

FREESTYLE STROKE

The fastest of the four primary strokes, using a combination of alternating arm strokes and leg flutter-kicks to achieve a superior level of speed. Technically, freestyle refers to a style of swimming in which the swimmer has the freedom to choose his or her own stroke.



Key World Aquatics Rules

- 5.1: The swimmer may swim any style, except that in individual medley or medley relay events, freestyle means any style other than backstroke, breaststroke or butterfly.
- 5.2: Some part of the swimmer must touch the wall upon completion of each length and at the finish.
- 5.3: Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters after the start of each turn. By that point, the head must have broken the surface.

Common Disqualifications

- Using lane line/bottom of pool to propel
- Head did not break the surface by the 15 meter mark
- False start

FREESTYLE DRILLS

Catch Up

- One arm stays extended until the second hand slides next to it in the water.
- Timing the arms forward will help learn balance, and will enforce reaching fully forward on each stroke.
- Develop proper catch and slide hands in the water fingers first.

Straight Arms

- Swim freestyle with arms straight from fingertip to fingertip.
- Reinforces forward motion, as one arm will always be pulling the water.

One Arm Drills

- Any combination of right, left, then full strokes.
- Keep the opposite arm at the side and breathe to the opposite or non-pulling hand.
- Reinforces a pulling pattern and good body rotation.

Goo Drill

- Have swimmers imagine they are sliding their hand into goo, scooping some up, and propelling it towards their feet.
- You cannot pick up a piece of water, but you can disturb it with your hands.

