

# Stroke Analysis **REPORT**

**Prepared for:**

**NAME:** Joe Fish (sample)

**DATE:** 01/27/2026

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# Read First!- Important Notes Regarding This Report

- This report presents visual observations based on video recorded during a SwimLens clinic.
- Observations describe what is visible in the footage and reference commonly used swimming terminology.
- SwimLens does not provide coaching instruction, assign drills, or recommend specific technique changes.
- Decisions regarding training, technique, and progression remain with the swimmer's coach.
- This report is intended to support understanding and discussion, not to replace on-deck coaching.
- Swimming technique evolves over time and varies by age, body type, and training phase. Observations reflect the swimmer on the day of filming.
- Video clips capture a limited number of strokes and conditions and may not reflect every aspect of the swimmer's training or racing.
- FOR PARENTS- Parents are encouraged to review this report alongside their swimmer and, when appropriate, share it with the swimmer's coach.
- FOR SWIMMERS- Swimmers should not attempt to make technique changes based on this report without guidance from their coach.

# FREESTYLE

ELEMENT + VIEW	VIDEO ANALYSIS  Freestyle-Front View (Underwater)
<p><b>In/Out Sweeps</b></p> <p>FRONT VIEW (Underwater)</p>	<p><i>Details to Notice in Video: Does the hand travel backwards in mostly straight line and at about shoulder width from start to finish of pull? Crossing the body line or out-sweeping?</i></p> <p>Observations:</p>
<p><b>Wrist &amp; Forearm Angles</b></p> <p>FRONT VIEW (Underwater)</p>	<p><i>Details to Notice in Video: Is the wrist straight and aligned with forearm or is it bent sideways at entry or while pulling? Are the palms/tops of hands facing forward at entry, or are fingertips leading the way? Does the palm turn in or out to sides at any point during the pull or stays facing straight back?</i></p> <p>Observations:</p>
<p><b>Fingers</b></p> <p>FRONT VIEW (Underwater)</p>	<p><i>Details to Notice in Video: Are they squeezed together (including thumb) at entry and separating slightly at the start of pull?</i></p> <p>Observations:</p>
<p><b>Shoulder &amp; Elbow Angles</b></p> <p>FRONT VIEW (Underwater)</p>	<p><i>Details to Notice in Video: Does the upper arm seem to form a mostly straight line with (both) shoulders at mid-pull, meaning there's body rotation present? Is the elbow bent (making a "half diamond shape") during the pull, or is it either very straight or bent-in at a sharp angle?</i></p> <p>Observations:</p>

<p><b>Head Position &amp; Movement</b></p> <p>FRONT VIEW (Underwater)</p>	<p><i>Details to Notice in Video: Does the head turn up or sideways during pulls, especially when breathing- i.e. face looks forward or backward? Tip: Is the crown of the head straight/stable and mostly visible during the whole cycle, or does it move a lot up and down, or sideways?</i></p> <p>Observations:</p>
<p><b>Rotation &amp; Symmetry</b></p> <p>FRONT VIEW (Underwater)</p>	<p><i>Details to Notice in Video: Is there rotation present, either shoulders, hips, or both? How much? Do both left and right arm pulls look similar?</i></p> <p>Observations:</p>
<p><b>ELEMENT + VIEW</b></p>	<p><b>VIDEO ANALYSIS</b></p> <p><b>Freestyle-Side View 1 (Underwater)</b></p>
<p><b>Head/Body Alignment</b></p> <p>SIDE VIEW 1 (Underwater)</p>	<p><i>Details to Notice in Video: Is the head mostly aligned with spine, or tilted up/down? Are hips and neck in line with feet, or are the legs or feet "hanging low"? Does the swimmer seem to ride high or low in the water?</i></p> <p>Observations:</p>
<p><b>Core Engagement</b></p> <p>SIDE VIEW 1 (Underwater)</p>	<p><i>Details to Notice in Video: Is the core hanging/lower back arched? Is the natural rhythmic bending from the core slight or exaggerated?</i></p> <p>Observations:</p>

<p><b>Early Vertical Forearm (EVFs)</b></p> <p>SIDE VIEW 1 (Underwater)</p>	<p><i>Details to Notice in Video: Do the elbows bend at the beginning of pull and forearms turn vertical as the upper arm stays more horizontal- early, late or never? Is the swimmer "leading with elbows"? Are wrist, elbow and shoulder at the same line mid-pull?</i></p> <p>Observations:</p>
<p><b>Acceleration (During Pull)</b></p> <p>SIDE VIEW 1 (Underwater)</p>	<p><i>Details to Notice in Video: Does the arm seem to accelerate smoothly towards the end of the pull or is the arm speed constant?</i></p> <p>Observations:</p>
<p><b>"Holding Water"</b></p> <p>SIDE VIEW 1 (Underwater)</p>	<p><i>Details to Notice in Video: Are elbows and wrists at such angles during the pull that as much force as possible (from palm and forearm) is directed behind the swimmer, after the initial (brief) lift phase (at the very beginning of pull)?</i></p> <p>Observations:</p>
<p><b>Wrist Extension &amp; End of Pull</b></p> <p>SIDE VIEW 1 (Underwater)</p>	<p><i>Details to Notice in Video: Is the pull finished with the palm directing force backwards towards the toes (wrist dorsiflexion), or upwards (sometimes making a little splash)? Does the pull end early with the elbow exiting way before the hand/forearm, with forearm still very vertical?</i></p> <p>Observations:</p>
<p><b>Kick Shape, Amplitude &amp; Depth</b></p> <p>SIDE VIEW 1 (Underwater)</p>	<p><i>Details to Notice in Video: Are kicks initiated from hips, or knees? Are kicks small or big? Is the swimmer mostly kicking "with-in the slipstream or "in the tunnel"" with only toes/feet breaching it? Are the knees bending a lot i.e. "bicycling"? Are legs/ankles crossing at any point? Are ankles loose or stiff?</i></p> <p>Observations:</p>

<b>ELEMENT + VIEW</b>	<b>VIDEO ANALYSIS</b>  <b>Freestyle-Side View 2 (Above Water)</b>
<b>Breath Profile &amp; Mechanics</b>  SIDE VIEW 2 (Above Water)	<p><i>Details to Notice in Video: Does the head stay low during breath (one goggle in water)? Is the breath fast or slow? Is it relaxed, and smooth, or jerky? Does it occur more towards start or end of recovery? Does the swimmer breathe "into the trough before the bow wave", or does the cheek/temple turn forward during breath and create splashes?</i></p> <p>Observations:</p>
<b>Arm Recovery</b>  SIDE VIEW 2 (Above Water)	<p><i>Details to Notice in Video: Is the hand below, above or at same level as elbow while recovering? Does the wrist/forearm appear relaxed or stiff during start and mid recovery and do they stiffen again at entry? Does the swimmer enter the hand close to head or hold it above the water longer before entering? Does the recovery seem to smoothly accelerate towards entry, or are there pauses/jerky movements?</i></p> <p>Observations:</p>
<b>Kick Height</b>  SIDE VIEW 2 (Above Water)	<p><i>Details to Notice in Video: Are feet visible a lot (ankles out) above water during kick, or do only toes breach the water briefly?</i></p> <p>Observations:</p>
<b>Vertical Body Movement &amp; Rhythm</b>  SIDE VIEW 2 (Above Water)	<p><i>Details to Notice in Video: Does the swimmers whole body bounce up and down a lot, or does it stay fairly stable with slight ebb and flow? Does swimmer appear smooth or choppy? Is the speed kept constant with very little visible acceleration/deceleration?</i></p> <p>Observations:</p>

<b>ELEMENT + VIEW</b>	<b>VIDEO ANALYSIS</b>  <b>Freestyle-Top View (Above Water)</b>
<b>Hand Path &amp; Entry</b>  TOP VIEW (Above Water)	<p><i>Details to Notice in Video: Does the swimmer recover the arm sideways (skimming the water with fingers in an arc) or more over the top? Do hands enter the water at shoulder width, or narrower/wider. Close to head or farther up front?</i></p> <p>Observations:</p>
<b>Lateral Head Movement</b>  TOP VIEW (Above Water)	<p><i>Details to Notice in Video: Does the head stay straight and stable or does it move sideways during pulls and/or breaths?</i></p> <p>Observations:</p>
<b>Body Alignment</b>  TOP VIEW (Above Water)	<p><i>Details to Notice in Video: Is the swimmers body rotating mostly along the long axis only or "Snaking" sideways from (usually flat) hips and shoulders?</i></p> <p>Observations:</p>
<b>Kick Width &amp; Symmetry</b>  TOP VIEW (Above Water)	<p><i>Details to Notice in Video: Is there any crossing of ankles or feet? How far are the knees and ankles apart? Are feet "pigeon toed" during the down kick?</i></p> <p>Observations:</p>

	<b>GENERAL/OTHER NOTES</b> <b>Freestyle</b>
	<p>Technique elements to pay attention to and/or discuss with coach:</p> <div data-bbox="474 394 1466 1092" style="background-color: #ffffcc; border: 1px solid black; min-height: 300px;"></div>

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# BACKSTROKE

ELEMENT + VIEW	VIDEO ANALYSIS  Backstroke-Front View (Underwater)
<p><b>Hand Entry</b></p> <p>FRONT VIEW (Underwater)</p>	<p><i>Details to Notice in Video: Are the hands entering in line with the shoulder, or are they entering wider/narrower? Are they straight at entry? Does the elbow start bending right as the pull starts? Is the wrist straight and fingers together? Are pinky fingers entering first?</i></p> <p>Observations:</p>
<p><b>Body Rotations</b></p> <p>FRONT VIEW (Underwater)</p>	<p><i>Details to Notice in Video: Is the body rotating from shoulders during the pull, so the upper arm stays mostly in line with both shoulders? Is the body rotating a bit from the hips as well? Is the swimmer curling shoulders in, rather than rotating side to side?</i></p> <p>Observations:</p>
<p><b>Pull Path</b></p> <p>FRONT VIEW (Underwater)</p>	<p><i>Details to Notice in Video: Are the arms initially sweeping and catching in a downward and outward pattern as the body is rotating to the side? Are the arms pulling very deep, or very shallow? Is there some bend in the elbow as the arm is moving backwards? How wide is the "track" swimmer moves with-in? Does the pull finish near the thigh with a backwards push, rather than downwards push?</i></p> <p>Observations:</p>
<p><b>Head Position</b></p> <p>FRONT VIEW (Underwater)</p>	<p><i>Details to Notice in Video: Is the head mostly submerged, or is only the neck visible?</i></p> <p>Observations:</p>

<b>ELEMENT + VIEW</b>	<b>VIDEO ANALYSIS</b>  <b>Backstroke-Side View 1 (Underwater)</b>
<b>Head/Body Alignment</b>  SIDE VIEW 1 (Underwater)	<p><i>Details to Notice in Video: Is the head aligned with shoulders, hips and feet? Is the whole body close to water surface? Is the lower back arched and/or are buttocks/hips hanging down? Are the legs or feet hanging low or dragging behind the swimmer? Is the head mostly in the water, or only partially/not at all submerged? Is the head visibly tilted back from the neck, or is it comfortably straight and in line with spine? Is there only a slight natural arching/bending from the hips, as the hand enters the water?</i></p> <p>Observations:</p>
<b>Pulling Motion</b>  SIDE VIEW 1 (Underwater)	<p><i>Details to Notice in Video: After initial down and out catch, are the forearm and palm kept mostly perpendicular to body for as long as mechanically possible, only straightening out at the end? How deep or shallow is the pull?</i></p> <p>Observations:</p>
<b>Hand/Palm Direction</b>  SIDE VIEW 1 (Underwater)	<p><i>Details to Notice in Video: After the initial small outsweep, is the palm mostly facing/pushing water backwards? Does it finish the pull by pushing water back until the very end, or "flicks" it down-, or in-wards earlier? Does it turn thumb up only right before exiting?</i></p> <p>Observations:</p>
<b>Rotations</b>  SIDE VIEW 1 (Underwater)	<p><i>Details to Notice in Video: Does the body visibly rotate side to side, more from the shoulders than from the hips? Are parts of chest and back visible as rotations happen?</i></p> <p>Observations:</p>

<p><b>Kicking</b></p> <p>SIDE VIEW 1 (Underwater)</p>	<p><i>Details to Notice in Video: Are kicks small and fast, mostly initiated from hips and thighs, with minimal knee bend? Are the feet staying below the water, but close to surface? Are the knees staying under the water?</i></p> <p>Observations:</p>
<p><b>ELEMENT + VIEW</b></p>	<p><b>VIDEO ANALYSIS</b></p> <p><b>Backstroke-Side View 2 (Above Water)</b></p>
<p><b>Shoulder Height &amp; Arm Extensions</b></p> <p>SIDE VIEW 2 (Above Water)</p>	<p><i>Details to Notice in Video: Does the shoulder come out of the water during recovery- is it higher than the cheek at mid point? Is the arm straight and extended up during recovery?</i></p> <p>Observations:</p>
<p><b>Head Position &amp; Body Arching</b></p> <p>SIDE VIEW 2 (Above Water)</p>	<p><i>Details to Notice in Video: Is the head held high (“reading in bed”) or mostly submerged with only sliver of face visible? Does the body bend back a bit as the hand enters?</i></p> <p>Observations:</p>
<p><b>Hand Entry &amp; Speed</b></p> <p>SIDE VIEW 2 (Above Water)</p>	<p><i>Details to Notice in Video: Is the arm entering the water straight and with some force? Or is there a brief stall?</i></p> <p>Observations:</p>
<p><b>Kicking</b></p> <p>SIDE VIEW 2 (Above Water)</p>	<p><i>Details to Notice in Video: Do the kicks create turbulence on the surface? Are they coming out of the water or not visible at all? Are knees visible above the water?</i></p> <p>Observations:</p>

<b>ELEMENT + VIEW</b>	<b>VIDEO ANALYSIS</b>  <b>Backstroke-Top View (Above Water)</b>
<b>Hand Recovery &amp; Entry</b>  TOP VIEW (Above Water)	<p><i>Details to Notice in Video: Does the arm travel straight back at about shoulder level, end entering at shoulder level as well? Wider, narrower?</i></p> <p>Observations:</p>
<b>Rotations</b>  TOP VIEW (Above Water)	<p><i>Details to Notice in Video: Does the upper body rotate side to side along the long axis aggressively while hips stay fairly steady? Is the body "snaking" excessively, or is there only a little lateral movement from the hips, while the head moves in a straight line</i></p> <p>Observations:</p>
<b>Pulling Path</b>  TOP VIEW (Above Water)	<p><i>Details to Notice in Video: Is the arm straight while pulling and squeezing water to the thigh at the end of pull, or more bent and mostly pushing water back?</i></p> <p>Observations:</p>
<b>Kicks</b>  TOP VIEW (Above Water)	<p><i>Details to Notice in Video: Are the toes pigeon toed and close? Do they kick water a bit to the sides as the hips rotate side to side?</i></p> <p>Observations:</p>

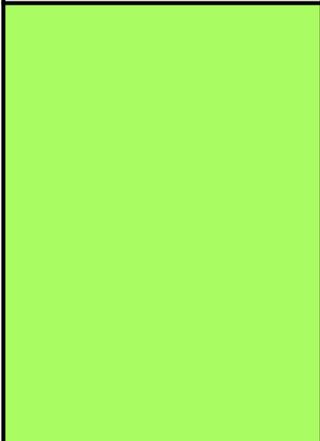
	<b>GENERAL/OTHER NOTES</b> <b>Backstroke</b>
	<p>Technique elements to pay attention to and/or discuss with coach:</p> <div data-bbox="474 396 1466 993" style="background-color: #ffffcc; border: 1px solid black; min-height: 284px;"></div>

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# BREASTSTROKE

<b>ELEMENT + VIEW</b>	<b>VIDEO ANALYSIS</b>  <b>Breaststroke-Front View (Underwater)</b>
<p><b>Pulling Width &amp; Path</b></p> <p>FRONT VIEW (Underwater)</p>	<p><i>Details to Notice in Video: How wide is the pull during the lift phase? How far/wide do they travel before elbows bend and forearms/hands drop down briefly for a pull phase? Do the elbows get close to bottom of rib cage, as the hands swoop in? Do they strike fast and together?</i></p> <p>Observations:</p>
<p><b>Hand Pitch During Lift and Strike Phases</b></p> <p>FRONT VIEW (Underwater)</p>	<p><i>Details to Notice in Video: Are the palms angled out at 45 degrees or so as hands are moving out during the lift phase and are they angled in in the same way when they are moving in to strike position? Are the hands "making a tent" as they are striking forward?</i></p> <p>Observations:</p>
<p><b>Head Movement &amp; Streamline</b></p> <p>FRONT VIEW (Underwater)</p>	<p><i>Details to Notice in Video: Does the head seem to submerge between or below the biceps during the strike phase and do the arms end up straight and together?</i></p> <p>Observations:</p>
<p><b>Kick Width</b></p> <p>FRONT VIEW (Underwater)</p>	<p><i>Details to Notice in Video: Is the kick small and quick with knees shoulder width apart at most? Narrower, wider? Are the toes turned out fully?</i></p> <p>Observations:</p>

<p><b>Symmetry</b></p> <p>FRONT VIEW (Underwater)</p>	<p><i>Details to Notice in Video: Are arms and legs symmetrical during the pull and kick?</i></p> <p>Observations:</p>
<p><b>ELEMENT + VIEW</b></p>	<p><b>VIDEO ANALYSIS</b></p> <p><b>Breaststroke-Side View 1 (Underwater)</b></p>
<p><b>Pull Length &amp; Streamline</b></p> <p>SIDE VIEW 1 (Underwater)</p>	<p><i>Details to Notice in Video: Do elbows go past/behind the body when arms are pulled back or do they move in when elbows are at about shoulder level? Is the front of the body in streamline after the strike, with head between or below the biceps?</i></p> <p>Observations:</p>
<p><b>Pull Motion</b></p> <p>SIDE VIEW 1 (Underwater)</p>	<p><i>Details to Notice in Video: Are the arms straight and do they move close to the surface during the lift phase (as they are separating)? Do forearms then drop, move back briefly and then swoop inside to get ready to strike? Do they strike at or slightly above the surface, below, or above?</i></p> <p>Observations:</p>
<p><b>Upper Body/Head Exit Angle</b></p> <p>SIDE VIEW 1 (Underwater)</p>	<p><i>Details to Notice in Video: Are spine and head aligned and exiting at a forward angle during breath? Are they diagonal, or more vertical or horizontal?</i></p> <p>Observations:</p>

<p><b>Kick Size/Speed &amp; Streamline</b></p> <p>SIDE VIEW 1 (Underwater)</p>	<p><i>Details to Notice in Video: Are the knees pulled up underneath the hips/belly, or do they stop so thighs are more back and diagonal to surface? At the end of the kick, are the legs near the surface with toes pointed backwards? Do heels mostly move back and forth near the surface? Is the kick directed backwards or down? Is the kick fairly "small &amp; snappy" or bigger and slower?</i></p> <p>Observations:</p>
<p><b>Breath</b></p> <p>SIDE VIEW 1 (Underwater)</p>	<p><i>Details to Notice in Video: Is the breath taken towards the beginning or towards the end of the stroke? How fast is it?</i></p> <p>Observations:</p>
<p><b>Hips Driving Forward</b></p> <p>SIDE VIEW 1 (Underwater)</p>	<p><i>Details to Notice in Video: Does it seem like the hips are driven forward with each pull? Is there arching in the lower back?</i></p> <p>Observations:</p>
<p><b>Pull-Kick-Glide Sequence</b></p> <p>SIDE VIEW 1 (Underwater)</p>	<p><i>Details to Notice in Video: Are the pull, kick and glide phases somewhat separated? Is there any glide and how long? Are the "legs straight when pulling and arms straight when kicking"?</i></p> <p>Observations:</p>
	

<b>ELEMENT + VIEW</b>	<b>VIDEO ANALYSIS</b>  <b>Breaststroke-Side View 2 (Above Water)</b>
<b>Butterfly Like Motion</b>  SIDE VIEW 2 (Above Water)	<p><i>Details to Notice in Video: Does the body undulate by alternating from arching from the back by the end of pull, to chest pressing down/buttocks grazing the water by the end of strike- almost like a mini-butterfly motion?</i></p> <p>Observations:</p>
<b>Upper Body Angle During Breath</b>  SIDE VIEW 2 (Above Water)	<p><i>Details to Notice in Video: Is the upper body at a forward angle during the breath, or is it vertical? Is the head in line with spine? Is the face looking straight forward, down at water, or up towards the ceiling?</i></p> <p>Observations:</p>
<b>Shoulder Elevation</b>  SIDE VIEW 2 (Above Water)	<p><i>Details to Notice in Video: Do the shoulders elevate closer to ears as they come out of the water during pulls?</i></p> <p>Observations:</p>
<b>Hand Strike Height &amp; Speed</b>  SIDE VIEW 2 (Above Water)	<p><i>Details to Notice in Video: Are the hands traveling at surface level, high above or totally below during the strike phase? Is the movement fast?</i></p> <p>Observations:</p>
<b>Head Slam</b>  SIDE VIEW 2 (Above Water)	<p><i>Details to Notice in Video: Does the swimmer enter the water aggressively with face first, or is the motion gentle?</i></p> <p>Observations:</p>

<b>ELEMENT + VIEW</b>	<b>VIDEO ANALYSIS</b>  <b>Breaststroke-Top View (Above Water)</b>
<b>Kick: Strike &amp; Recovery Width</b>  TOP VIEW (Above Water)	<p><i>Details to Notice in Video: Are the knees at for about shoulder length apart, both when they are moving forward (recovery) or backward (strike)?</i></p> <p>Observations:</p>
<b>Toes Out To Legs Squeezed Sequence</b>  TOP VIEW (Above Water)	<p><i>Details to Notice in Video: Are the toes turned out towards the walls at the start of kick? Is the swimmer pushing water back with the insteps for as long as possible? Do the legs squeeze tightly together as they straighten? Are the toes pointed straight back towards by the end of kick?</i></p> <p>Observations:</p>
<b>Pull Width</b>  TOP VIEW (Above Water)	<p><i>Details to Notice in Video: Do straight arms separate until they are at for about a right angle (90 degrees) to each other? Do the forearms then seem to drop in downward and backward motion and swoop in at shoulder line?</i></p> <p>Observations:</p>
<b>Symmetry</b>  TOP VIEW (Above Water)	<p><i>Details to Notice in Video: Do arms and legs move symmetrically. Do head and body stay in the same line of motion? Are there any lateral movements with head, shoulders or hips?</i></p> <p>Observations:</p>

	<b>GENERAL/OTHER NOTES</b> <b>Breaststroke</b>
	<p>Technique elements to pay attention to and/or discuss with coach:</p> <div data-bbox="474 396 1461 987" style="background-color: #ffffcc; border: 1px solid black; min-height: 280px;"></div>

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# BUTTERFLY

<b>ELEMENT + VIEW</b>	<b>VIDEO ANALYSIS</b>  <b>Butterfly-Front View (Underwater)</b>
<p><b>Pull Width</b></p> <p>FRONT VIEW (Underwater)</p>	<p><i>Details to Notice in Video: Do hands travel at for about the same width, or a bit wider, as two freestyle pulls performed simultaneously would, with a little out-sweep in the beginning for lift? Do hands pull very wide, very narrow and/or very close to belly during any part of the pull? Is the natural S-shape of the pull path small or large?</i></p> <p>Observations:</p>
<p><b>Chest Press &amp; Head Movement</b></p> <p>FRONT VIEW (Underwater)</p>	<p><i>Details to Notice in Video: Does the chest seem to be pressing down as the hands enter? Does the head seem to be going low underneath the arms as it enters, or does it stay facing forward and/or above biceps?</i></p> <p>Observations:</p>
<p><b>Hand Entry</b></p> <p>FRONT VIEW (Underwater)</p>	<p><i>Details to Notice in Video: Do hands enter at shoulder width? Narrower, wider? With straight wrists and fingers together?</i></p> <p>Observations:</p>
<b>ELEMENT + VIEW</b>	<b>VIDEO ANALYSIS</b>  <b>Butterfly-Side View 1 (Underwater)</b>
<p><b>Two Kicks-One Pull</b></p> <p>SIDE VIEW 1 (Underwater)</p>	<p><i>Details to Notice in Video: Are there two kicks to each pull? One when hands finish pulling on the back and one as hands enter the water up front? Are they for about the same size, or is one of them smaller/bigger/non-existent?</i></p> <p>Observations:</p>

<p><b>Head Movement &amp; Breath</b></p> <p>SIDE VIEW 1 (Underwater)</p>	<p><i>Details to Notice in Video: Does the head elevate early or late as the pull starts? Is the breath fast and smooth? Does the head go to almost chin to chest (under or between the biceps) as it submerges?</i></p> <p>Observations:</p>
<p><b>Pull Shape</b></p> <p>SIDE VIEW 1 (Underwater)</p>	<p><i>Details to Notice in Video: EVF- Do the elbows bend at the beginning of pull and forearms turn vertical as the upper arm stays more horizontal- early, late or never? Is the swimmer "leading with elbows" with forearms more horizontal/diagonal? Are wrists, elbows and shoulders at the same line mid-pull?</i></p> <p>Observations:</p>
<p><b>End of Pull</b></p> <p>SIDE VIEW 1 (Underwater)</p>	<p><i>Details to Notice in Video: Are wrists bent and palms facing backwards, not to sides, out, or upwards, at the end of the pull? Do arms straighten by the end of pull, or do they exit bent? Do elbows come out with forearms still perpendicular to body?</i></p> <p>Observations:</p>
<p><b>Kicking</b></p> <p>SIDE VIEW 1 (Underwater)</p>	<p><i>Details to Notice in Video: Are the kicks more flat and compact, or big with lots of knee bend? Do hips and lower back bend as the kicks happen? Are feet relaxed/ankles flexing and pushing water behind, or straight down, with the tops of feet? Does the swimmer seem to stay mostly with-in the streamline, or are the thighs creating drag by being at a steep angle?</i></p> <p>Observations:</p>

<p><b>Body Undulations</b></p> <p>SIDE VIEW 1 (Underwater)</p>	<p><i>Details to Notice in Video: Is the swimmers body from neck down resembling a sine wave as it moves, with the head staying relatively still and near/at surface, unless taking a breath in which case it moves by extending fully from the neck and returning fast? Is the "sine wave" getting bigger as it travels from chest towards the feet?</i></p> <p>Observations:</p>
<p><b>ELEMENT + VIEW</b></p>	<p><b>VIDEO ANALYSIS</b></p> <p><b>Butterfly-Side View 2 (Above Water)</b></p>
<p><b>Breathing &amp; Head Position</b></p> <p>SIDE VIEW 2 (Above Water)</p>	<p><i>Details to Notice in Video: Is the breath fast and taken with chin traveling almost at water level, with neck extended? Does the swimmer face fully forward, or is the face always turned towards water during the breath? Is the face elevated out of the water using the neck, or by elevating the whole upper body? Is the breath fast or meandering?</i></p> <p>Observations:</p>
<p><b>Hip Movement</b></p> <p>SIDE VIEW 2 (Above Water)</p>	<p><i>Details to Notice in Video: Do buttocks/lower back graze the surface as the chest presses down? Does it resemble "a dolphin breaching the surface with it's back" a bit- smooth and forward movement visible?</i></p> <p>Observations:</p>
<p><b>Arm Recovery</b></p> <p>SIDE VIEW 2 (Above Water)</p>	<p><i>Details to Notice in Video: Do arms recover high, low or somewhere in the middle? Do one, or both get stuck in the water by being low anywhere between exit in back and entry at shoulder with in front? Is the recovery wrist led for most of the recovery distance and only turning to fingertips first at entry? Or do fingertips lead most of the way?</i></p> <p>Observations:</p>

<p><b>Shoulder Elevation &amp; Movements</b></p> <p>SIDE VIEW 2 (Above Water)</p>	<p><i>Details to Notice in Video: Do shoulders stay relatively low during the pull and only elevate some during the recovery or does the swimmer jump out of the water" so the waterline is at lower neck or chest? Does the swimmer pull with the shoulders always close to ears?</i></p> <p>Observations:</p>
<p><b>ELEMENT + VIEW</b></p>	<p><b>VIDEO ANALYSIS</b></p> <p><b>Butterfly-Top View (Above Water)</b></p>
<p><b>Hand Entry</b></p> <p>TOP VIEW (Above Water)</p>	<p><i>Details to Notice in Video: Do hands enter the water at shoulder width, or narrower/wider. Close to head or farther up front?</i></p> <p>Observations:</p>
<p><b>Arm Recovery</b></p> <p>TOP VIEW (Above Water)</p>	<p><i>Details to Notice in Video: Do arms recover straight with relaxed wrists? Does the swimmer recover the arms wide, or more over the top? Do hands skim water at any point?</i></p> <p>Observations:</p>
<p><b>Body Alignment &amp; Symmetry</b></p> <p>TOP VIEW (Above Water)</p>	<p><i>Details to Notice in Video: Is the body traveling in a straight line? Is the head aligned with spine? Are arms recovering and legs kicking symmetrically?</i></p> <p>Observations:</p>

	<b>GENERAL/OTHER NOTES</b> <b>Butterfly</b>
	<p>Technique elements to pay attention to and/or discuss with coach:</p> <div data-bbox="474 396 1463 991" style="background-color: #ffffcc; border: 1px solid black; min-height: 280px;"></div>

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