

Freestyle Clinic Saturday 20th May 2023

Coach: Elena Nesci

Elena Nesci provided her usual clear introduction (about 20 minutes) from two white boards, followed by supervising drills in the water (about 50 minutes). Notes from the white boards:

“Transfer of Power”

Question 1: Where & when is the transfer of power in the stroke?

Answer 1: At the end of each arm pull as the power is transferred to the other side of the body.

Question 2: Why is it Important?

Answer 2: To maintain the momentum throughout the stroke cycle.

Question 3: How do we maximise it?

Answer 3: Catch as much water as possible and accelerate through the pull. There was a dry land exercise for the catch to ensure that the upper arm did not move during the initial catch phase. A good catch is a necessary preliminary to a good pull.

Question 4: What should we focus on?

Answer 4: Synchronization of movements.

Component parts

- Effective catch/pull (gather as big a volume of water as possible).
- Effective finish of stroke (push the non-active (gliding) arm as the active arm finishes its pull).
- Rotation (from the core and hips).
- Extension of Lateral Chain (the Lats, obliques, and hip muscles on active side).

“Steps to Building Effective Transfer of Power”

The following steps were water drills done with fins in the water.

Step 1: Establish lateral chain (kicking on one side for a length and then the other side for a length. Head resting on leading arm).

Step 2: Set up effective catch. Drill was to make the soft movement of setting up the catch (the forearm shouldn't move, and the lower arm should move to about 45 degrees from horizontal, then returns to the horizontal. This was done, alternating arms, and breathing when necessary).

Step 3: Synchronize hand and hip. (The pulling arm comes to where the hip was prior to its rotation during the pull).

Step 4: Accelerate through pull. (Acceleration is required to maintain momentum and counteract reduction in propulsive resistant as the hand flows through the stroke).

The drills for Steps 3 and 4 involved a length of one-arm catch, pull and recovery.

Step 5: Finish push and transfer through a rotation to glide. The drill involved “catch-up” breathing on one side for a length and then changing to breathing to the other side for the next length.

Elena stressed that **“Perfect Practice makes Permanent (Perfection)”!**