

Ben Proud Start Analysis



1

Coaching Observations:

- Front leg quite straight (flexible Hamstring / Glute)
- Back leg 90 degree & foot high on wedge
- Wide grip & look directly down



2

Coaching Observations:

- Strong pull through grip shifting hips forward
- Front shin lowers at speed & back shin is horizontal
- Looks forward



3

Coaching Observations:

- Back leg drives straight as front shin finds horizontal position
- From the grip, the hands rip up to the hips
- Shoulders lower than hips & still looking forward



4

Coaching Observations:

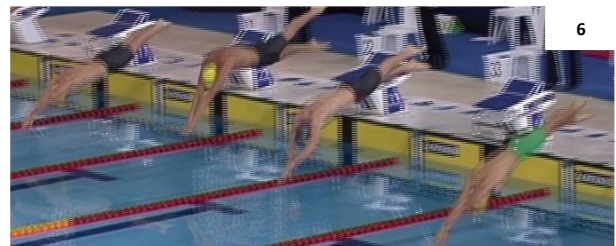
- Front leg drives straight and back leg travels up to hip line
- Elbows drive up & back
- Starts to look directly down



5

Coaching Observations:

- Amazing drive & height from front leg extension
- Back leg rises just above hip / spine line
- Hands & forearms begin to travel forward at speed



6

Coaching Observations:

- Front leg moves up to meet higher back leg
- Arms set diagonally forward with head in line
- Hips higher than shoulders



7

Coaching Observations:

- Full streamline set before hands touch the water
- Very slight pike at hips
- Arms appear to streamline over back of head



8

Coaching Observations:

- Hips pike a little more as forearms slip into water
- Head appears to be well under streamlined arms



9

Coaching Observations:

- Entry position appears to be further forward than competitors
- Upper & lower body held tight through hips



10

Coaching Observations:

- Upper body seems to be finding horizontal line under water before legs have submerged

David Hemmings
Coach
Loughborough NC