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

|  |
| --- |
| **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** |
| **Arm action** – **Provide 2 points for each of the following areas**  **Entry and Catch**      **Propulsive phase**      **Recovery phase** |
| **Breathing** – **Provide 2 key features** |
| **Timing** (of breathing and of leg movements in relation to arm action) – **Provide 2 key features** |