

Stroke Analysis Worksheet

Name: _____

Stroke: _____

Elbow position: The most ideal position for the elbow during the middle of the pull phase for all swimming strokes is near 90 degrees, or a "high elbow."

Comments: _____

Body rotation: For freestyle and backstroke optimum body position is on the side, more so than towards the breast. For butterfly and breaststroke optimum body position is with the hips below the chest during the pull phase and the chest below the hips during the glide between strokes.

Comments: _____

Kick width for freestyle and backstroke and timing of the kick for breaststroke and butterfly: For freestyle and backstroke the width of the flutter kick should be within the swimmer's shadow (narrow and rapid with feet pointed). For butterfly and breaststroke the timing of the kick should be balanced with the arm pulls.

Comments: _____

Head position: For freestyle and backstroke the head should be neutral with eyes toward the bottom of the pool. Butterfly and breaststroke the head should be neutral with eyes toward the bottom during the glide and with very little chin lift during the breath (forehead lead).

Comments: _____

Finish and reach: Freestyle and backstroke finish the hands past the hips. In butterfly the hands sweep outward from the body as they near the hips while the palms are still facing the feet. For breaststroke the hands remain in front of the body and sweep inward when in line with the chin.

Comments: _____

Overall comments:
