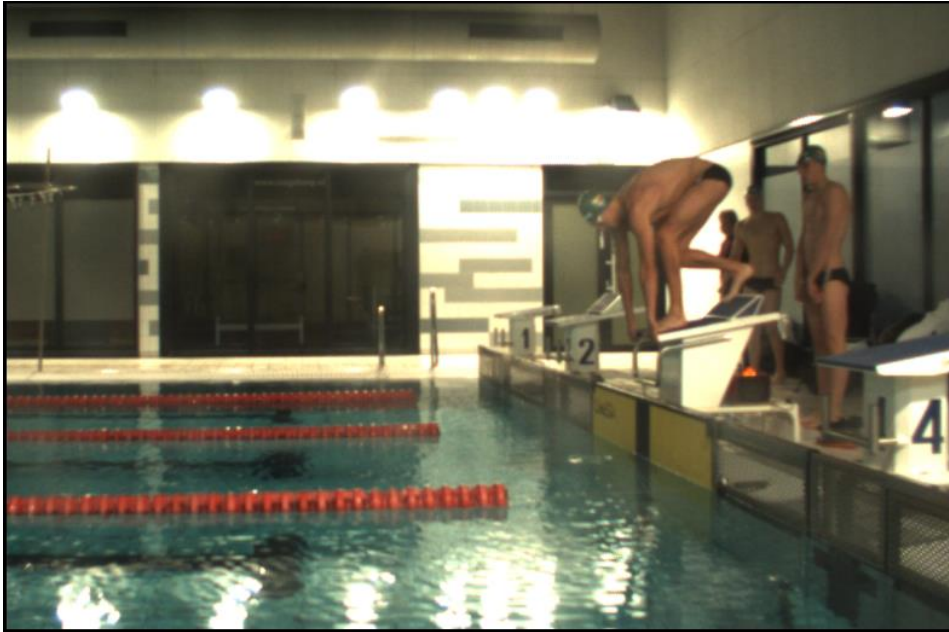


# Andrius

## Video-analyses

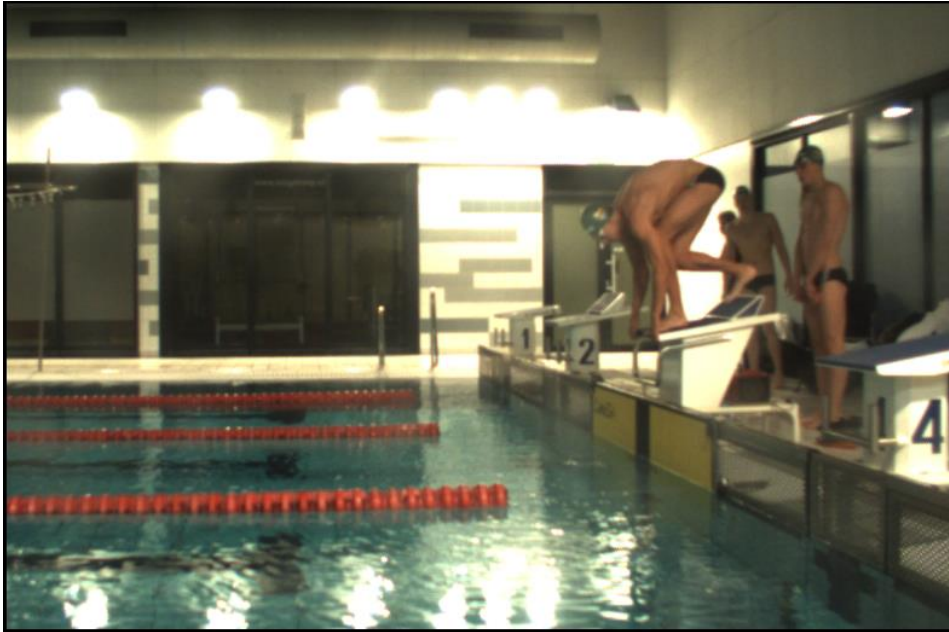


[www.swimcentre.nl](http://www.swimcentre.nl)



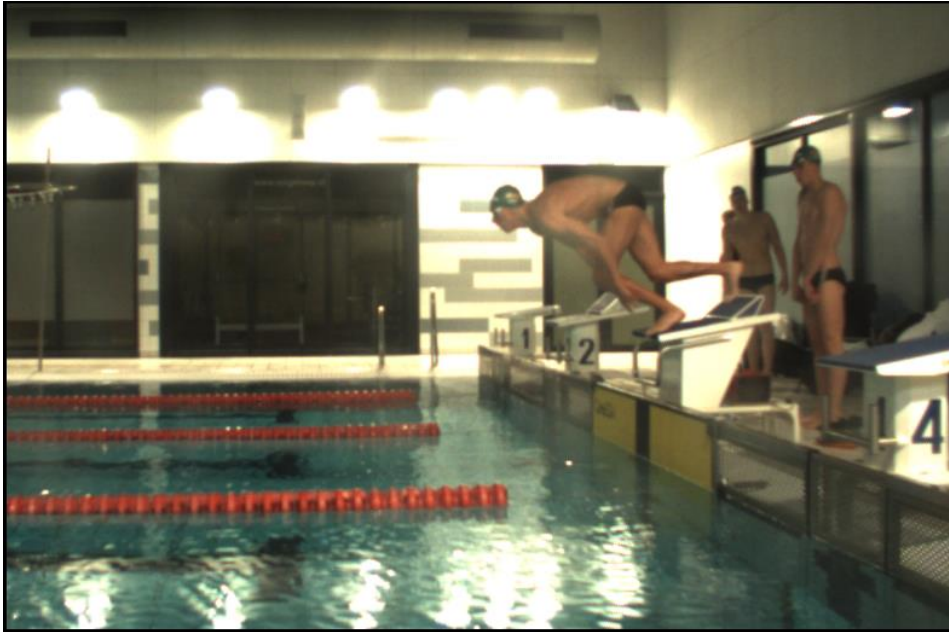
**Aanwijzing:**

Place your rear foot lower on the platform to have a better knee angle to push off.



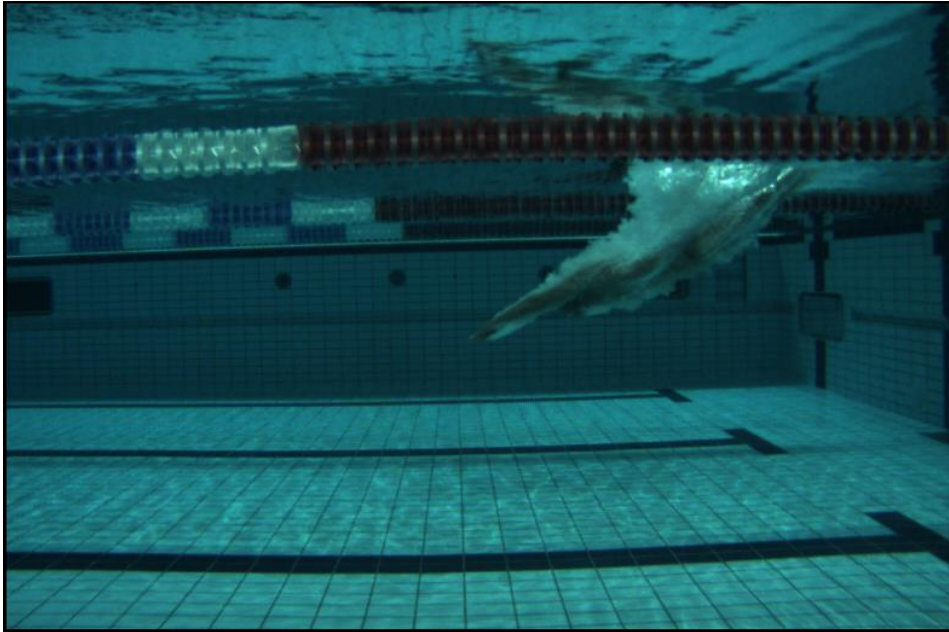
**Aanwijzing:**

The first movement is bringing your arms back. Put more tension on your arms to propel your body forward immediately when you start pushing with your arms.



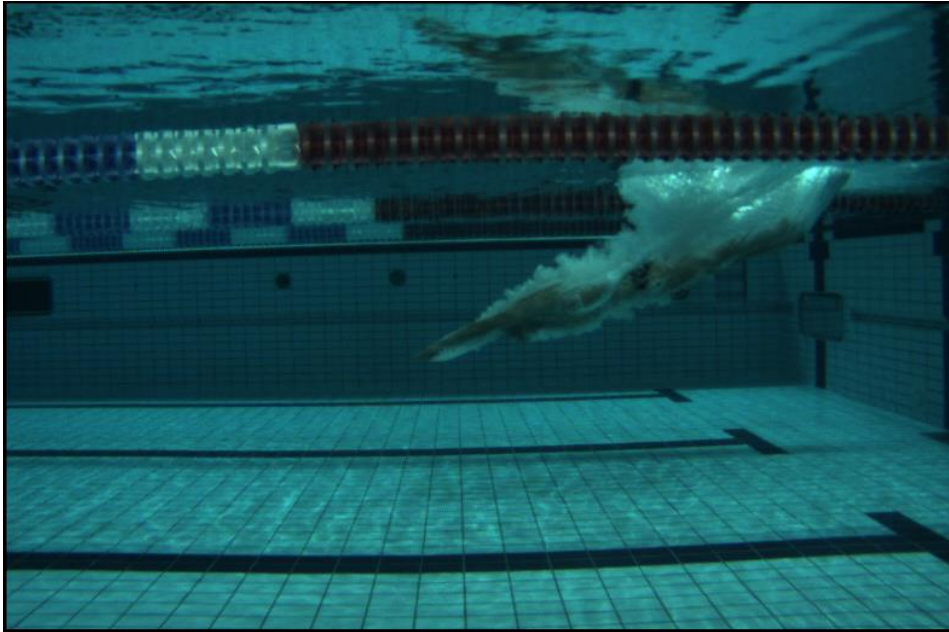
**Aanwijzing:**

You start too early with pushing off with your front leg. Bend through your front knee while you are pushing with your rear leg. Then you jump more forward instead of upwards.



**Aanwijzing:**

You don't follow your entry line well. That's why a lot of resistance occurs at entry. Go in a flatter angle from the block and then follow the entry line longer when you enter the water.



**Aanwijzing:**

Your legs drop a lot on entry. This causes a lot of resistance. Try to have a small banana shape in your legs to keep the legs behind the body.