

FREE TECHNIQUE

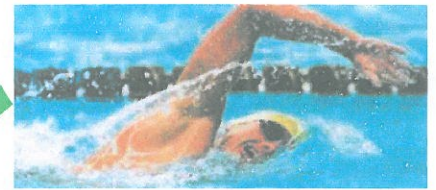
CORRECTING COMMON ERRORS

Common Faults

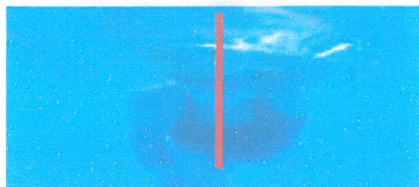
Great Example



Breathing too high / far back / face out



Breath low / to side / 1 goggle in



Arm enters across centre line



Arm extends in front of shoulder



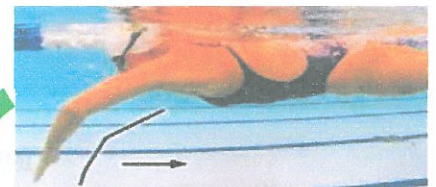
Fingers tilt upwards



Fingers tilt downwards



Elbow below forearm & hand



Elbow above forearm & hand



Arm pull is too straight & deep



Arm pull is around 90 degrees



Arm collapses across centre on breath



Arm-pull remains in line on breath



Arm drifts too wide on breath



Arm-pull remains in line on breath



Arm swings wide during recovery



Arm moves forward with a high elbow



Spine and hips are very low



Head, hips & legs all in line

