



Bobcats

TECHNICAL DEVELOPMENT: STARTS, TURNS AND FINISHES									
Dive Practices Consider.....	<p>Each swimmer to enter the water at the start of the session with a perfectly executed dive. Alternatively at least one dive to be included in each session.</p> <ul style="list-style-type: none"> • Stability on side/blocks ... practice balance and initial position • Reducing reaction time and movement time • Centre of gravity in line with front of the block/side • Body to be in a straight line as it exits from starting block • Increase flight distance • Streamline entry ... head in line with arms • Streamline glide and glide duration • Smooth transition into swimming ... work first and second strokes • Bring speed to the surface • Breathing pattern out of dive on fly and freestyle 								
Push offs	<ul style="list-style-type: none"> • To simulate feet position on wall associated with all turns • Dolphin kick on fly, back, and free (fast feet, kicks getting progressively bigger) 								
Streamlining	<ul style="list-style-type: none"> • All dive starts, push offs at the beginning of repeats and at turns should be streamlined • One hand should be firmly on top of the other, arms fully extended, elbows touching with upper arms hugging the ears 								
Turn Practices Consider.....	<table border="1"> <tbody> <tr> <td> <ul style="list-style-type: none"> • Approach </td> <td> <ul style="list-style-type: none"> - accelerate into the wall during the last 5m - the final stroke into the turn </td> </tr> <tr> <td> <ul style="list-style-type: none"> • The Turn </td> <td> <ul style="list-style-type: none"> - back and free – increase rotational speed and minimise radius of rotation (head close to knees) - fly and breast – decrease time spent on wall, and tuck feet under body to facilitate fast turn action </td> </tr> <tr> <td> <ul style="list-style-type: none"> • Push off </td> <td> <ul style="list-style-type: none"> - decrease time spent on wall - consider position of feet at start of push off - depth and angle - tight streamlining </td> </tr> <tr> <td> <ul style="list-style-type: none"> • Breakout </td> <td> <ul style="list-style-type: none"> - fly kicks underwater (fly, back and free) - underwater sequence (breaststroke) - smooth transition into swimming - bring speed through to surface - breathing pattern </td> </tr> </tbody> </table>	<ul style="list-style-type: none"> • Approach 	<ul style="list-style-type: none"> - accelerate into the wall during the last 5m - the final stroke into the turn 	<ul style="list-style-type: none"> • The Turn 	<ul style="list-style-type: none"> - back and free – increase rotational speed and minimise radius of rotation (head close to knees) - fly and breast – decrease time spent on wall, and tuck feet under body to facilitate fast turn action 	<ul style="list-style-type: none"> • Push off 	<ul style="list-style-type: none"> - decrease time spent on wall - consider position of feet at start of push off - depth and angle - tight streamlining 	<ul style="list-style-type: none"> • Breakout 	<ul style="list-style-type: none"> - fly kicks underwater (fly, back and free) - underwater sequence (breaststroke) - smooth transition into swimming - bring speed through to surface - breathing pattern
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Finishing Consider.....	<ul style="list-style-type: none"> • Judgement and correction from flags to finish • Accelerate last stroke into finish • Finish fully extended • Finish with finger tips • Finish slightly below water surface 								