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| Topic | Breaststroke is one of the four competitive strokes. It is also a valuable survival stroke. When swimming the breaststroke the swimmer is prone in the water, and the arm and leg actions are symmetric. The swimmer breathes in at the beginning of each arm stroke. Breaststroke is the only competitive stroke where the arm recovery is carried out under water and where a greater amount of frontal resistance is experienced. The arm action is an out sweep, down sweep, in sweep and up sweep with recovery in a streamline position. The leg kick in breaststroke is probably the most difficult of all kicks for swimmers to master and may take some time. The leg action is simultaneous and is sometimes described as a "whip |
| Country, city | Turkey, Malatya |
| Name | Swimming - Skill Progression (Breaststroke) |
| Aim | The fundamental goal of this swimming practice is to provide an opportunity for all swimmers to develop good swimming technique in breaststroke. |
| Duration of the lessons | The Warm-Up: 20-30 minutes Specific Practice Workout: 30-40 minutes The Cool-Down: 15-20 minutes |
| Expertise, experience of trainer | All team members should be closely matched in age: <ul style="list-style-type: none"> • Within 3-5 years for athletes 21 years old and under. • Within 10-15 years for athletes 22 years old and over. |
| Age group | 8 -- 17 |
| Rules | Athlete Can: <ul style="list-style-type: none"> • Swim breaststroke on front • Perform breaststroke with rhythmic breathing for one pool length • Perform two breaststroke turns in a row after swimming one to two pool lengths |
| Set of movements | Kick: Key Points: <ol style="list-style-type: none"> 1. Swimmer lies face down on the pool deck. 2. Legs are fully extended, knees and ankles together, toes pointed. 3. Pull the heels straight up toward the buttocks. 4. Turn the toes out. 5. Keep heels about same width as hips. 6. Kick straight back. 7. Finish with toes pointed. Arm Action: Key Points: <ol style="list-style-type: none"> 1. Standing on the pool deck, bend at the waist and extend the arms in front of the head. Keep palms of the hands facing downward. 2. Flex wrists slightly, fingers pointing slightly down. 3. Begin stroke with the arms pressing outward and downward. 4. As the press continues, the elbows bend to establish a high elbow position. 5. Push the arms and hands as far the shoulders. The hands are pitched inward and pressed together. 6. With the arms and hands squeezed together, the arms are stretched forward, |
| Equipment | Hardware: Touch Pads, Pace Clock, Pull Buoys. Special clothing: Swimsuits, Cap, Goggles, Nose Clips and Towels. Any other material: Architectural barriers within and around the pool, Entrances, Doorways, Restrooms and showers, Locker or change rooms, Pool decks and bottom, Water depth and condition, Water and air temperature, Ladder, steps, stairs and ramps, Lighting, Review emergency plan, and determine the specific signals that are used in identifying an emergency within the facility, Check for slippery deck conditions and remove standing water, Ensure there are certified lifeguards with no other duty but to guard, Check wheelchair access Timing Devices, Starting Devices, Backstroke Flags. |
| Required space | Pools and aquatic areas that are properly supervised usually have the equipment described before. The equipment is kept in view at the pool or in the swimming area. |
| Inclusive experience | Practices of water familiarization/adjustment to the pool environment and free stroke or back stroke skills are needed. |

| Type of disability | Rules (game rules, duration) | Instructions | Set of movements | (Adapted) Equipment |
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| Hearing impairment Complete loss | X | Athletes must be able to see the instructions during demonstrations and practice sessions. | Devote a part of each training session to group activity. | Hearing protection or ear plug, if needed |
| Reduced hearing | X | Organize stations by ability. Color code ability groups (i.e. Green-Beginner; Blue-Rookie, etc.). No one should be standing around while you arrange things. Keep everyone busy. (depends on %) | Devote a part of each training session to group activity. | Hearing protection or ear plug, if needed |
| Visual impairments • Low vision • Reduced vision | X | When creating a training session that includes the essential components, the progression allows for a gradual build up of the practice, mostly by touching. | Devote a part of each training session to group activity. | Prescribed goggles |
| No vision | Create progressions. Learning is increased when information progresses from: | Try to have the swimmer "feel the water." | Devote a part of each training session to group activity. | Prescribed goggles |
| Mobility impairment Reduced mobility (use of lower limbs and upper limbs) | • Known to unknown – discovering new things successfully • Simple to complex – seeing that "I" can do it General to specific – this is why "I" am working so hard | Have the swimmer assume the prone float position. | | |
| Reduced mobility (use of lower limbs and no use of upper limbs) | Begin stroke with the back of the hands together and the palms of the hands facing down. Heels begin their kick at the point where the hands begin their press. Conditioning or Fitness Workout 15-20 minutes | To aid in developing correct arm action, have the swimmer wear fins and use a very gentle fly kick instead of a breaststroke kick. Fins can be used in breaststroke drills where the emphasis is placed on developing and maintaining good arm-stroke technique. | X | Have athletes wear a flotation waist belt. Use a pool lift or a ramp to help athletes. |
| Reduced mobility (no use of lower limbs and no use of upper limbs) | Emphasize importance of placing face in water only to hair line. Do not to get top of head wet. Specific Event Workout 15-20 minutes. Conditioning or Fitness Workout 15-20 minutes | Check the position of the swimmer's arms in the pull by providing floating support. Generally, breathing timing will be incorrect because the hands/arms are not being used. | x | Have athletes wear a flotation waist belt. Use a pool lift or a ramp to help athletes. |
| Wheelchair users (use of upper limbs) | Teaching Points: 1. Swimmer stands in chest-deep water and places a kickboard or pull buoy between legs. 2. Assume prone float position. 3. Swimmer performs the breaststroke pull. 4. Press the body forward with the hands. | Practice the breaststroke pull in chest-deep water without the kick | x | Have athletes wear a flotation waist belt. Use a pool lift or a ramp to help athletes. |
| Wheelchair users (no use of upper limbs) | - | - | - | - |
| Communication impairment Speech impairments | x | x | x | x |
| Learning impairment Mild | 1. Practice lots of push offs from wall in a streamlined position. 2. Try to get swimmer to see how far he/she can go under water. Each session needs to be max 25 min. | Ensure that swimmer is in a streamlined position. | x | 1. Using fins, practice correct arm action. 2. Use gentle fly kick when performing this drill. 3. Have athletes wear a flotation waist belt, if needed. |
| • Moderate • Severe | 1. Standing on the pool deck, bend at the waist and extend the arms in front of the head. Keep palms of the hands facing downward. 2. Flex wrists slightly, fingers pointing slightly down. 3. Begin stroke with the arms pressing outward and downward. 4. As the press continues, the elbows bend to establish a high elbow position. 5. Push the arms and hands as far the shoulders. The hands are pitched inward and pressed together. 6. With the arms and hands squeezed together, the arms are stretched forward, as far as possible, into a streamlined position. Each session needs to be max 20 min. | Practice the breaststroke arm stroke on dry land | x | 1. Using fins, practice correct arm action. 2. Use gentle fly kick when performing this drill. 3. Have athletes wear a flotation waist belt, if needed. |