

Turns

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What Do We Analyse Through A Turn

- Time of final 5 metres to wall
- Rotation speed or touch to feet
- Distance from wall in metres/time
- Time from wall to 10 metres

Holding Streamline



- Streamlining is very important to both technique and transition skills.
- The ability to hold a basic streamline is paramount
- The amount of time underwater in this position

Hagino Underwater Streamlining With Fly Kick



Example - Back



- Underwater phase consistency

e.g. 2014 European LC Champ
Radoslaw Kawecki

7.1/7.1/7.2 to 15m off his 3 turns

13.3/13.5/13.9m off his 3 turns
(consistency!)

Rotation time (- 0.7)

Basic Coaching Points

- Work the turn through 15metres
- Stress that the turn is about consistency through 15metres
- Break the turn down into segments to coach and improve
- There are 6 parts to a highly effective turn.
- No 'dead spots' throughout the turn
- Better underwater, better the turn

Checklist Of Main Points

- Develop the turn in segments providing skills and practises in the following areas:
- APPROACH SPEED
- ROTATION SPEED – TOUCH TO FEET
- FEET ON THE WALL
- DRIVE FROM THE WALL
- STREAMLINE
- TRANSFER TO STROKE

Approach Speed

- Approach – Maintain swim speed/rate, stroke count is important to spot the wall, do not double breath into the turn
- Slower the approach, slower the rotation
- Keep momentum in the longer events

Rotation Speed – Touch to Feet

- Rotation/touch to feet – speed of movement, target better than 0.7, agility and size will play a significant part here.
- With young age groupers fundamental movements patterns of stability/mobility, start to excel in these at an early age

Feet on The Wall

- Feet on Wall – All one movement after rotation , no pause, feet will plant on the wall whilst facing the side on Fly Bs and Free.
- Use the sculling arm effectively
- Correct positioning of feet will assist a strong drive from the wall

Drive From The Wall

- Drive – teach correct push off technique emphasise hip and shoulder alignment.
- Arms $\frac{3}{4}$ streamline as push made transferring to full streamline through the push off.
- Leave the wall on side on Fly BS and Free.
- Backstroke streamline is reached before toes leave the wall.
- Think about alignment here

Streamline

- Streamline – do not over extend.
- Strength and flexibility in the following areas – ankles , knees , hips, shoulders, neck, elbows, wrist.
- Work for the above in programmes early age.

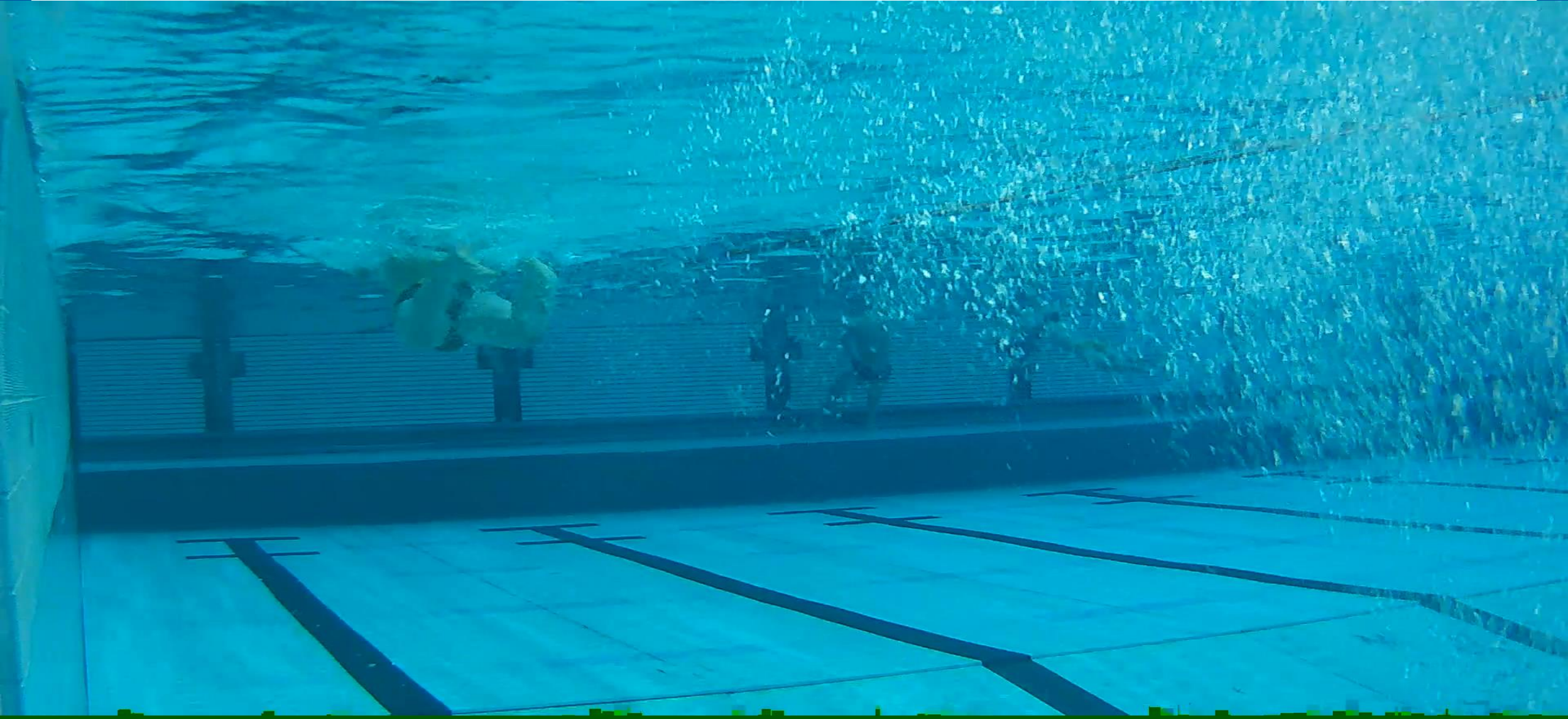
Transfer To Stroke

- Transfer to Stroke – Aim to transfer u/w speed into swim speed
- Remain as horizontal as possible from u/w to breaking surface
- On FC /Fly first pull down close to the surface, do not try to pull to early this will compromise break at the surface.
- Head position neutral
- Shoulders and head break surface together on Fly/Bk/Fc

Transfer To Stroke

- Breaststroke Transfer to Stroke – more depth required a good break out can be up to 12 metres in distance
- Where do we put in the dolphin kick – early, this will help maintain push off speed and streamlining this way.
- Hands and forearms remain tight to chest and head through recovery.
- Heels recover to ‘catch’ at speed, kick must be ready to strike as arms at $\frac{3}{4}$ extension.
- Arms/legs reach streamline position simultaneously.

Breaststroke Transition Early Dolphin Kick



Butterfly Turn - Senior

Butterfly Turn – Age Group

Back Turn – Age Group

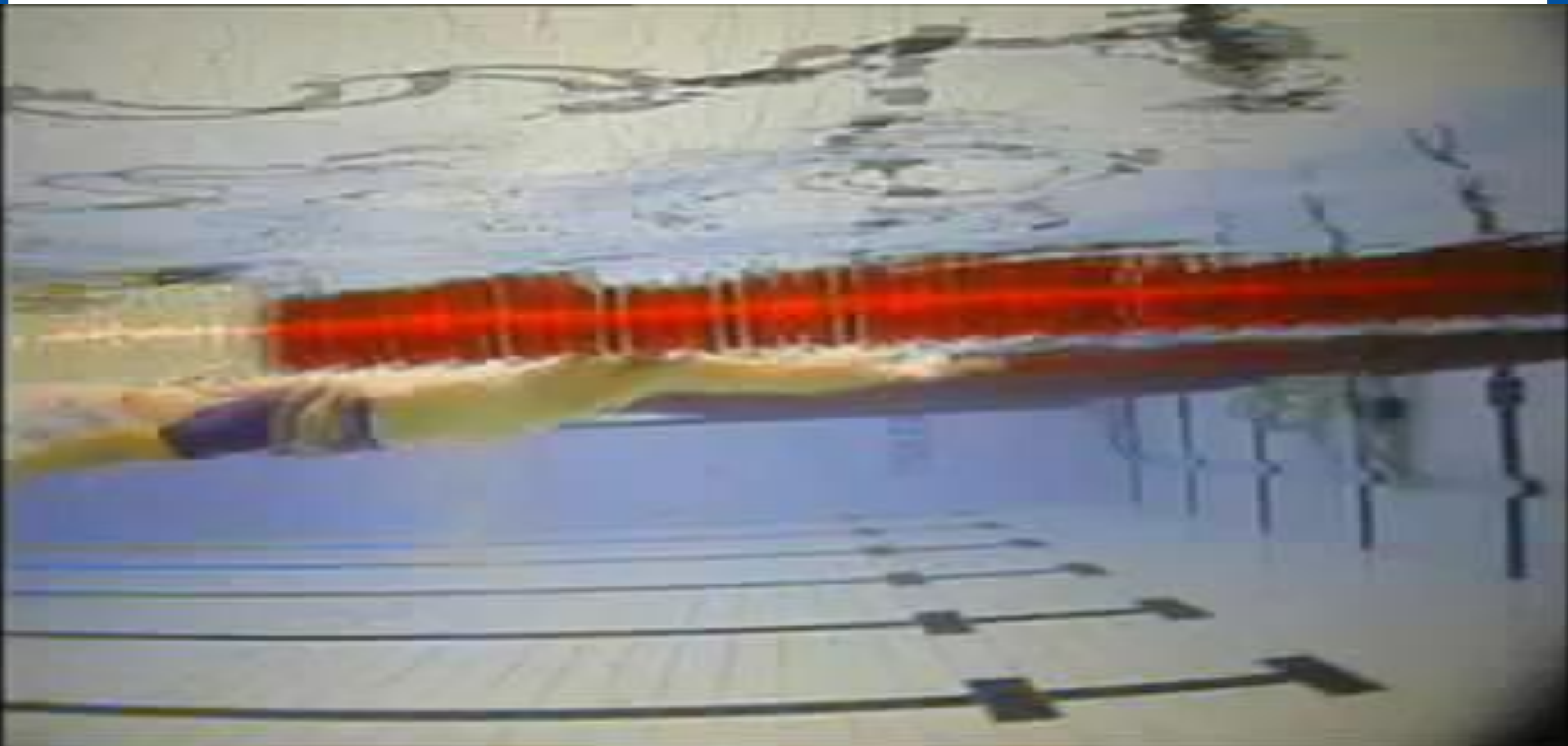
Breaststroke Turn - Senior

Breaststroke Turn – Age Group

Frontcrawl Turn - Senior



Frontcrawl Turn - Senior



Butterfly To Back Turn

Back to Breast Turn – Senior (Crossover)

Crossover Turn – Key Points

- Coach young swimmers to turn on both arms/count strokes/maintain speed into wall
- Final stroke rotate slightly towards the touching hand lunge at the wall so touch is made below the surface
- Touching arm as straight as possible with the opposite arm pointing down the pool in the opposite direction.
- Head leads the turn with the chin tucking into the chest
- Hips continue towards the wall in a swivel action
- Feet travel over the surface of the water
- Push off is made on the side, rotating to a position to start Breaststroke transition.

Back To Breast Turn – Age Group