

# ADVANCED STROKE TECHNIQUE

Performance Mastery Series

Date: \_\_\_\_\_

Stroke	Technical Focus Points	Drill Progression
<b>Freestyle</b> High Elbow Catch	<ul style="list-style-type: none"><li>Early vertical forearm (EVF)</li><li>Bilateral breathing rhythm</li><li>Hip-driven rotation (45)</li></ul>	<ol style="list-style-type: none"><li>Fingertip Drag</li><li>Single Arm (Lead arm stable)</li><li>Catch-up with PVC Pipe</li></ol>
<b>Butterfly</b> Chest Press	<ul style="list-style-type: none"><li>Two-kick cycle per stroke</li><li>Fluid undulating movement</li><li>Low-profile breath (chin on surface)</li></ul>	<ol style="list-style-type: none"><li>Vertical Dolphin Kick</li><li>3-3-3 (Left, Right, Both)</li><li>Body Dolphins (Arms at sides)</li></ol>
<b>Breaststroke</b> Whipped Kick	<ul style="list-style-type: none"><li>Narrow knee recovery</li><li>Late kick (finish the pull first)</li><li>Streamline glide phase (1-2 sec)</li></ul>	<ol style="list-style-type: none"><li>2 Kicks - 1 Pull</li><li>Breaststroke with Flutter Kick</li><li>Heel Touch Drills</li></ol>
<b>Backstroke</b> Shoulder Exit	<ul style="list-style-type: none"><li>Thumb out, Pinky in entry</li><li>Steady head position (nose up)</li><li>Continuous deep kick amplitude</li></ul>	<ol style="list-style-type: none"><li>Cup-on-Forehead Balance</li><li>L-Drill (Pause at 90)</li><li>Double Arm Backstroke</li></ol>

Coach's Observations & Interval Targets:

Advanced Swimming Mechanics Training Log Template