



BREASTSTROKE KICK

The feet must be turned outwards during the propulsive part of the kick. Alternating movements or downward butterfly kicks are not permitted except after the start and after each turn, prior to the first breaststroke kick. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.

Common Disqualifications

- DQ Code 7.6 - The feet must be turned outwards during the propulsive part of the kick. Breaking the surface of the water with the feet is allowed unless followed by a downward Butterfly kick.

Number of 2023 World Games Disqualifications

**FEET NOT TURNED OUT IN
BREASTSTROKE - 17**

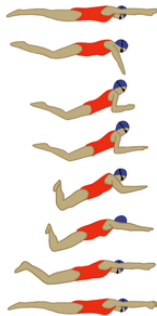


BREASTSTROKE KICK

Leg Action

The majority of the propulsion comes from the leg kick. The leg kick in breaststroke is simultaneous and is sometimes described as a “whip kick.”

- Start in the glide position.
- Bring heels to your bottom and knees should be slightly more than hip width apart.
- Feet turn out just before you kick (like frog legs).
- Keep knees close together and turn the heel slightly out (dorsi-flexion).
- Kick backwards in a circular action, keep feet flexed rather than loose.
- Finish kick with the legs fully extended, knees and ankles together and toes turned out and down.
- The body should now be in a streamlined position.



Drill Progressions

- Breaststroke kick on edge of the pool
- Breaststroke kick - on back - demonstrating correct action
- Breaststroke kick - on front - demonstrating correct action
- Breaststroke arm action
 - From glide position, hands turned outwards
 - Pull hands down and out towards your hips (not going past hips)
 - Bring arms in front of your chest and hands are flat with thumbs together. Return to glide position.
- Full stroke

DRILLS TO AVOID DQ Code 7.5.1

Progression 1: On Deck Explanation/Videos

- Explain the breaststroke kick. Include visual demonstrations from videos, emphasizing the rules.

Progression 2: Demonstrate Breaststroke Kick

- Explain the breaststroke kick again and demonstrate out of the water and in the water.

Progression 3: Drills

- Kick Drill: Lay on their back on the deck with their bottom close to the edge, legs and feet in the water. "Bend knees, heels to wall" - bend their knees bringing their heels to the wall keeping knees together. "Toes Up" - turn toes up. "Kick" - kick simultaneously bringing feet and legs back together with toes pointed.
- Kicking on the wall: With their arms folded in the gutter, stomach flat against the side, and legs straight, have the swimmers start the kick. Bend at the knees, point the toes out, then kick down and around. Do not force swimmers to keep their knees together; the main focus is on feeling the water with the inside of the foot and lower calf.
- Kick on the back: Have swimmers hug a kick board to their chest as they kick on their back. This is a natural progression from kicking on the wall. They will feel the support of the board instead of the wall. It will also help keep their body comfortably at the surface. Once they can kick symmetrically with the toes pointed out, have them kick on a board. Emphasize distance per kick; feet up to the butt fast, toes pointed out, feet snap around with a squeeze and a glide as the legs meet.

TIPS FROM MICHAEL & KIERA

Know Your Athlete

Start by observing how your athletes take in and apply instruction. Some may benefit from demonstrations, others from physically trying the movement, and some from clear verbal guidance. Stay flexible and creative in how you communicate. When you adapt to how each athlete best processes and responds to coaching, they're more likely to progress.



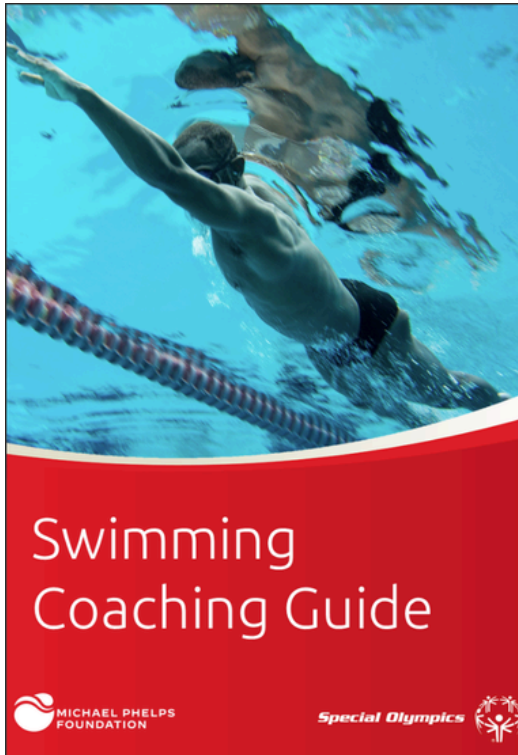
Michael Phelps is the founder of the Michael Phelps Foundation, Father of 4 boys, and the most decorated Olympic Champion of all time (23 gold medals). **Kiera Byland** is an athlete, leader and coach for Special Olympics Great Britain. She currently sits on the Special Olympics International Board and the Global Athlete Congress Chair.

ADDITIONAL RESOURCES



Swimming Coaching Guide

- More specific drill progressions
- More detailed stroke work
- Additional Special Olympics Swimming Training information



Make Every Race Count Website

- New Coaches Standards
- DQ Data
- Training Videos

