Stroke Analysis

Pupil name:	Stroke:	Date:

General impression
Efficiency:
Body position
Head:
Shoulders:
Hips:
Legs:
Leg action
Propulsion:

Arm action
Head:
Shoulders:
Hips:
Legs:
Breathing
Type:
Position:
Timing
Arms/legs:
Breathing/arms:

Strengths: what is the pupil doing well?

Strength	Reason (what's good about it?)

Weaknesses: how could the pupil improve?

Weakness	Cause	Corrective drill