 **Stroke Analysis**

(Record of **what you see** / look from different angles i.e. side view/ head on / tail view)

**Swimmer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Group / Class / Session: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Stroke: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| **General impression** |
| **Body position** – Include the head position, position of body in relation to the water surface and how it changes during the stroke.  **Provide 3 key features that you see about the body position**.  |
| **Leg action** ( cover both propulsive and recovery phases ) **Provide 3 key features you see about the legs /feet***
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| **Arm action** – **Provide 2 points for each of the following areas****Entry and Catch** *

**Propulsive phase***

**Recovery phase***
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| **Breathing** – **Provide 2 key features***
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| **Timing** (of breathing and of leg movements in relation to arm action) – **Provide 2 key features***
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