



Swimming - Techniques in Action DVD



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Alan Lynn

Swimming - Techniques in Action DVD Alan Lynn

Presented by Scottish and GB National Team Coach, Alan Lynn, this DVD looks at the four strokes in turn, introducing the main features of each before explaining the key points of technique important to improving your swimming. Alan explains stroke drills to practise, gives tips to improve performance and highlights good behaviour for training and competition. He also illustrates the crucial racing skills and turns for each stroke and for the individual medley.

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Review

Like the doctor who not only writes a prescription but tells you what your medicine is intended to achieve, Lynn explains his thinking behind his drills as well as how to execute them. This 80-minute DVD leaves nothing to chance and is as useful for the beginner or novice swimmer, coach or parent as it is for the more experienced - perhaps more so. --Swimming Times Magazine - Roger Guttridge About the Author

Alan Lynn is a highly experienced coach and coach educator. He has coached Olympic swimmers and has been on international teams for over twenty years. He is course director for the MSc in Sports Coaching at the Univeristy of Stirling.

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