

Swimming Strokes

An ASA technique guide



www.britishswimming.org



To swim well you need a good stroke style. This leaflet is designed to help you understand the techniques of each stroke. Try to memorise the positions before you swim, but don't worry if you can't follow them exactly - you may need to adapt them slightly to suit you.

Whichever stroke you swim, you need to consider the same five things:

1. Your body position - this affects the whole stroke, so get it right first of all. Aim to stay as streamlined as you possibly can.
2. Your leg action - this helps to hold your body in a good position. You need to kick strongly to stay as horizontal as possible.
3. Your arm action - in all strokes except breaststroke most of the power comes from your arms. But they can only work properly if your body position is right.
4. Your breathing - many stroke problems come from breathing at the wrong time. Try not to let your breathing interrupt the leg and arm action.
5. The timing of the stroke - this is the way all the stages fit together to form the complete stroke.

Using a float to practice part of a stroke can help. Don't try to swim fast too soon. Get your stroke right first, then try to improve the distance that you can swim - this will build up your stamina. If you ask at your local swimming pool they will give you details of where your nearest ASA Swimming Club meets. They will help with your strokes and show you how to swim FAST.

For more information contact:

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Butterfly



Front crawl



Back crawl



Breaststroke



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