

Breaststroke: Making your stroke efficient

- [How to Swim Longer Strokes](#)
- Hands out-sweep to V, little finger comes round to set up hands in catch position. Back of hand facing direction of travel
- Make a window with arms and pull head through, elbows up high
- Shoot your elbows forward
- Kick: Narrow punchy whip kick
- Breathing: lift from your shoulders, tuck head, do not look at end of pool
- Complete your stroke! Try to “push a box in front of you with your fingertips”

Breaststroke Drills

Drill	Why?	How
Sculling	To get feel of out-sweep	Hands in front, pull buoy between legs, practise out-sweep with hands.
Kick On Back	To practise keeping knees under water in narrow whip kick and glide	BR kick on back.
Kick No Board	To develop streamline. Less strain on neck/shoulders	Arms extended in front and kick. Can use snorkel.
Tennis Ball	To lower head position	Tuck ball under chin and swim breaststroke – an overcorrection.
Kick With Pull Buoy	To narrow kick – whip kick	Place pull buoy low between thighs – kick – an over correction.
1 Pull/2Kicks, 1Pull/3 Kicks	To practise streamline and timing	Hold hands together in front and complete 2/3 kicks. Go deep, keep streamlined.
Penguin - Heels To Palms	To make sure kick is even	Place hands next to bottom, bring heels up to touch palm in kick.
Fast Arms /Dolphin	To practise dynamic arm stroke	Fins -1 arm stroke to 1 dolphin kick, no glide, push elbows forward.
Pull, Breathe, Kick, Glide	To practise glide and timing	Slow stroke down, count least strokes. Often referred to as Layout.
Separation	To develop timing in kick	Separate phases of stroke. Do complete breaststroke pull, then when hands are in front, kick.
Tennis Ball In Hands	To develop fast hand recovery	Hold tennis ball in each hand; focus on quick recovery of hands. As above (no tennis balls); focus on quick recovery with power on sweep.