

Danas

Video-analyses



www.swimcentre.nl



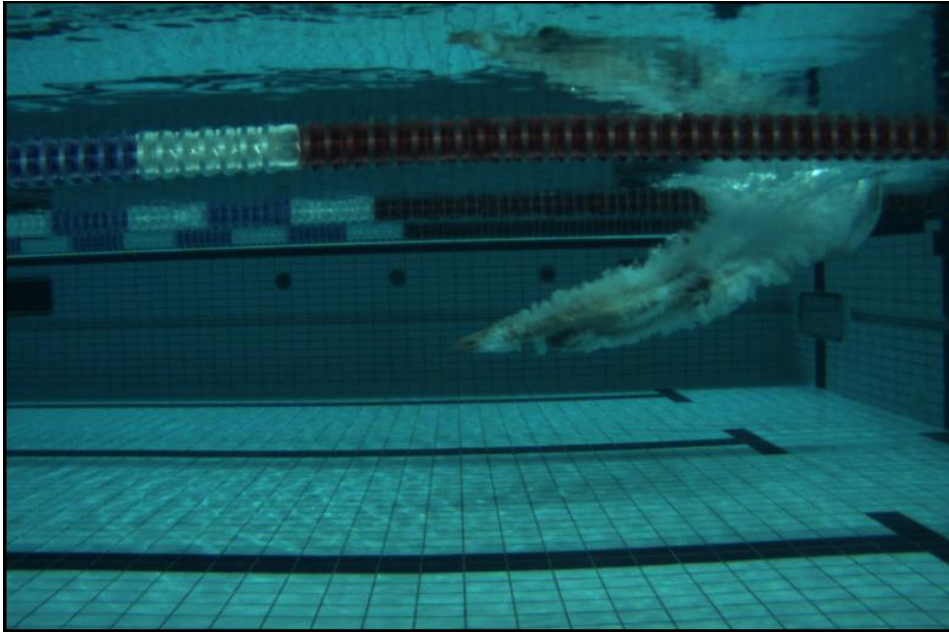
Aanwijzing:

Put your rear leg lower on the platform. This allows a 90 degree angle in your rear knee and makes you go faster from the block.



Aanwijzing:

The first movement is only up with your hip now.
While pushing with your rear leg, bend in your front
knee to go forward instead of upward.



Aanwijzing:

When you enter the water you immediately bend off. That's why your feet go out of the streamline and you have extra resistance. Try to follow the speed direction longer when you enter the water, so that you keep your legs more behind you.