

SCULLING

FEEL FOR THE FATER
CATCHING THE WATER
TREADING THE WATER

SU HİSSETME ÇALIŞMALARI
SUYLA OYNAMA ÇALIŞMALARI
SUYU YAKALAMA ÇALIŞMALARI
SUYU İTME ÇALIŞMALARI

Sculling

- Sculling involves propeller-like motions in the lateral and vertical directions with no backward component and is a versatile swimming technique (Maglischo, 2003).

«How [the swimmers are] using their limbs to move water back?

This question goes back to the heart of how swimmers exert propulsive force. Do they displace water backward by sculling the edges of the hands laterally and vertically through the water like propeller blades, or do they push them diagonally backward through the water like paddles?

The answer to that question depends on your definition of the terms **sculling** and **paddling**.

Pure **sculling** involves propeller-like stroking motions that are made in lateral and vertical directions with no backward component, whereas pure **paddling** involves straight backward pushes with no lateral and vertical component.

Obviously, the diagonal sweeps used during the propulsive phases of the stroke contain elements of motion that could be described as either sculling or paddling. Consequently, if you define sculling as any pattern of limb motion that is not directly backward, you would characterize swimmers' strokes as sculling. If you define backward movements of swimmers' arms as paddling, however, even though they contain some lateral and vertical components, you would say that swimmers are paddling.

The term swimming coaches choose should be one that will convey the essence of the propulsive effort. ***I believe that characterizing stroking movements as paddling motions does that better than describing them as sculling motions.***»



TRIMANUAL







A person wearing a black wetsuit is performing a sculling drill in a swimming pool. They are viewed from above, floating on their back with their arms extended horizontally to the sides. Their hands are moving in a circular motion, creating ripples in the water. The pool has blue lane lines and a tiled edge. The text "Basic Sculling" is overlaid in white.

Basic Sculling



Go Swim

**Sculling -
Vertical Sculling**



SWIMGYM