

COACHES TOP TIPS

BACKSTROKE

EUAN DALE – HEAD COACH, MILLFIELD SCHOOL

- 1. Develop a strong kick
 - UW spinal movement and core strength, flutter ankle flexibility and movement
 - E.g. Ryan Lochte (Picture 1)
- 2. Effective rotational control around a horizontal axis
 - E.g. Ryan Lochte (Picture 2)
- 3. Catch understanding
 - 90-120 degree, efficiency vs speed
 - E.g. Ryan Lochte (Picture 2)



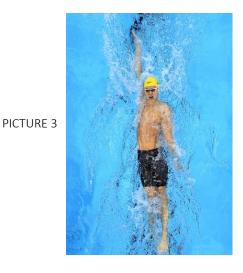
PICTURE 1



PICTURE 2

ANDY WALLACE - SUPPORT COACH, LOUGHBOROUGH NATIONAL CENTRE

- 1. Hand entry slightly outside of shoulder width on both sides (11 o'clock and 1 o'clock)
 - E.g. Mitch Larkin (Picture 3)
- 2. Strong kick maintained and the upbeat of the kick links with the completion of catch and initiation of the press/propulsive phase.
 - E.g. Katinka Hosszu (Picture 4)
- 3. Release of stroke linked with hand entry on opposite side
 - E.g. Ryan Murphy (Picture 5)





PICTURE 4



PICTURE 5



PICTURE 6



RYAN LIVINGSTONE – HEAD COACH, NEWCASTLE SWIM TEAM

- 1. Develop a 'World Class' leg kick that provides propulsion and stabilisation.
- 2. Develop world class dolphin kick and train this as the 5th stroke.
- 3. Initiate the catch soon after the hand entry and aim to produce a propulsive action as early as possible.
 - E.g. Ryan Murphy (Picture 6)

GRAEME ANTWHISTLE - SWIM WALES

- 1. A still head position not too far back that ribs flare, remain connected through core
 - E.g. Matt Grevers (Picture 7)
- 2. Early catch pressing with fingers
 - E.g. Matt Grevers (Picture 7) and Ryan Lochte (Picture 8)
- 3. Connectivity of hips to shoulders to help assist propulsion



PICTURE 7



PICTURE 8

DAVID HEMMINGS - NATIONAL COACH, LOUGHBOROUGH NATIONAL CENTRE

- 1. Swimmers must be taught to accelerate from 'catch' to 'press' without the hand breaking the surface. This requires a strong core & kick in order to remain rotated and avoid pulling the surface / slipping.
- 2. The swimmer should be taught to kick both up and down and in both supine & rotated positions.
 - E.g. Ryan Lochte (Pictures 9)
- 3. Achieving a strong pull relies on holding strong line through both shoulders and the pulling elbow. The elbow should never go behind this line!
 - E.g. Ryan Lochte (Picture 10)







PICTURE 10