

TEACHING BREASTSTROKE



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Breaststroke has such movement features which help safe in-water stay and moving forward /body position, possibility for orientation, inhalation, etc.

- Teaching swimming breaststroke is obligatory!!!
- Breaststroke is a cyclic movement, which means that different phases repeat each other in the same order within one cycle.
- The movement is not a natural one.
- The coordination of pull-kick-breathing is difficult:
 - after each kick and pull there should be a short break,
 - the expansion and dynamics of the speed of the pull-out and of the kick back differ from each other ,

- - the position of the feet /main **surface**/ differ as well in the active and passive phase.
- It's complicated to put together the **structure** of the cycle: **dead points** during pull and kick.
- Breaststroke cycle consists of the following components:
 - **spatial** component /movements take place in space: how wide, how long.../
 - **temporal** component /movements are performed with different speed: slow, fast, accelerating.../
 - **dynamic** component /movements need different efforts: strong, weak ...

- In practice these components of movement **create unity**. During the development of these components their relationship should be taken into consideration.

Prior to begin teaching it is useful get children practice on **dry land**:

- steps: **explanation**: the image, a very clear picture of movement must be put in the children's mind.

demonstration: only technically perfect movement can be demonstrated

practice in shallow, then deep water:

The fundamental requirements of practicing in water:

- perfect acclimatisation, **perfect gliding!**
- to be familiar with the effect of the **simple movements**
/these are not special technical-elements/,
- preparing the pull, kick, breathing with
rhythm exercises

First stage of movement learning the formation of

- **rough coordination**: the first simple attempts are far from the explained and demonstrated pattern. Teacher must **be patient!!!**

Second stage:

- **fine coordination**: possibility to feel both the whole movement and the parts. **Let the children practice!**

Third stage:

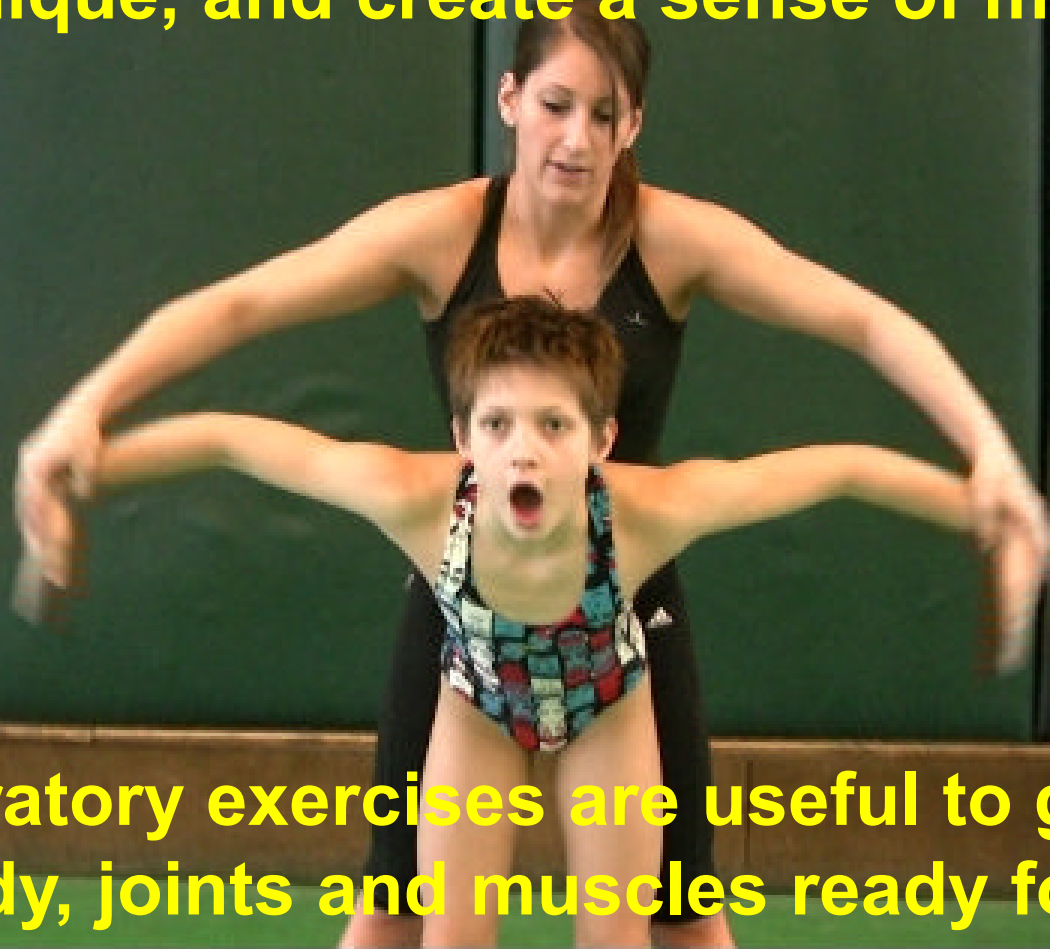
- **adaptive coordination**: the consolidation of the acquired movement pattern and its execution under changing circumstances.

- The final result is a harmonious, coordinated movement, which means the execution of suitable movements of the breaststroke pull, kick and breathing.

Requierments:

Breaststroke pull

Dry land exercises work great to set up the correct technique, and create a sense of movement.



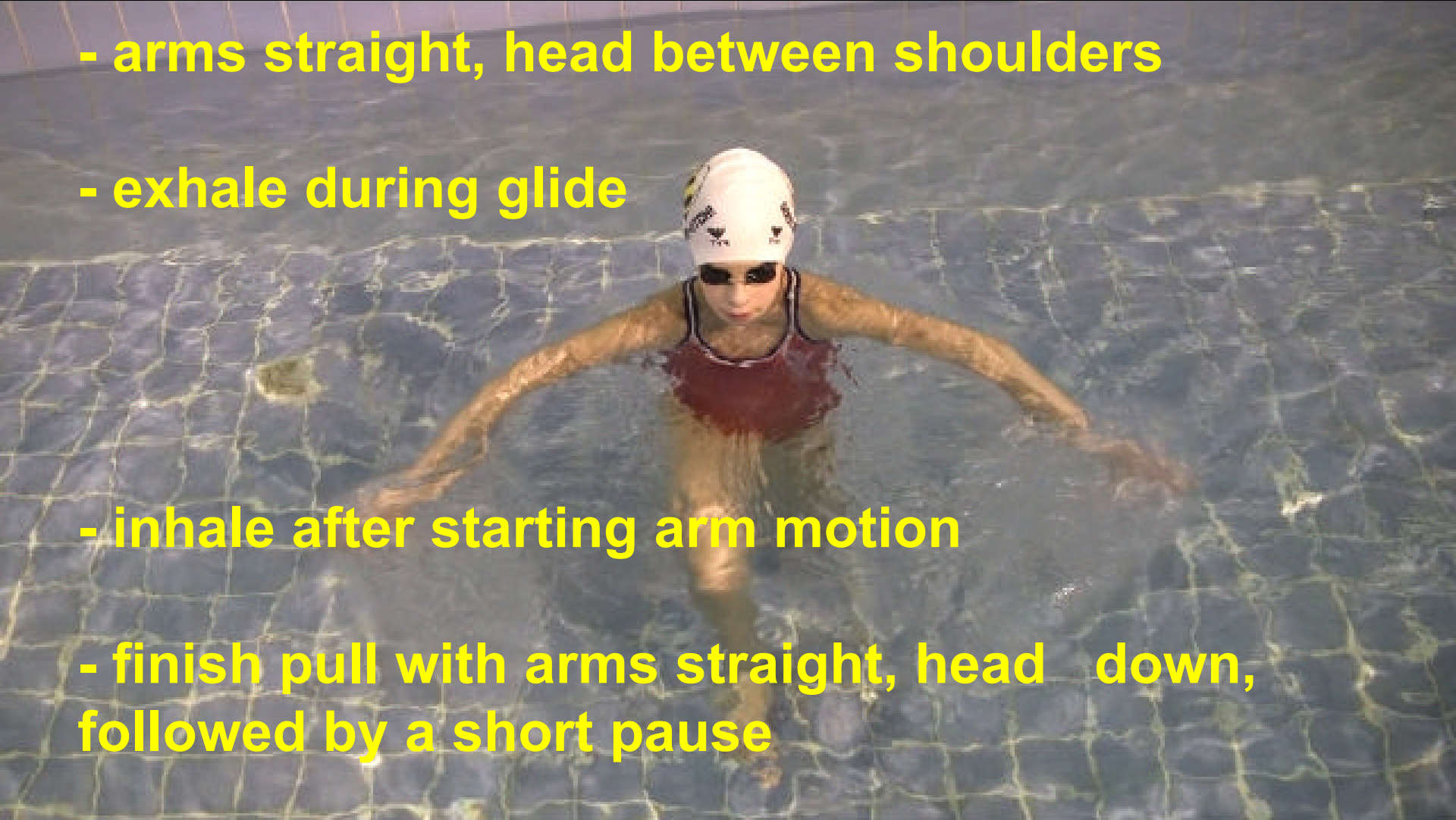
These preparatory exercises are useful to get the students' body, joints and muscles ready for further training.

dry land exercises

Breaststroke pull

- arms straight, head between shoulders
- exhale during glide
- inhale after starting arm motion
- finish pull with arms straight, head down, followed by a short pause

in shallow water



Breaststroke kick

With the help of these **preparatory exercises** the students get a chance with easier circumstances (on the pool deck) to practice those important, primary movements that will define the upcoming exercise you are about to teach.



dry land exercises

Breaststroke kick

- legs pulled up slowly, feet facing outwards
- gradually accelerating leg work



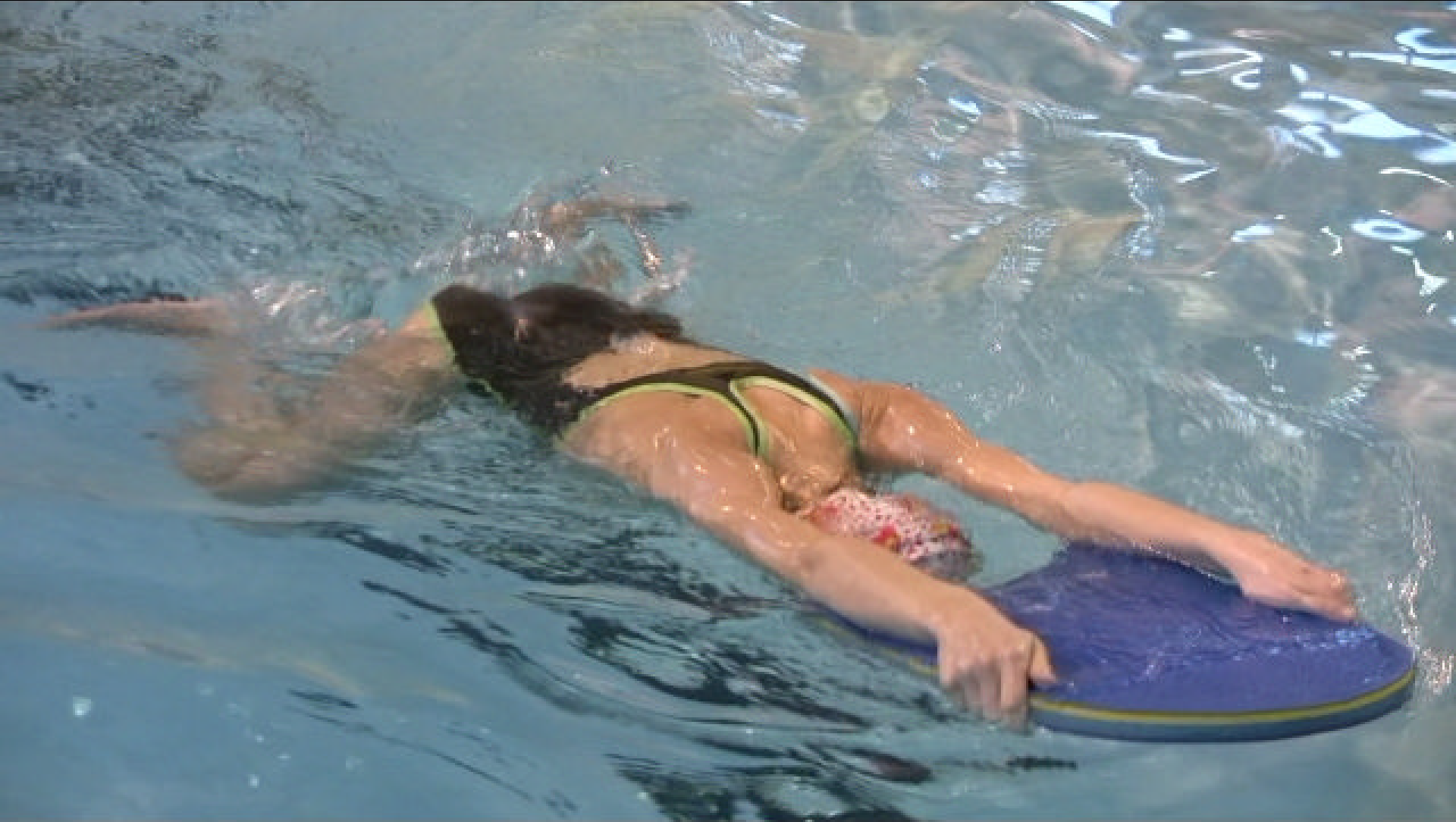
- finish kick with legs closed followed by a short glide
- in shallow water**

Breaststroke pull



in deep water

Breaststroke kick



in deep water

Coordination of pull-kick-breathing

Delayed breaststroke:

- one separate pull followed by one separate kick,
- without breathing,
- with breathing

Gliding breaststroke: pull – inhale – kick – long glide – exhale

- without breathing,
- with breathing

in shallow and deep water



LET'S SEE THE WAY:

TEACHING BREASTSTROKE

/ Video 22 min. /