



Faculty of Science



## Breaststroke: How, when and why?

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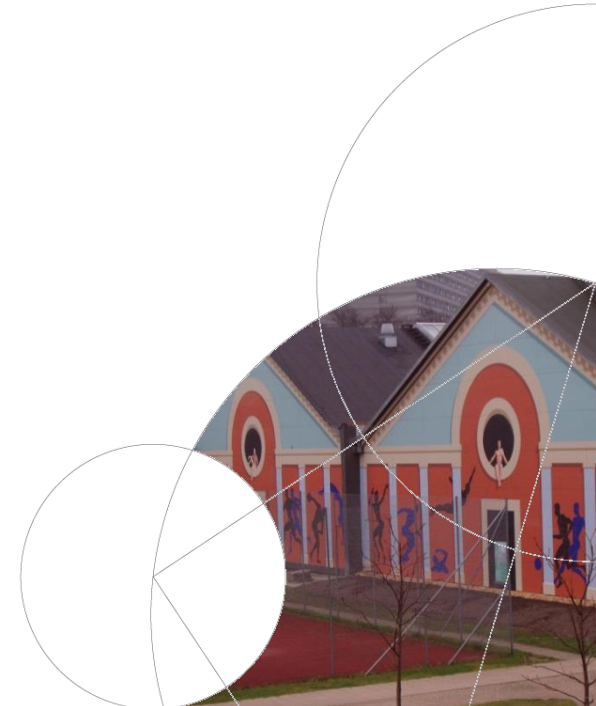
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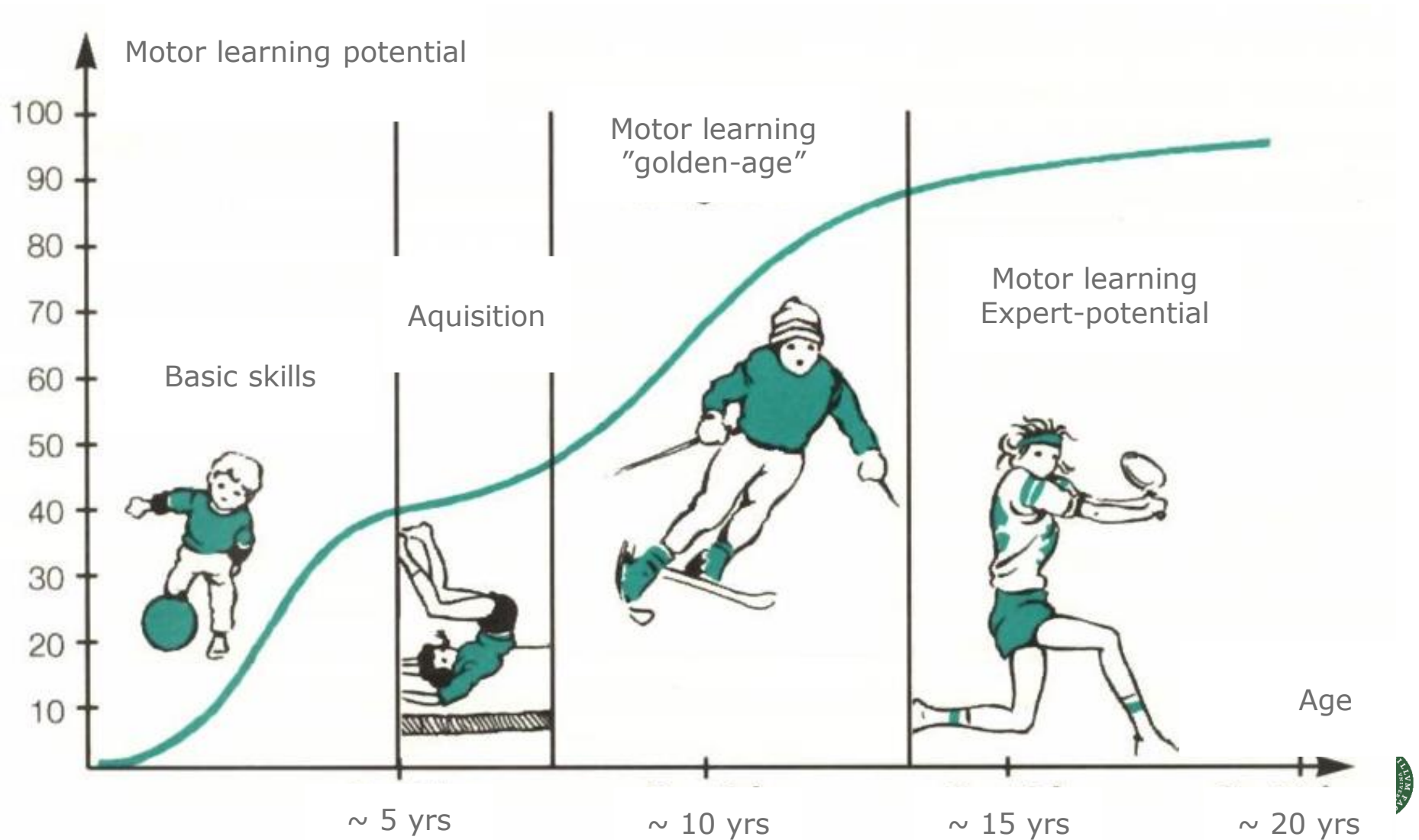




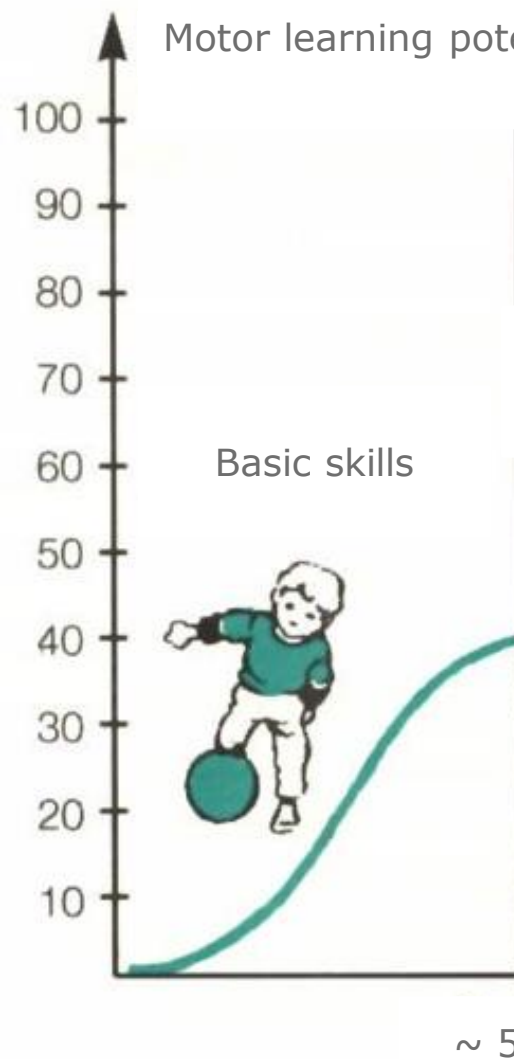
# When can you learn breast stroke?



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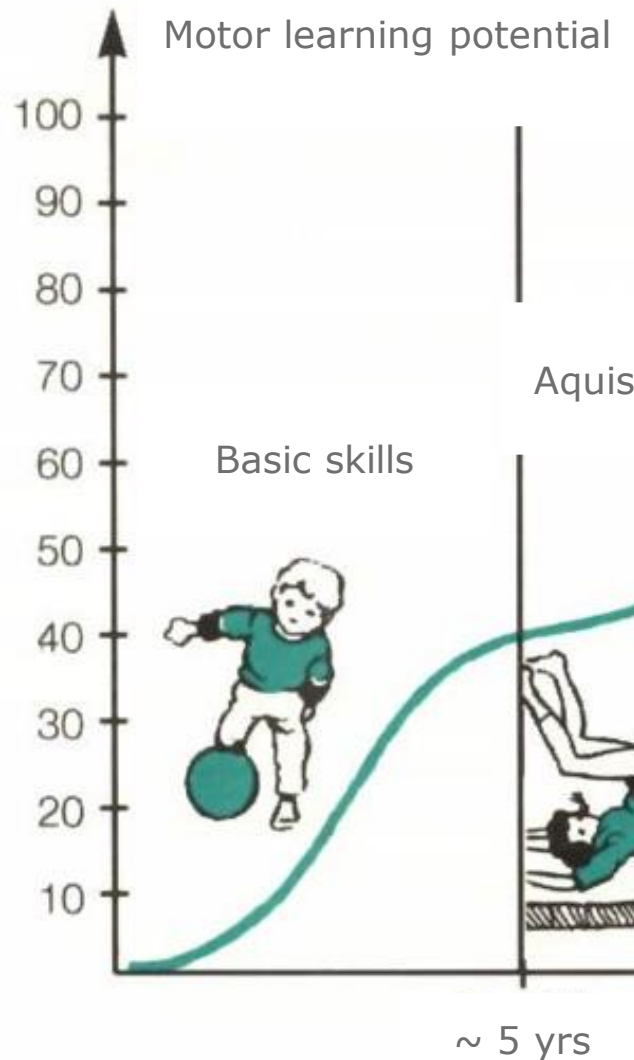
### General focus:

- Balance
- Breathing
- Feeling safe

### Breast stroke focus:

- Play with feet-position
- Play with gross-coordination

## When can you learn breast stroke?



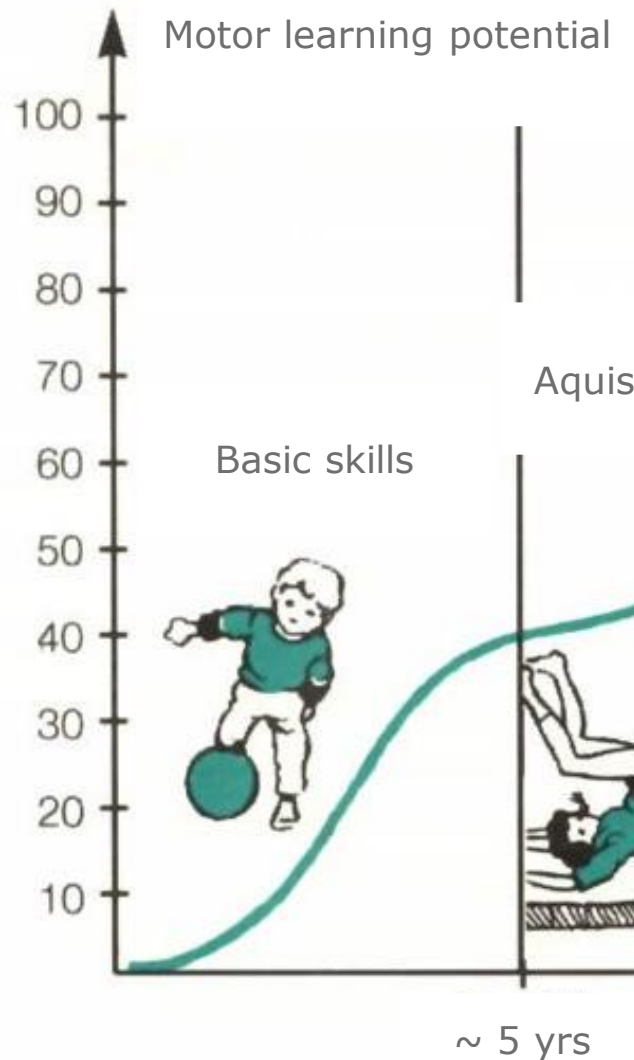
### General focus:

- Balance (sommersault)
- Breathing & breath holding
- Feeling safe – get water in your eyes & nose

### Breast stroke focus:

- Simultaneous kick-motion
- Play with gross-coordination
- Controlled breathing

## When can you learn breast stroke?



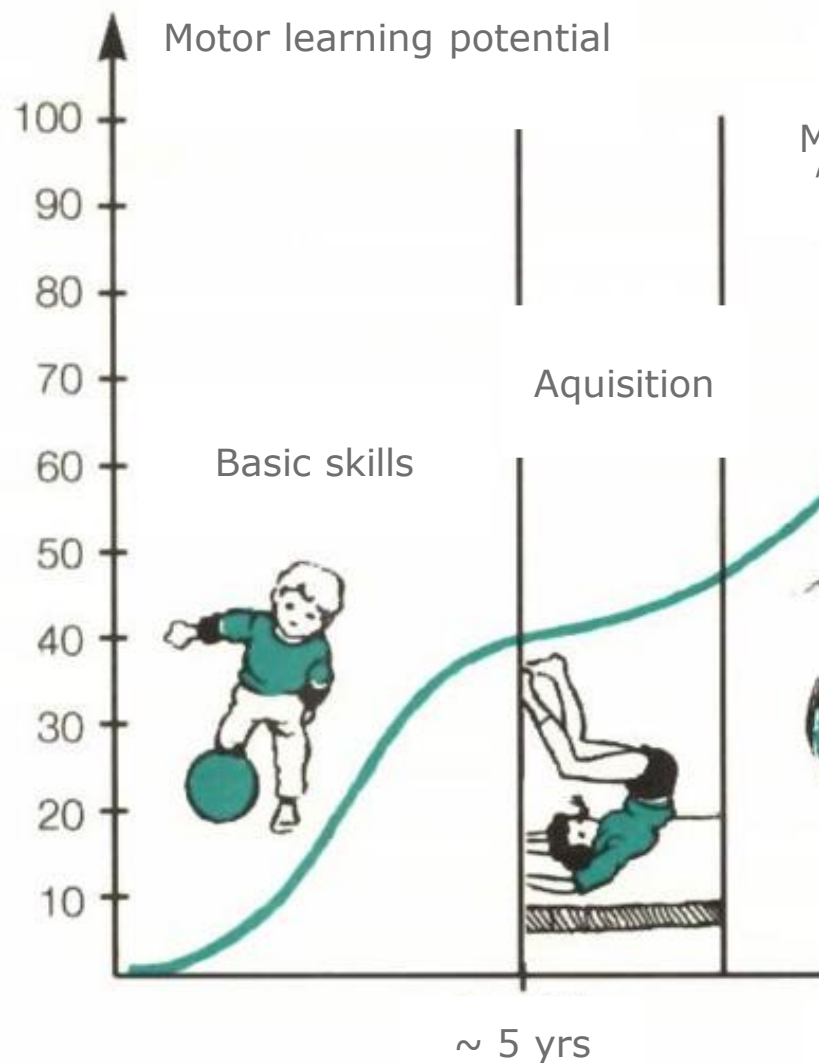
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General focus:

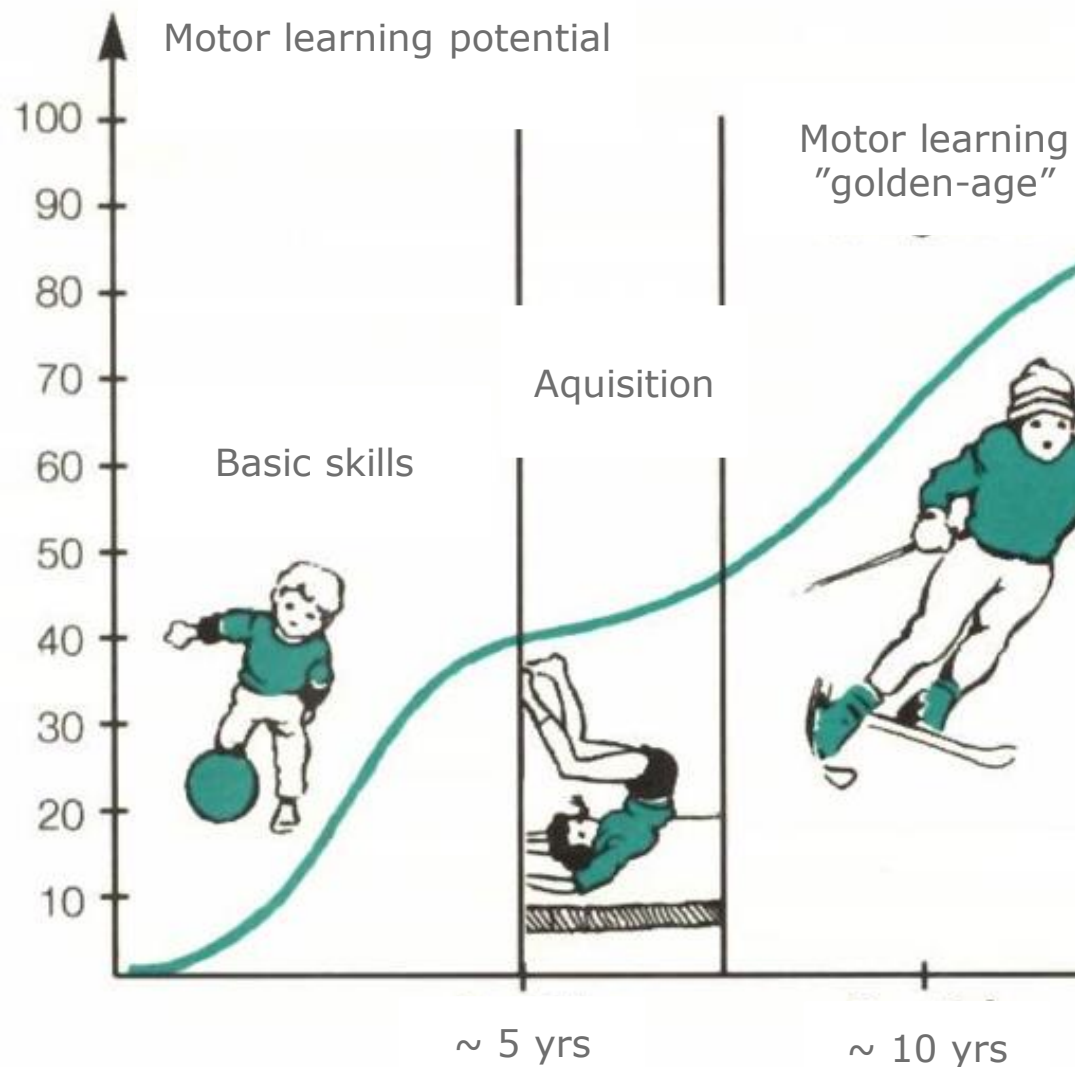
- Accelerations
- Stretch – “be long”
- Life-saving

Breast stroke focus:

- Advanced arm-leg coordination
- Foot and hand positions



## When can you learn breast stroke?



General focus:

- Skill-perfection

Breast stroke focus:

- Body-movement
- Advanced arm-body-leg coordi
- Accelerations

## How to develop breaths stroke skills...

Get to know the stroke!

- Kick
- Arm-stroke
- Breathing
- Coordination



Sequence ?



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Sequence ?



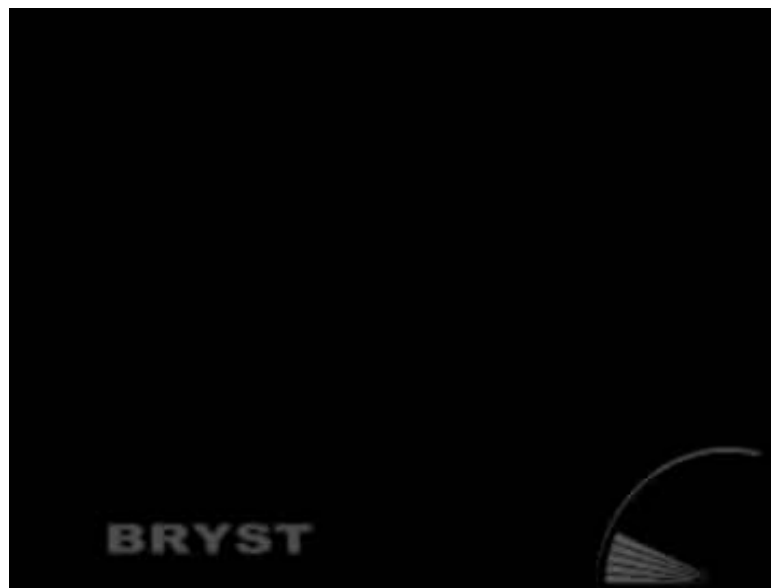
# Drill development

Part vs. whole practice

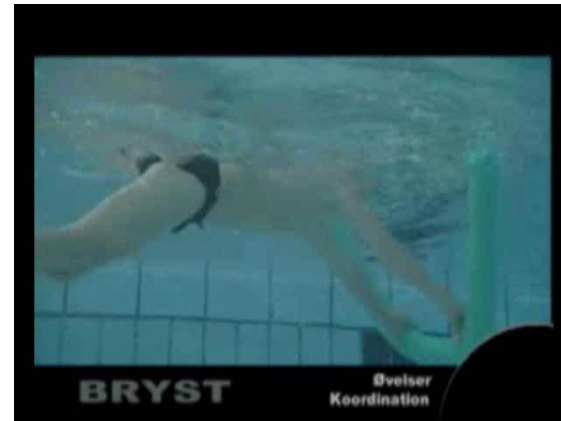
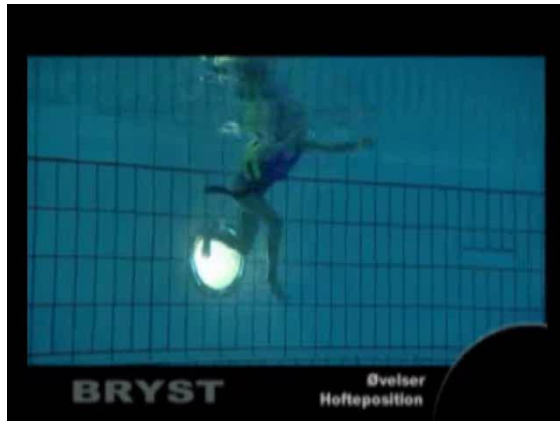
# STAND UP!



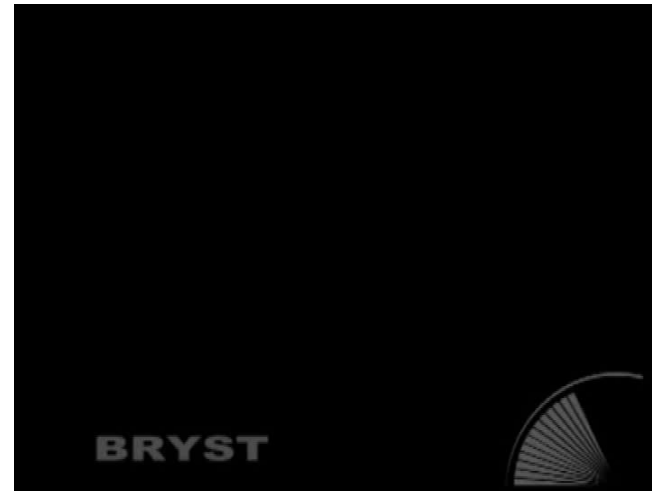
# Coordination



# Drills



# Kicking

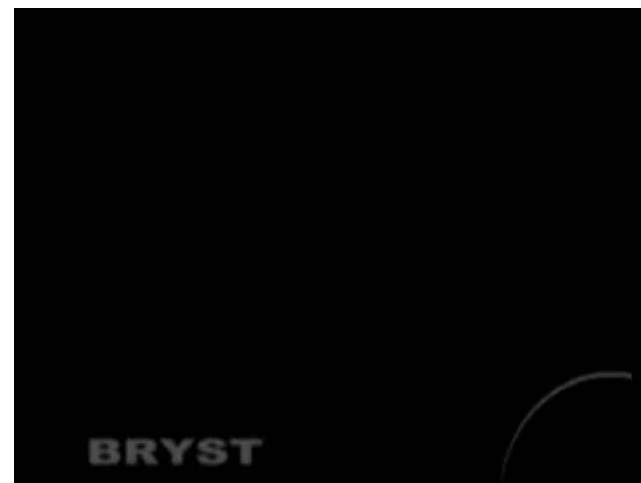


# Drills





## Drills & analyses



## Why breast stroke?

### Con's

- Inefficient
- Slow
- Risk of injury



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### Con's

- Inefficient
- Slow
- Risk of injury

### Pro

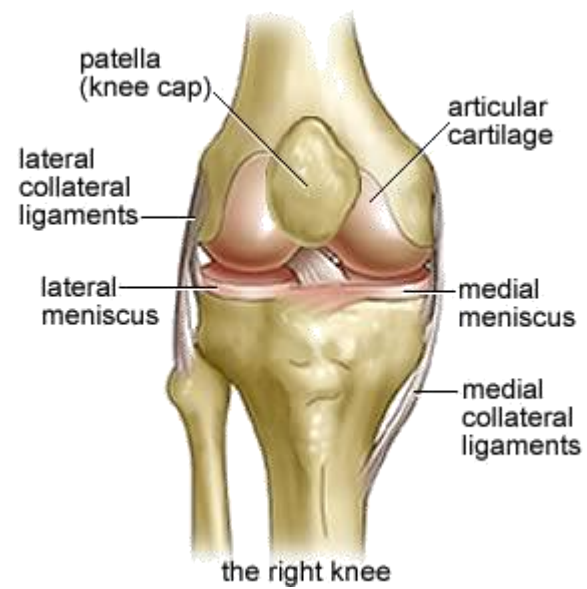
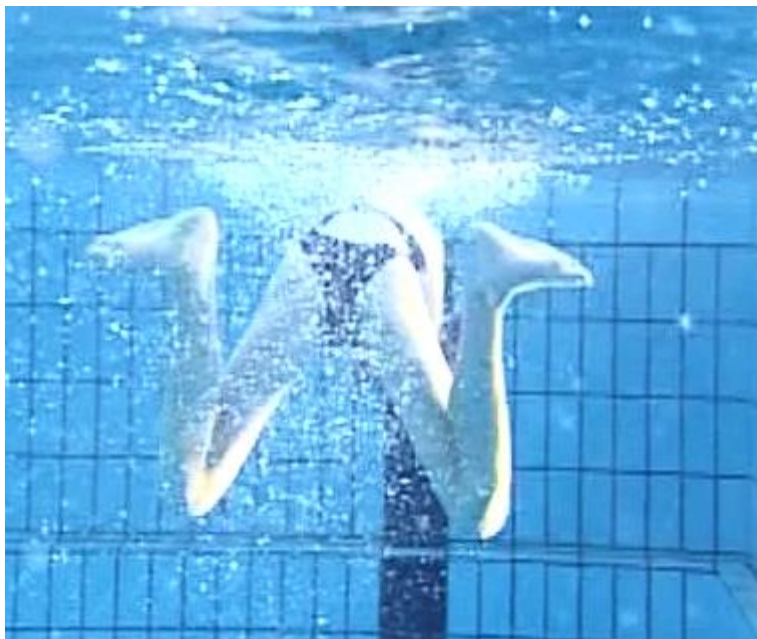
- Skill for life
- Usefull in open water
- Competition

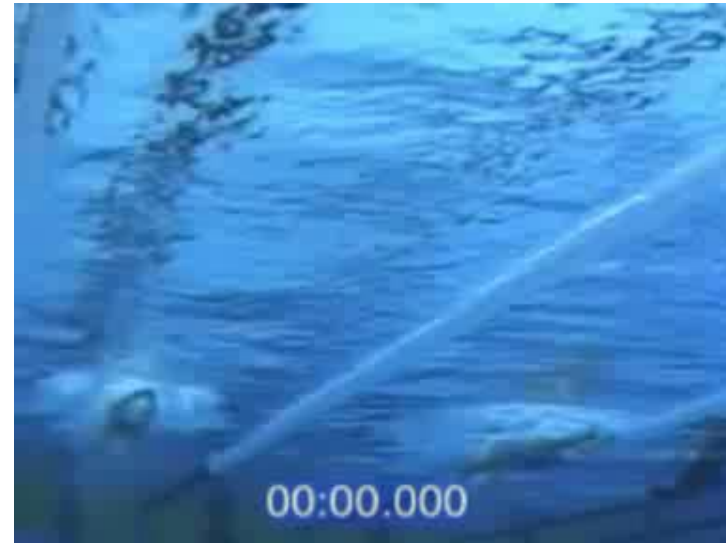
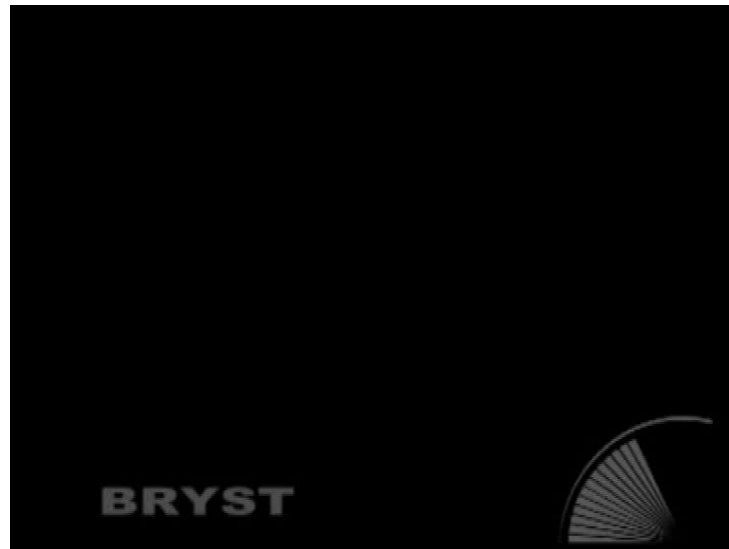


# Is breast stroke dangerous?



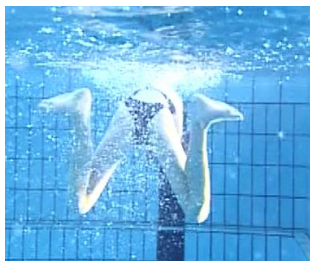
## Kick and knee stress





## Is breast stroke kicking dangerous? No...

But, be alert if a swimmer repeatedly complains about medial knee pain.



# Summary

## When

- From day 1

## How

- Focus on coordination and gradual development of hand and foot precision. Show – tell –show!

## Why

- Skill for life usefull in various conditions.





## Summary

Ajust your expectations and drills according to the swimmers age and skill-level. Always go for the nearest zone of development.

