

FRONT CRAWL

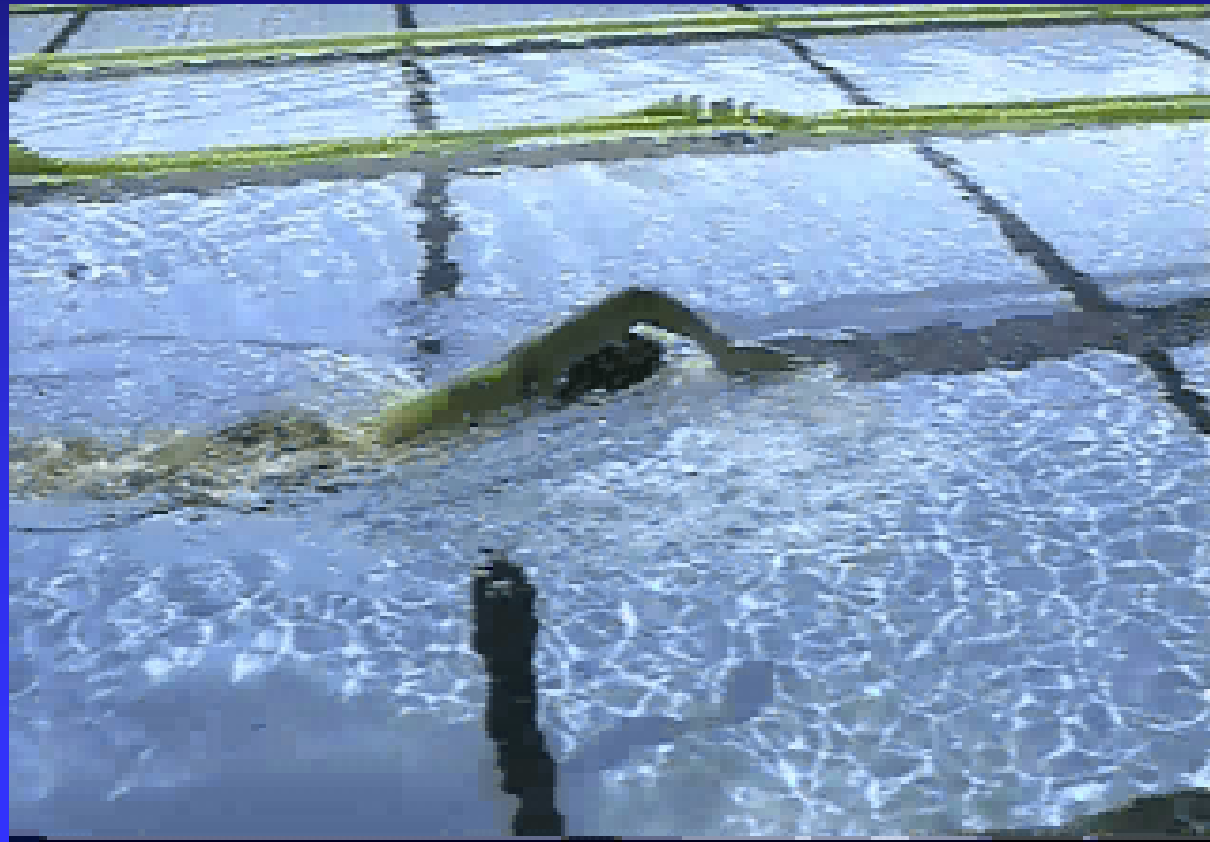
B Body Position

L Leg Action

A Arm Action

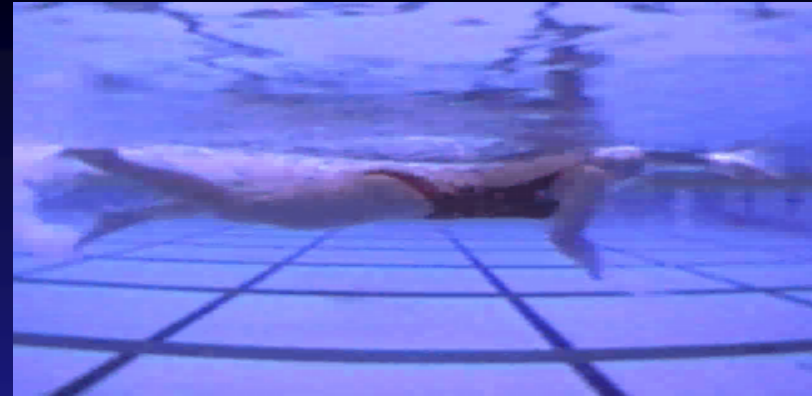
B Breathing

T Timing



FRONT CRAWL

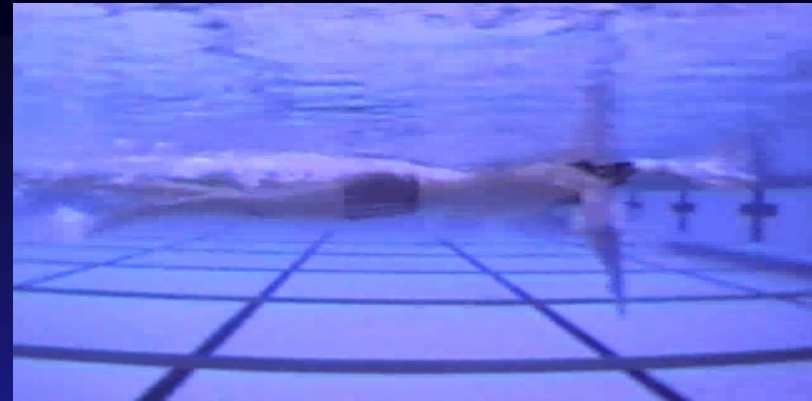
Body Position:



- Flat with a slight slope down to the hips, the head is neither buried nor lifted, the waterline is between the eyebrows and the hairline
- Eyes look forwards and downwards
- The slight slope down to the hips keeps the kick in the water, hips roll with the stroke between 45° & 60°
- Shoulders roll into the stroke to use the chest muscles
- Slight movements of the head will be reflected by the legs
- The legs work almost within the body depth to help reduce resistance

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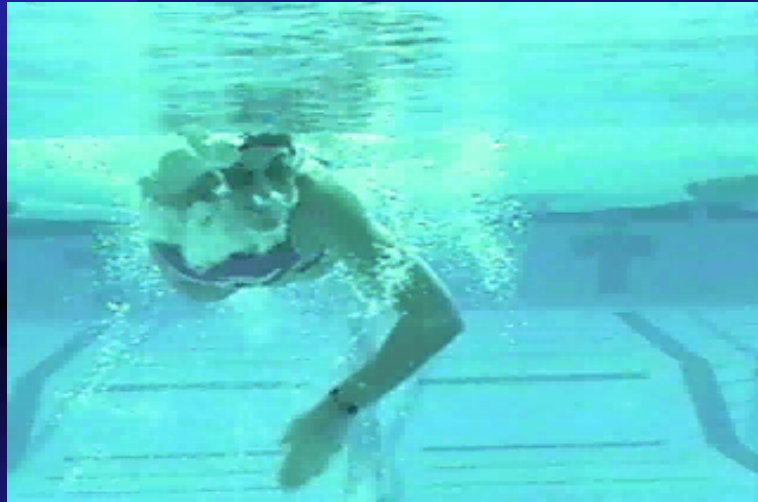
Leg Action:



- The leg action starts in the hip joints
- The legs work close together in an alternating action
- The leg beats are of equal force
- There is only a slight bend in the knee
- The ankles are relaxed to allow the toes to point and to give a natural intoeing effect
- The feet kick up to the surface and churn the water up without splashing kick provides around 5% propulsion
- The number of leg kicks for each arm cycle may vary, it is usually 6 but middle/long distance swimmers may do 4 or 2

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Arm Action:



ENTRY:

The hand is pitched (turned) with the palm facing half outwards for a clean thumb first entry

The hand enters between the head and shoulder line with the arm slightly bent

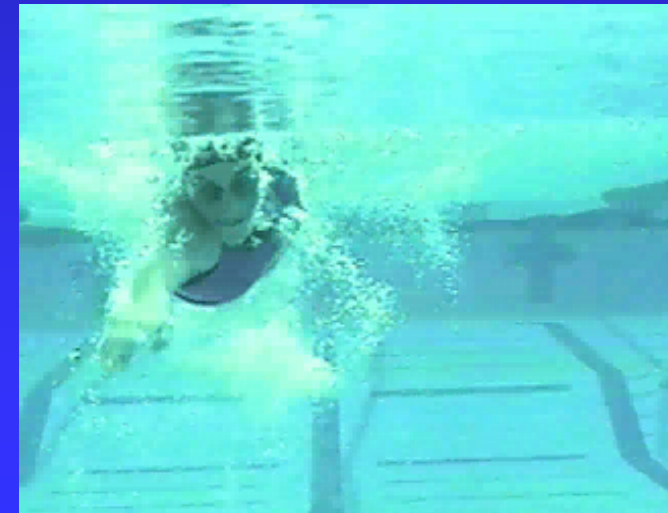
The hand reaches forward under the surface

CATCH & DOWNSWEEP:

The hands sweep/scull downwards and slightly outwards to catch

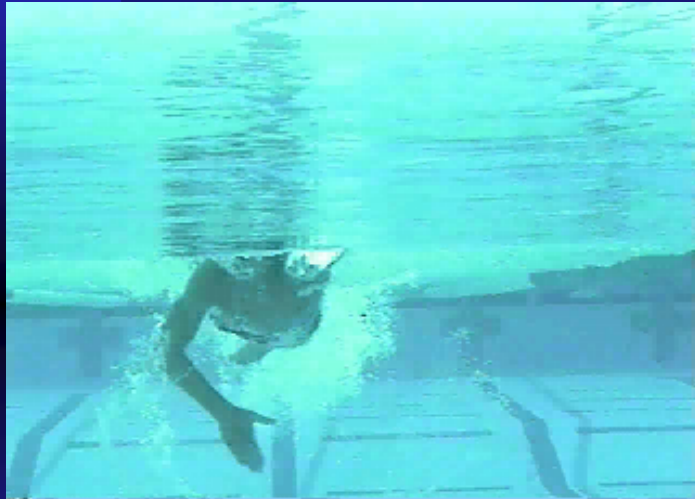
The hand continues to sweep downwards and outwards

The elbow begins to bend and **it is very important that it is kept high**



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Arm Action:



INSWEEP:

The pitch of the hand changes and curves smoothly inwards towards the centreline
The elbow bends up to 90° the hand accelerates

UPSWEEP:

When the hand has reached close to the centreline the pitch of the hand changes to upwards, outwards and backwards

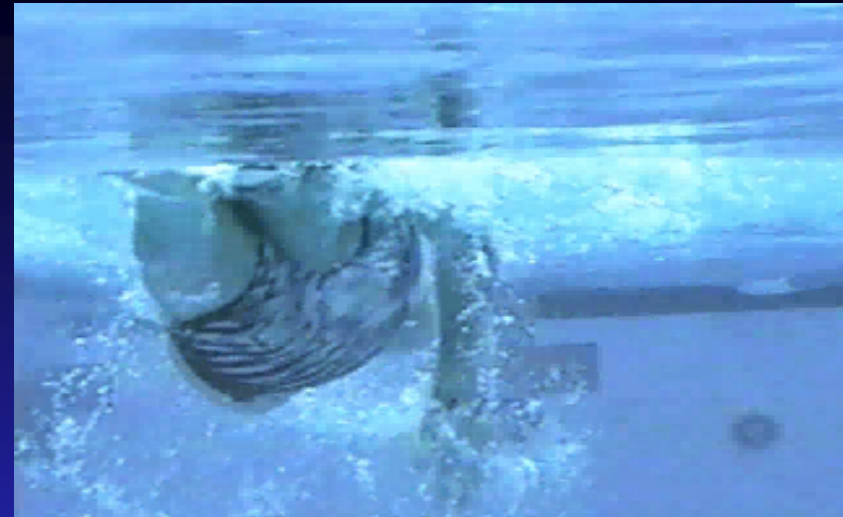
RECOVERY:

The arm is almost straight at the end of the upsweep, the elbow exits first with the little finger leading the hand, the hand passes close to the body, after passing the shoulder level the arm reaches forwards to entry



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Breathing:



The head turns smoothly in time with the natural roll of the body, it is turned not lifted

The inbreath is taken as the 'breathing side arm' is completing its upsweep this is the point of maximum acceleration causing a trough in the water

The other arm enters the water as the breath is taken, the head returns to the centre as soon as the breath is taken

A breath can be taken every 2 arm pulls (unilateral on the same side each time) or every 3 arm pulls (bilateral changes breathing side)

TIMING: There are usually six leg kicks to one stroke cycle although this may vary for middle/long distance swimmers who may use two beat, two beat crossover or four beat kicks.