

Freestyle Swim Form and Stroke Technique

Entry thru Recovery - Tips and Insights

Entry/Glide



Catch



Pull



Recovery



Freestyle Swimming Stroke and Form Overview

○ **Hand and arm entry/glide** – Drill to improve: **Shoulder Touch**

1. Elbow follows hand (like putting on a coat) into the water
2. Fingers first and palm facing down at entry. Do not enter with thumb first
3. Arm is 85% extended at entry with slight elbow bend and drive straight out from the shoulder.
4. Hand should not cross center line of the body
5. Don't allow the elbow to drop during the glide and completely extend the arm by the end of the glide.

- **Visualize** – a straight arm entry with palm facing the bottom of the pool



○ **Catch** – Drill to Improve - **Catch Scull** and improve **Upper body flexibility**.

1. Keep hand in alignment with the shoulder. It should not cross the center line of the body.
2. Flex at the elbow and allow the forearm and hand to drop naturally
3. Hand & arm over a barrel - Don't flex at the wrist or hand and keep the elbow high.
4. Anchor your elbow in the water and allow the forearm to pivot around it.
5. With the elbow close to the surface and anchored, bend at the elbow slightly creating an arc and large paddle. Do not swim with a straight arm stroke.

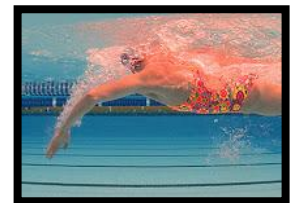
- **Visualize** – Hand and arm over a barrel.



○ **Pull/Push** - Drill to Improve: **Fist and Vertical Scull**

1. Keep hand in alignment with the shoulder.
2. Pull with the elbow bent at 105-120 degrees and hand pointed backward.
3. Don't let the elbow lead the hand backward during pull phase, it should be anchored.
4. The hand catches up to the elbow at the time the elbow reaches the shoulder during the pull. The elbow then becomes un-anchored and moves backward in sync with the hand until the hand accelerates past the elbow as it reaches the hip. This maximizes surface area leading to better propulsion.

- **Visualize** – Hand and arm over a barrel.



○ **Exit and Recovery** – Drill to Improve: **Zipper** and improve **Upper body flexibility**.

1. The pinky should lead the hand exiting the water and the elbow should lead the hand exiting the water.
2. The elbow is almost completely extended as the elbow exits the water.
3. The elbow should remain above the wrists during the recovery.
4. The hand accelerates through the recovery, once it exits the water. Do not passively bring the hand forward to re-enter the water.
5. The hand can swim away from the body slightly but remain just below the elbow. Preferred open water recovery position

- **Visualize** – completing a **wide** arm dip or pull out from the pool with extended arms

