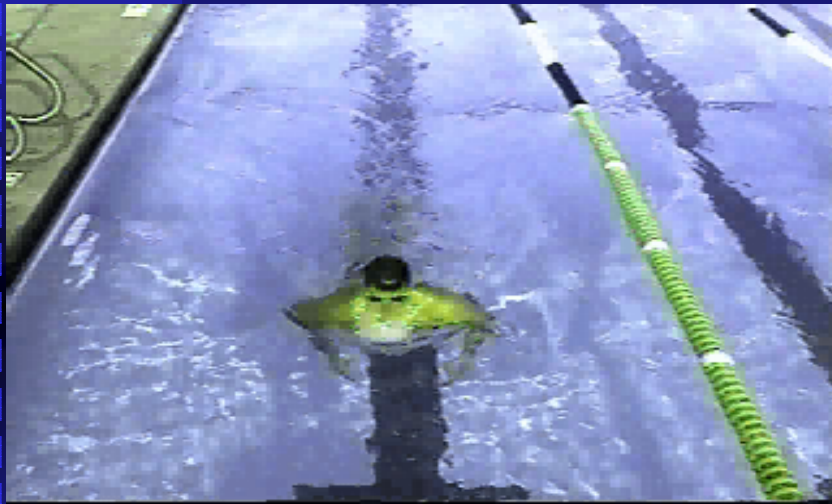
The action accelerates throughout the propulsive phase

RECOVERY: The arms stretch forwards smoothly and streamlined with the hands close together
Some swimmers hold this glide position, competitive swimmers may don't hold the glide but still achieve a streamline position before starting the next stroke



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Breathing:



A breath is normally taken in every stroke, the inbreath is usually taken at the end of the insweep (the point of maximum acceleration) the head is then lowered if necessary (competitive form of stroke) where the air is released gradually with a final outbreath just before the next inbreath

TIMING: Pull breathe kick (glide)
The arms pull while the legs rest, breath taken towards the end of the insweep, the legs kick as the arms extend forward, this may be followed by a glide

