

# Stroke Worksheet: Breaststroke

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## Kick:

- L-shaped toes
  - Unlike freestyle, backstroke, and butterfly, breaststroke legs require L-shaped toes. This will require out-of-water demonstration, and this is a difficult concept to learn. There are out-of-water and in-water exercises detailed below to help do this.
- Squeeze legs
  - The breaststroke kick gets its power from the whipping motion in the back. Pretend a balloon is in between your heels, and with each kick, try to pop that balloon.
- Whip
  - There is a difference between kicking with legs that whip and legs that just move in and out. You should feel like you're 'leaping' off the water.

## Pull:

- Scull and pull
  - Starting from the glide, your arms should push water away (scull), then collect all the water around them and bring them in.
- Shoot
  - It refers to the breaststroke recovery, which is an awkward point in the stroke where no part of the body is doing anything to help it move forward. Therefore, you should try and take your arms and hurl them to the other side of the pool with every stroke
- Glide
  - The glide is a critical part of breaststroke because it allows your kick to give you forward motion

## Breathing:

- Still breaths
  - Every time you pick your head up, you send yourself backwards. Thus, we want to breathe without moving our heads as much as possible.

## Drills:

- Out-of-water kicking demonstration
  - Have kids lie on grass or sit in a chair and have them push against a coach's hands. Additionally, for people who have trouble with the shape, you can have them try and perform a frog kick while squeezing a towel between their knees. They need to try and make sure the towel doesn't fall out.
  - Helps teach the kicking shape
- Out-of-water pulling with resistance
  - Same as above (freestyle/backstroke)
  - Helps teach the pulling pattern
- Sculling
  - A drill where you use closed hands extended far in front to 'push' the water out of the way (looks like someone conducting)
  - Works on the first portion of the pull
- Breast pull/fly kick
  - Two fly kicks per pull
  - Works on the shooting motion in breaststroke and arms timing
- Breast pull/free kick
  - Head always above water
  - Works on hand speed
- 3 kicks, 1 pull
  - Work glide
- McBratney Drill
  - Try and create the most explosive, fastest, most powerful stroke possible, then glide as long as possible
  - Work on fast hands and long glides
- Paddle drill
  - Work on forearm pulling
- Half/Half drill
  - One pull w/o kick, one kick w/o pull, full stroke
  - Works on timing
- Arms at side (on front or back)
  - Swimmers bring heels up to their hands then kick
  - If they are on their backs, knees should not break the surface of the water