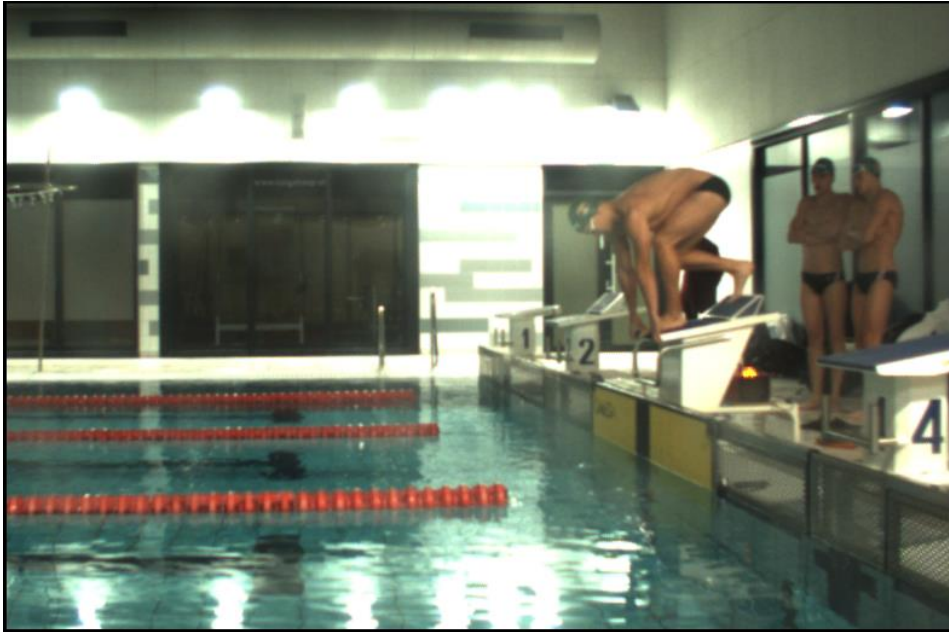


# Povilas

## Video-analyses

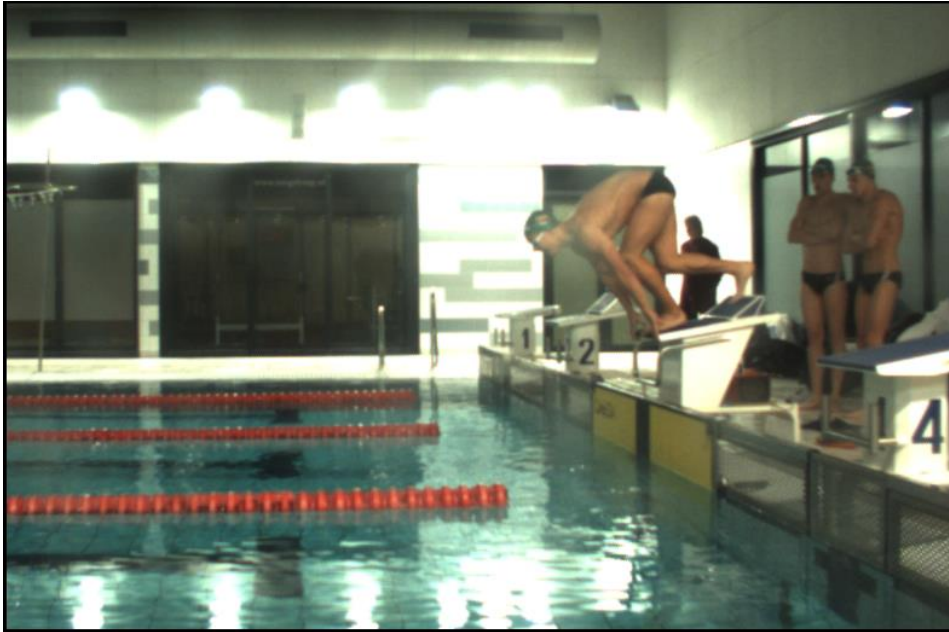


[www.swimcentre.nl](http://www.swimcentre.nl)



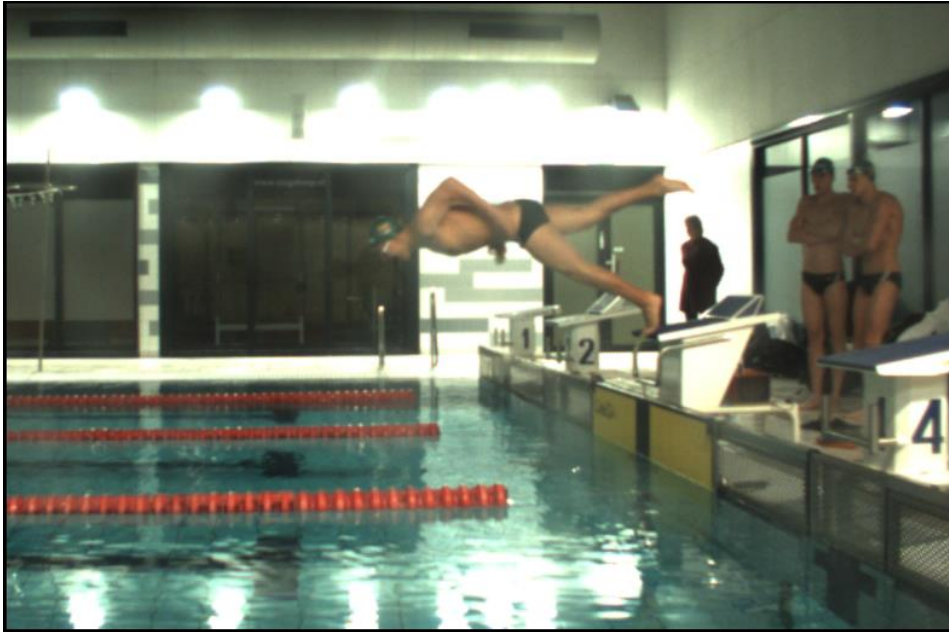
**Aanwijzing:**

Place your rear foot lower on the platform. That allows to have a 90 degrees knee angle in your back leg and will help to be faster from the block.



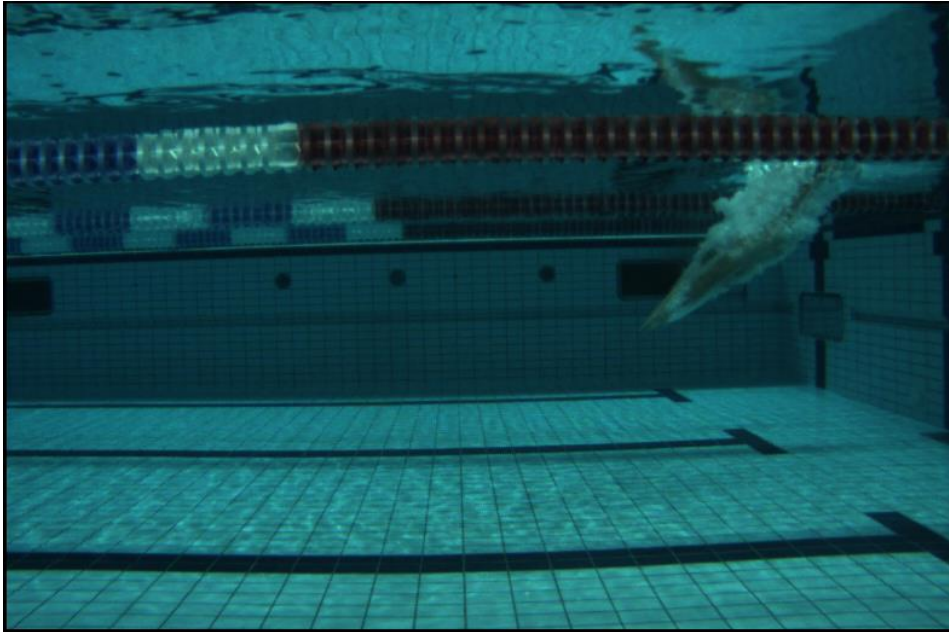
**Aanwijzing:**

You start much too early with extending your knee. You should bend your front knee while pushing off with your rear leg.



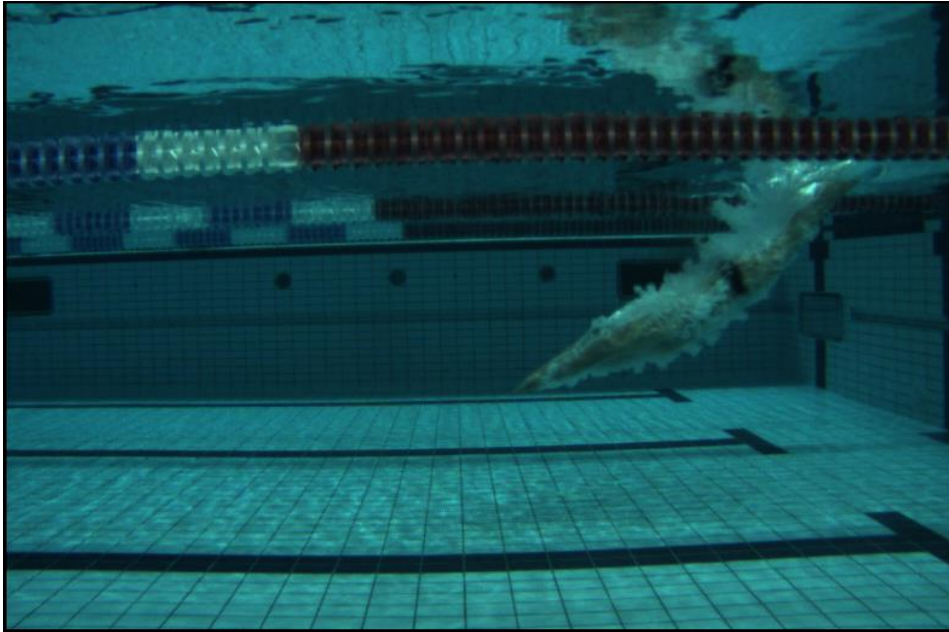
**Aanwijzing:**

You jump too much upwards instead of forward. Go more forward by bending in your front knee while pushing with your rear leg.



**Aanwijzing:**

Because you jump too steep from the block, you enter the water too steep. Try to go more forward from the block to make your entry angle smaller. Then you can follow the angle of entry longer. This lowers your resistance.



**Aanwijzing:**

You keep your legs nice behind your body. Try to achieve that with a smaller entry angle.