

HOBART MASTERS SWIMMING CLUB SKILLS AND DRILLS NOTES

FLIP TURN TIPS - FREESTYLE

- Look down, not up, into and out of the turn. Start your tumble based on the T, not the wall. Know how many strokes past the T you need to take. Do not get too close to the wall and get jammed up. It is better to start your tumble a bit too soon than a bit too late.
- Take a breath on your final stroke into the wall if you need it. It will help you go further off the wall. Learn to take that breath on either side.
- Use your arms as a fulcrum, but keep them close to your torso. Do not sweep them out away from your body as in breaststroke.
- Twist gradually as you come off the wall and come to the surface. Do not rush getting onto your front.
- Tuck your chin into your chest during the tumble.
- Keep your feet together and high out of the water during the first phase of the tumble, not on the side and in contact with the water.
- Streamline off the wall with your arms extended and head between your arms looking down.
- Push off parallel to the black line.
- In the transition from streamline to stroking, start kicking (dolphin or flutter) and start stroking as your head breaks the surface. Take at least one stroke before breathing. Take advantage of your momentum off the wall with a glide, but avoid decelerating before you start stroking.

DRILLS

1. In a shallow pool (about waist deep), leap forward and do a complete tumble so you finish looking forward in the same direction. Practice tumbling forward in a vertical plane and not to the side. Tumble forward as if you were doing a tumble on the ground (like you did as a kid).
2. Push off the wall, take about 3 strokes, then tumble. Once again, practice rolling in a vertical plane and not to the side. Your feet need to clear the water and slap the surface as the tumble is completed.
3. Practise the first phase of the turn by swimming towards the wall then doing a tumble at the T. Progressively add strokes one at a time until your feet start to make contact with the wall. Keep adding strokes and a bit of glide until your feet contact the wall with your knees bent, the equivalent of about a standing quarter squat.
4. When you know how many strokes you need to take past the T, add the push off, streamline and transition to stroking.
5. To improve your push off, practise standing quarter squats. Hold onto a light weight in each hand if you can. Do several sets of whatever number starts to become a strain. Make sure you squat with your knees pointing directly forward, not out to the side. Alternatively, take up cycle spinning at your local gym.

BACKSTROKE

- A backstroke flip turn is a variation on the freestyle flip turn. The backstroker needs to know when to roll onto their front after passing under the flags, take one stroke, tumble as for a freestyle turn, but come off the wall on their back, kick and transition to stroking. The freestyle drills can be modified to practice backstroke flip turns.

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3 June 2018