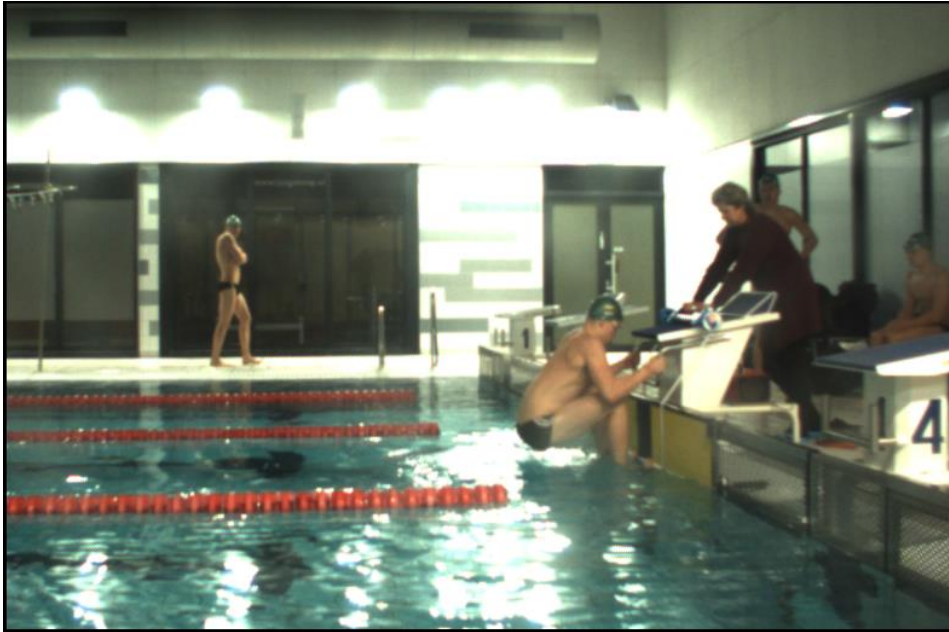


Danas

Video-analyses



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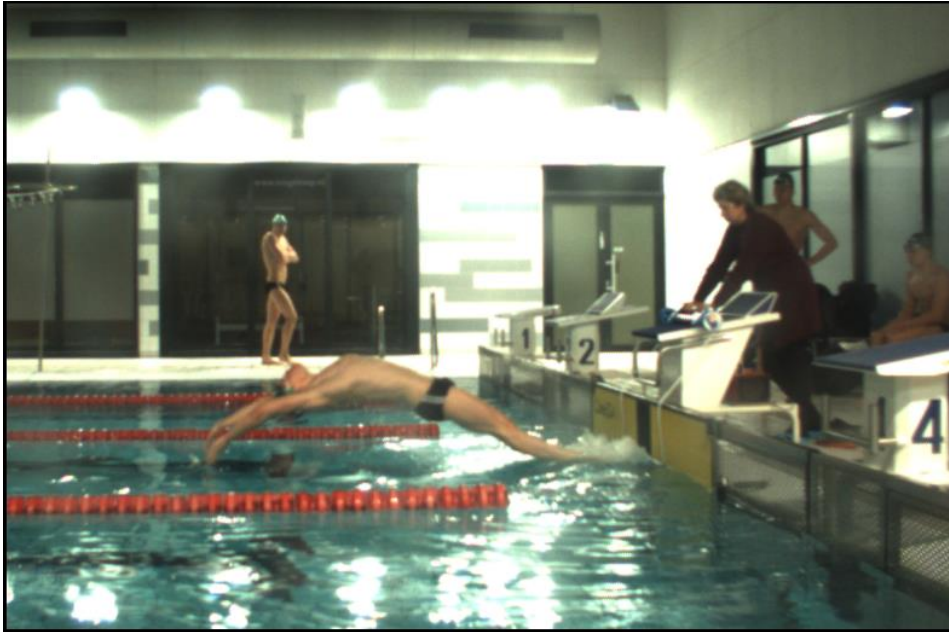
Aanwijzing:

You place your hip very high relatively to your feet. Please your feet above the water surface and your hip a bit lower. This allows you to jump more over the water. Then you don't have resistance from your lower legs going through the water.

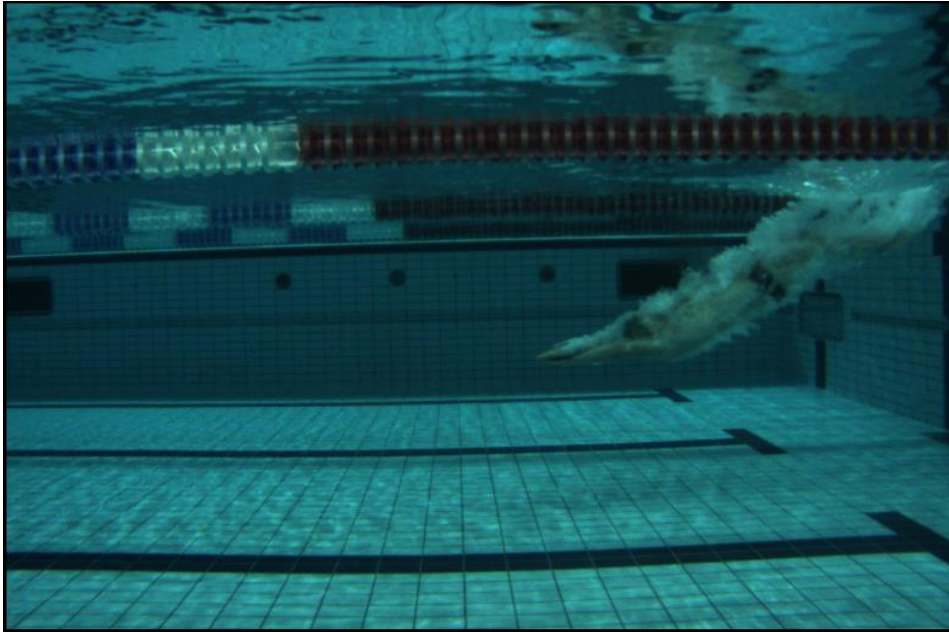


Aanwijzing:

The take off angle is too steep. Place your feet higher and focus on fast rotation of your upper body. After your upper body rotated more backwards start pushing with your legs. You will push off more in backward direction instead of upwards.



Aanwijzing: Here you see your legs go through the water.



Aanwijzing: Don't start kicking too early. This causes extra resistance.