

Workshop - Intermediate Stroke Technique (ages 8-12)

- From Analysis to Task Design

Warm-Up

0 0 0

How fit are you in Stroke Analysis?

- ☐ I have almost no experience.
- ☐ I have some experience, but I still need guidance.
- ☐ I feel confident and could explain it to others.

0 0 0

Have you ever analyzed a swimming stroke before?

- ☐ Yes, often.
- ☐ Yes, a few times.
- ☐ No, never.

ILKA STAUB 8/28/25 3:30PM

What do you usually look at first when observing a swimmer?
Please comment.

0 34

- Dependable Ostrich** 8/31/25 7:10AM
Streamline
- Agile Seahorse** 8/31/25 7:11AM
Body position
- Johan Liksom** 8/31/25 7:11AM
Basic coordination
- Charming Meerkat** 8/31/25 7:11AM
Streamline
- Nervous Butterfly** 8/31/25 7:11AM
Body line
- Rick Sol** 8/31/25 7:11AM
Body position
- Happy Penguin** 8/31/25 7:11AM
Body position in water
- Whimsical Caribou** 8/31/25 7:11AM
Line-balance-allignment
- Dapper Pigeon** 8/31/25 7:11AM

water position

Supportive Trout 8/31/25 7:12AM
Body position

Bubbly Beluga 8/31/25 7:12AM
Body line

freestyle 8/31/25 7:12AM
streamline

Respectful Caribou 8/31/25 7:12AM
Body position and timing

Charming Emu 8/31/25 7:12AM
Streamline and body position

Wise Bison 8/31/25 7:12AM
Body line

Fancy Finch 8/31/25 7:12AM
Technique

Clever Grasshopper 8/31/25 7:12AM
Streamline, headposition

Brave Dragonfly 8/31/25 7:12AM
Head position

Mysterious Jackrabbit 8/31/25 7:12AM
Streamline

Lestersquare 8/31/25 7:13AM
stilling i vannet

Mysterious Hare 8/31/25 7:13AM
Body position

Beda 8/31/25 7:13AM
Body position

Groovy Newt 8/31/25 7:13AM
Body position

Wise Earthworm 8/31/25 7:13AM
Linje/streamline

Trustworthy G 8/31/25 7:13AM
Body position

Dapper Pigeon 8/31/25 7:13AM
Streamline

Admirable Penguin 8/31/25 7:13AM
head tilt

Wise Chinchilla 8/31/25 7:13AM
General swimming techniques

Charming Raccoon 8/31/25 7:13AM
line

Affectionate Earthworm 8/31/25 7:14AM
Body position

Fancy Bee 8/31/25 7:14AM
streamline og rytme

Kind Grasshopper 8/31/25 7:14AM
Streamline

Unusual Cockatoo 8/31/25 7:14AM
Alignment in the water

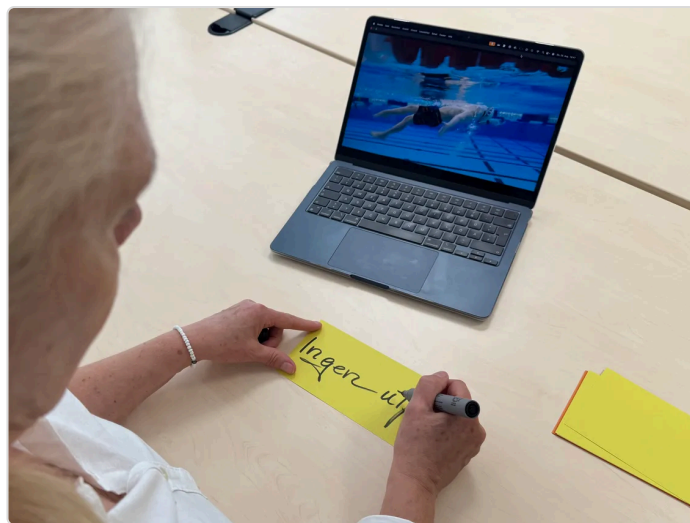
Steinar Eilertsen 8/31/25 7:14AM
Glifasen

↩ ILKA STAUB 8/28/25 1:47PM

Watch your assigned video in the playlist and write down obvious movement characteristics on individual cards.

- Choose high quality, use slow motion option and replay for a better view.
- Describe point by point what the swimmer is doing.
- Focus on naming critical movement characteristics – avoid judgments.
- Use one card per observation/idea.
- Collect all cards in the middle of the table.

♡ 0 🗨 0



↩ ILKA STAUB 8/28/25 3:03PM

Backstroke

It's a playlist - Choose the assigned video.

Videos with the same name are taken at the same time (under and above the waterline).

♡ 0 🗨 0



Videos Backstroke

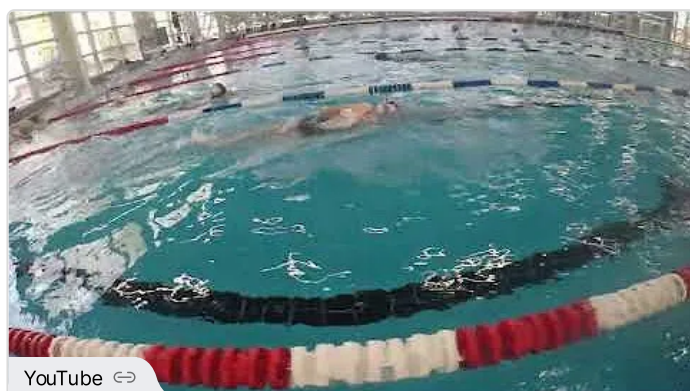
↩ ILKA STAUB 8/28/25 3:17PM

Freestyle/Crawl

It's a playlist - Choose the assigned video.

Videos with the same name are taken at the same time (under and above the waterline).

♡ 0 🗨 0



Videos Freestyle/Crawl

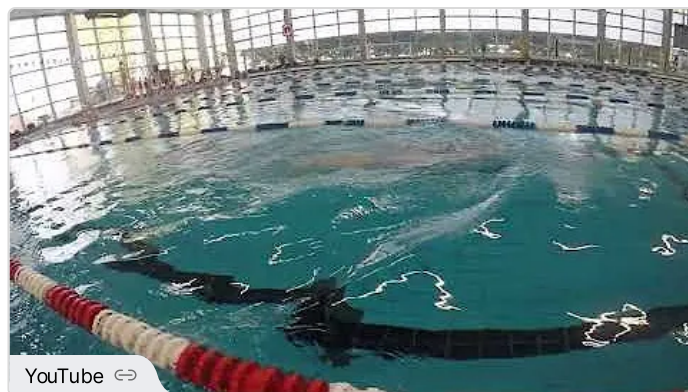
↪ ILKA STAUB 8/28/25 3:23PM

Butterfly

It's a playlist - Choose the assigned video.

Videos with the same name are taken at the same time (under and above the waterline).

♡ 0 🔒 0



Videos Butterfly

↪ ILKA STAUB 8/28/25 3:48PM

Breaststroke

It's a playlist - Choose the assigned video.

Videos with the same name are taken at the same time (under and above the waterline).

♡ 0 🔒 0



Videos Breaststroke

↪ JENS 8/31/25 7:11AM

Line alignment.

♡ 0 🔒 0

Analyse Stroke Technique

↪ ILKA STAUB 8/28/25 1:48PM

Structure the movement characteristics and evaluate the technique.

- Sort the collected cards and arrange them logically on the table.
- Match the observed characteristics from the cards to this structure.
- Write a little summary of your evaluation and post it in this column. Be as specific as possible.

Structure:

1. *Body position*
2. *Arm strokes*
3. *Kicking*
4. *Breathing Pattern*
5. *Rhythm of the overall movement*

♡ 1 🔒 14

Dapper Anchovy 8/31/25 7:26AM

1. bra streamline men hodet er for høyt
2. drar armen ned uten å ha høy albue
3. bruker for mye kne
4. pustet litt høyt
5. grei timing

Lestersquare 8/31/25 7:29AM

1. Bra streamline bortsett fra hodet som holdes høyt.
2. Armer starter taket for dypt.

3. Bein usynkrone og fullføres ikke godt nok. Litt mye skyv mot bunnen i stedet for bakover
- 4.ok
5. God timing

Unique Crocodile 8/31/25 7:32AM

1. Bedre hodestilling og rotasjon.
2. For strake armer. Bedre start og avslutning på tak.
3. Bedre rytmen på beinspark, 2-takts beinspark.
4. For høy pusting med hodet.
5. Bedre rytmen i tak og beinspark, få mer flyt.

Fancy Bee 8/31/25 7:33AM

1. Big butterflymovement, high hips, high headmovement. 2. Arms close in forward movement, fingers apart. 3. Kick powerful, nice pull-up "opptrekk", finish/closing the kick too early. 4. ok, 5. no glidephase/rushed

Johan Liksom 8/31/25 7:36AM

1. Body & head position (looking forward too much, hip is hanging/too low, bad body balance
2. Too fast into catch (windmill)
3. Kicking from knees and not from the hip, poor ankle flexibility
4. Late breathing
5. Poor body balance, uneven kicking pattern due to poor balance and coordination

Determined Hare 8/31/25 7:36AM

Video C - Back
Bad body position
Bad hip position (rotation)
Had position (looking at har toes instead of the ceiling)
Sudden resurfacing
Over rotation on the kicking
First stroke started under water
Sloppy legs

Shy Rhino 8/31/25 7:37AM

1. God linje, litt lav hofta og for mye rotasjon.
2. God catch, litt dypt tak
3. For stort utslag på bein sparket når armtaket starter
4. -
5. God rytme, for lav frekvens

Determined Bear 8/31/25 7:38AM

1. Bedre streamline og oppgang. 2. Har for bredt isett, 3. Mye bevegelse i hofta, beinspark fra knærne. 4. Går for mye opp og ned når han skal puste, søker ikke fremover. 5.

Nikolai Sørebø 8/31/25 7:38AM

Body position
+ Good head position
- Hip is to low
- To much flexing in the knee
Arm stroke
+ God frekvens
+ God avslutning i armtaket
- Mye luft gjennom hele armtaket
- Slår mye med armene i begynnelsen av armtaket
Kicking
+ Jobber veldig bra med beinsparkene gjennom helle distansen
- Bøyer knærne litt
Breathing pattern
Rhythm of the overall movement
+ Har god rytme for sin alder

Shy Llama 8/31/25 7:39AM

1. høy hodestilling og svai i ryggen
- 2.fullfører ikke taket
3. store og sykle beinspark
4. jevn pusterytme, hodet høyt
5. bein og armer samsvarer ikke

freestyle 8/31/25 7:39AM

1. In general ok according to age, but weak streamline - snake - to much rotation (head position and shoulders, high head)
2. above water - pretty ok,
Under water: low lack of catch, loose control
3. ustabil frekvens, kick from knees - not from the hips,
left foot
4. to much head rotation, late breathe, short breathe, only one side (lack of coordination with arm movement)

Nervous Butterfly 8/31/25 7:42AM

- 1:
Manglene linje mellom sykkluser.
Størrelse kick undervann (i UVA)
- 2:
Høy albu
Raske hender frem
- 3:
Litt usymmetrisk.
Vinkle knær ok og vinkel ankel i outswEEP ok. Knær dype, ikke nok hofte frem .
- 4:
Lite utpust under vann
- 5:
Timing off.
Litt for tidlig catch/start på tak.

Careful Raven 8/31/25 7:42AM

1. Må ligge litt mer flatt i vannet, hofte opp.
2. Fingertuppene i først. Bruker krefter på å komme opp og ikke frem.
3. ok kick, timing på kick 1 og 2.
4. Hodeposisjon er for høy
5. Litt dyp bølge

Dapper Pigeon 8/31/25 7:49AM

- 1: tucking of the hips
- 2: too wide stroke smaller key hole
- 3: finishing the kick (whip)
- 4: breathing stops the rythm
- 5: Good timing arms and legs.

Identify Areas of Improvments

↩ ILKA STAUB 8/28/25 1:58PM

Derive and prioritise points for improvement on the cards.

- What does the swimmer in your video need to learn to improve the skill?
- Arrange an order of priority: What should come first, what next? Maximum 3 Point!
- Document this analysis in a post in this Column.

♡ 0 💬 11

freestyle 8/31/25 7:44AM

1. head position - streamline
2. supermann
3. breething on both sides

Determined Bear 8/31/25 7:44AM

1. Streamline 2. Ikke knekk i hofte 3. Isett og armtak

Lestersquare 8/31/25 7:45AM

- 1.Viktigt=Beinsparket. Alltid fullføre. Klemme godt sammen. Få med lyske. 2.=Hodet ned i streamline. 3=Runde inn armtaket foran brystet.

Fancy Bee 8/31/25 7:46AM

1. establish a glidephase in his syclus 2. prolong the kick, a 100% finish of the kick.

Shy Llama 8/31/25 7:47AM

1. Hodeposisjon og streamline
2. mindre beinspark og strakere bein
3. Fullføre og avslutte tak

Shy Rhino 8/31/25 7:47AM

1. Mindre beinspark
2. Grunnere armtak
3. Høyere frekvens

Determined Hare 8/31/25 7:47AM

- Video C back: 1. Bad body position
2. Kicking
 3. Short stroke

Admirable Penguin 8/31/25 7:48AM

- Samle armtak, mindre nøkkelhull
- Fullføre hoftebevegelsen.
- Sterkere avslutning på armtaket.

Bord Krål 8/31/25 7:51AM

- 🏊 - body position
- 🏊🏊 - - poor balance due to lack of basic coordination
- 🏊🏊🏊 - - - too fast into catch (windmill 🌀)

Nervous Butterfly 8/31/25 7:52AM

To improve (in order):

- 1: Body position - push chest more down (Y-press)
- 2: Rythm - More glide/ counting to 2
- 3: Hips - push hips more forward

Nikolai Sørebo 8/31/25 7:52AM

1. Må jobbe med å rotere bekkenet noe slik at nedre del av ribbene og hoften kommer litt nærmere hverandre. Dette vil gi han en bedre kobling mellom armtak og kropp.
2. Strekke ut knærne mer i beinsparkene. Mulig dette løses når pkt 1 er fikset.
3. Litt mer rotasjon for å få mindre luft i armtaket.

Implication for Training Planning

⇒ **ILKA STAUB** 8/28/25 2:07PM

Derive a list of affordances.

- What opportunities should the swimmer get to be able to improve?
- List these affordances one by one in the next column, "Opportunities to...". -->

Definition: *Affordances are opportunities for action provided by the environment or task, perceived by learners in relation to their abilities.*

♡ 0 🗨 0

⇒ **ILKA STAUB** 8/28/25 2:08PM

Collect ideas for constraints.

- What kind of constraints like drills, tasks, sets, pool set-ups or other materials can be used to meet the affordances and improve the swimming technique?
- Collect all ideas for the constraints as comments to the posted affordances. -->

Definition: *Constraints are boundaries or limitations that shape how a performer moves or acts.*

♡ 0 🗨 0

List of Affordances & possible Constrains

⇒ **DETERMINED BEAR** 8/31/25 8:00AM

Streamline

Gli så lenge som mulig med armene i pil etter fraspark. Strekk deg ut, ikke noe svai i rygg. Hodet peker nedover. Se i bunnen av bassenget.

♡ 0 🗨 3

freestyle 8/31/25 8:02AM

kick in a streamline position looking at the bottom of the pool

Agile Seahorse 8/31/25 8:21AM

Use Swim Bridge Bouys

freestyle 8/31/25 8:24AM

Use something under the chin to keep it closer to the chest. You loose it if you change the headposition

⇒ **UNIQUE CROCODILE** 8/31/25 8:01AM

Rotasjon

Supermann med bytte

♡ 0 🗨 0

↻ **NERVOUS BUTTERFLY** 8/31/25 8:02AM

Breaststroke Body Line drill

1 Stroke - 2 kicks (breaststroke)

♡ 0 🗨 1

Nervous Butterfly 8/31/25 8:22AM

For breathing pattern, make sure to exhale clearly at the end (of the second kick)

↻ **LESTERSQUARE** 8/31/25 8:02AM

Vi ønsker å styrke muligheten til å komme lengst mulig på hvert beinspark.

-Hvor få beinspark kan du klare deg med på 25m bryst bein?

-Kan du svømme bryst bein med pull buoy mellom beina?

-

♡ 0 🗨 0

↻ **CAREFUL RAVEN** 8/31/25 8:02AM

Bølgebevegelse

Bølgebevegelse med armer i pil

♡ 0 🗨 1

Anonymous 8/31/25 8:26AM

roll through your entire body. Break the surface

↻ **NERVOUS BUTTERFLY** 8/31/25 8:03AM

Breaststroke Drill

Count the strokes, try to reduce every 25m.

Goal: As few strokes Possible at the end.

♡ 0 🗨 1

Rick Sol 8/31/25 8:24AM

Count to three between each stroke

↻ **UNIQUE CROCODILE** 8/31/25 8:04AM

Crawl arm

Strekke lengre frem, fullføre taket.

«Nesten» overlapp

♡ 0 🗨 0

↻ **FANCY BEE** 8/31/25 8:05AM

Glidephase breaststroke

We want to establish a glidephase in this swimmers "repertoire" (breaststroke), because it will create a more efficient stroke. Something he will need on the 100 and 200 m distances.

♡ 0 🗨 1

Fancy Bee 8/31/25 8:20AM

Separation drill: count to 2 between each stroke/syclus

↻ **BORD KRÅL** 8/31/25 8:05AM

Balance

- Balance on board (s) on belly and/or standing, same applies (more challenging) with water polo ball

↩ **DAPPER ANCHOVY** 8/31/25 8:06AM

Hodeposisjon

Lage dobbelthake når man svømmer

♡ 0 🗨 1

Dapper Anchovy 8/31/25 8:25AM
Bruke tennisball

↩ **NERVOUS BUTTERFLY** 8/31/25 8:15AM

Breaststroke Drill

Breaststroke stroke with freestyle kick (with fins).
Focus on stretching between the strokes

♡ 0 🗨 1

Nervous Butterfly 8/31/25 8:25AM
Try to do the strokes in different speeds.
Example 3 different speeds.

↩ **BORD KRÅL** 8/31/25 8:16AM

Body position & balance

- Work with body balance in water in order to use arms and legs more efficiently to create propulsion with less resistance

♡ 0 🗨 0

↩ **NIKOLAI SØREBØ** 8/31/25 8:19AM

Back stroke A

1. Må jobbe med å rotere bekkenet noe slik at nedre del av ribbene og hoften kommer litt nærmere hverandre. Dette vil gi han en bedre kobling mellom armtak og kropp.
2. Strekke ut knærne mer i beinsparkene. Mulig dette løses når pkt 1 er fikset.
3. Litt mer rotasjon for å få mindre luft i armtaket.

♡ 0 🗨 2

Determined Hare 8/31/25 8:25AM
1: vise og la de prøve på land, overfør det til vann og la de prøve der.

Nikolai Sørebø 8/31/25 8:27AM
Pkt 1: Hofteposisjon
- landbaserte øvelser for å få han til å bevisstgjør hvordan utøvere skal rotere bekkenet uten å stramme i setemuskulaturen.
- Linjebaserte drills med armene langs siden med fokus på riktig hode og hofteposisjon. Bygge på videre med rotasjon og armtak.
- Svolf serier for å sjekke måloppnåelse.
Pkt 2: Beinsparket
- Kontrastdrills i vertikal posisjon. Sjekke effektivitet på bøyde knær vs strake knær. Bevisstgjøring for utøver.

↩ **DETERMINED HARE** 8/31/25 8:20AM

1. Bad body position:
 1. Move head back
 2. Push their shoulder blades together
 3. Engage your core

♡ 0 🗨 0

↩ **AGILE SEAHORSE** 8/31/25 8:23AM

Backstroke kick

The opportunity to take smaller backstroke kicks.

♡ 0 🗨 0

↩ **AGILE SEAHORSE** 8/31/25 8:24AM

Backstroke frequency

The opportunity to increase backstroke frequency.

♡ 0 🗨 0

↩ **BORD KRÅL** 8/31/25 8:25AM

Catch

- Rounder catch, fingertips forward & downward

♡ 0 🗨 0

