

Backstroke



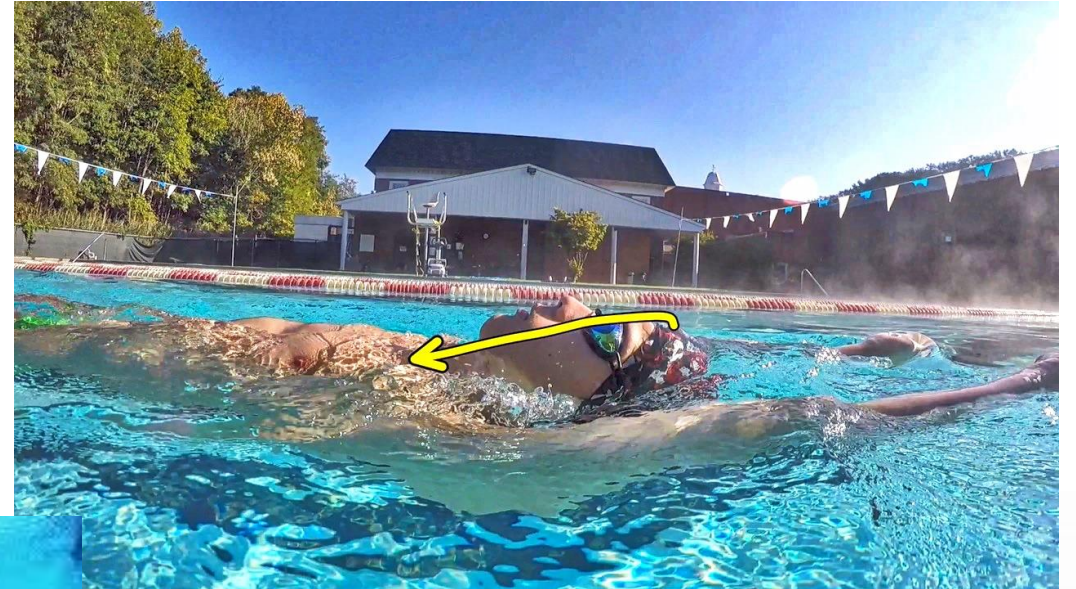
W&DSC Aims of BK for Age Group squads

- Smooth strokes – make look it easy!
- Pushing off on back in streamline and working on body past 5 m U/W every turn
- Min of 4 U/W fly kicks each push off
- Consistent kick on kick, drill and full sets
- Still head – no looking around!
- Working on press and catch on hand entry
- Working on bent arm pull and rotation timing
- Racing all distances 50m, 100m, 200m throughout the year regularly
- Bk in IM race
- Awareness of stroke rates
- Strong skills – no gliding into turns or finishes / smooth breakouts



Body Position

- Body flat on surface to be more streamline
- Head position – up & back
- Stability of body
- Lateral rotation by Hip and shoulder rotation:
 - shoulder rotation prevents injury from over extension
 - creates more speed
 - Hips high



Kick

- Develop strong kick for propulsion and stability
- Ankle flexibility
- Depth of kick
- Speed – short and fast
- Constant for balance
- 6 beat kick to maintain high hip position
- Continuous Kick with rotation of body 2-2-2
- Hip flexors, glutes, hamstrings, lower back

What is the focus of the kick set?????



What drills do you
use in training for
kick?
If you can remember
😊

COMPETITIVE SWIMMING



WHAT MY MOM THINKS I DO



WHAT I THINK I DO



WHAT MY FRIENDS THINK I DO



WHAT I REALLY DO

Body position/kick Drills

- Arms by side rotation kick – 6 kicks and change side
- Streamline kick – strength of kick
- Lateral position kick
 - into 6 kicks switch side
 - into 6 kicks/3 strokes/6 kicks
- Cup or toy on fore head
- Vertical kick
- Pull buoy under head

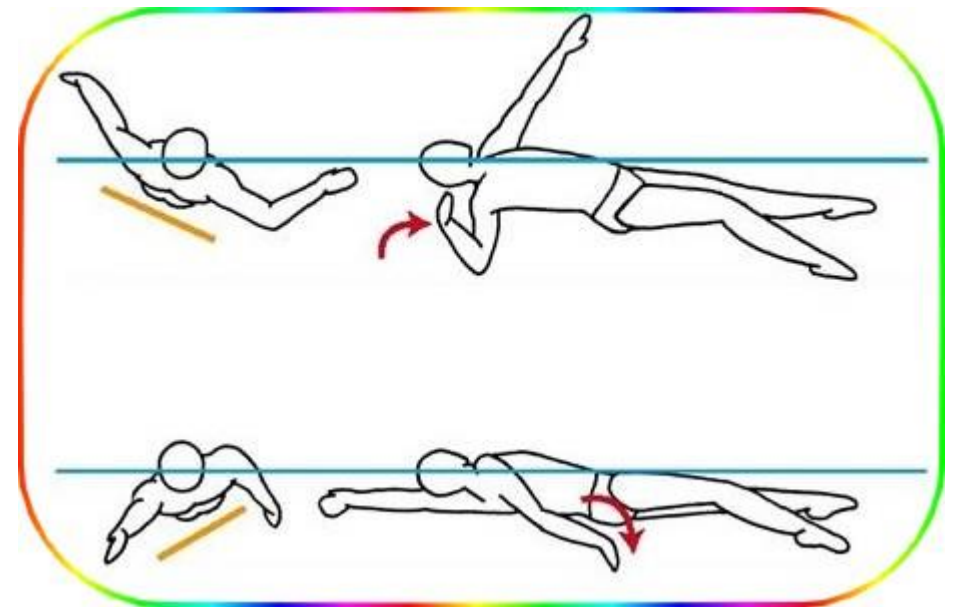
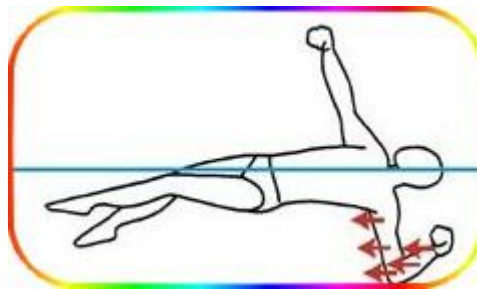
Equipment - Fins

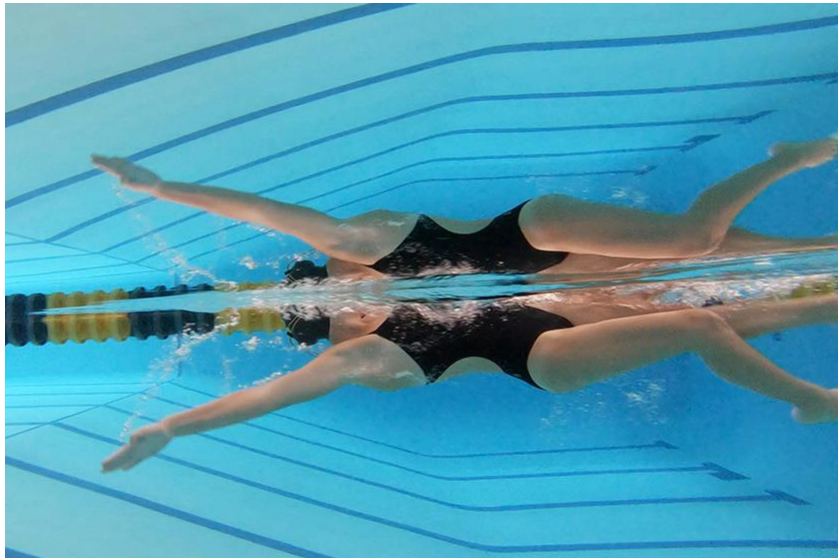
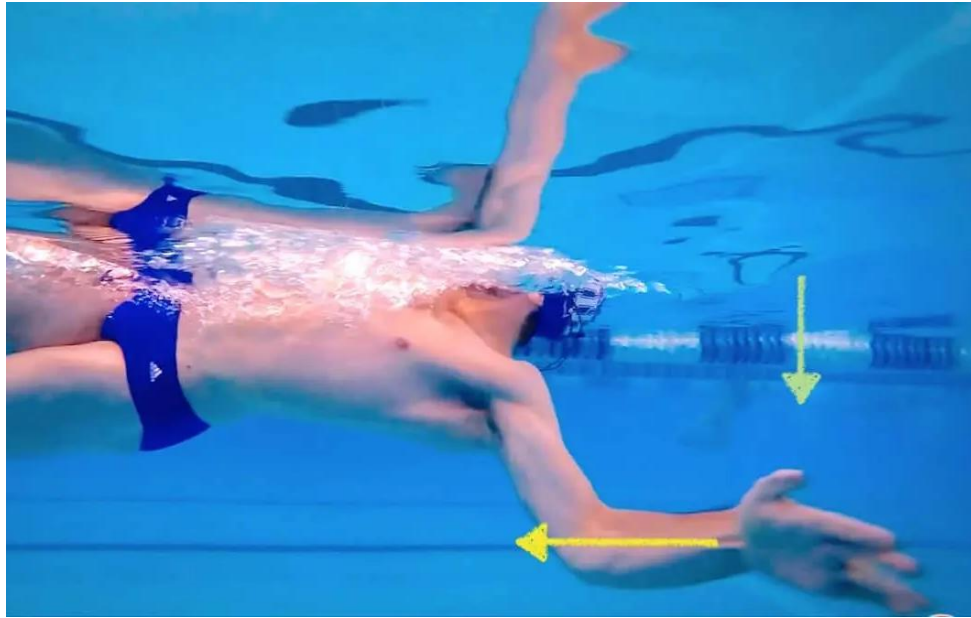


Arm action



- Catch
- Press
- accelerate
- Flick





Backstroke Catch

Avoid this!

- Fingers point to the side
- Hand is just below the surface
- Hand is to the side of the body
- Bend elbow betw 90-120°
- Hand is higher than elbow

USA Swimming
National Training Center
High Performance

Arms

- Entry – 11 and 1o'clock position for good and instant catch
- Thumb exit, little finger entry – wrist in line
- Lift with shoulder on exit
- Body rotation gives the depth of catch and pull
- Press with fingers on catch, then into forearm
- Fingers point to the wall
- Elbow points down to floor
- Accelerate from catch to press
- Recovery arm with rotation of hip



What drills do you
use in training for
arms?
If you can remember
😊

COMPETITIVE SWIMMING



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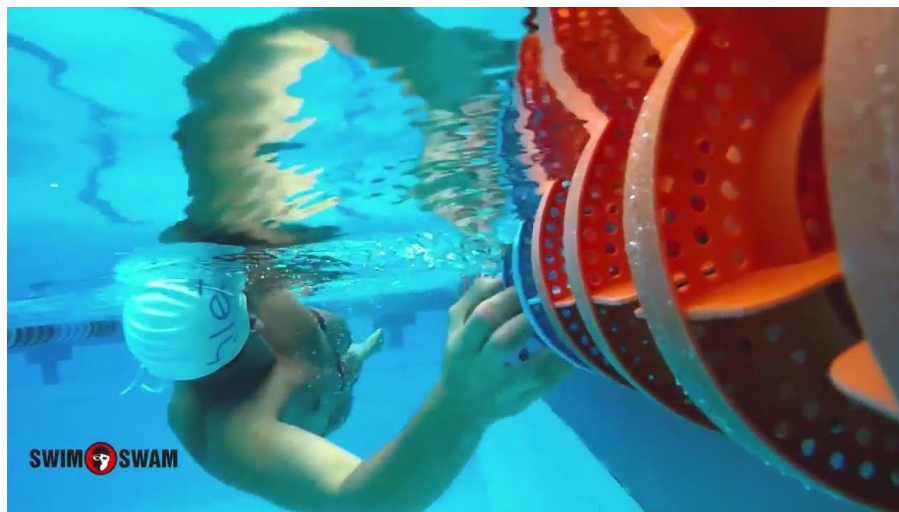
Arm Drills



Arm Drills

- Single arm – spare arms at hips
- Catch up – hips and vertical
- Sculling – catch and bottom end
- Tap Tap and combinations
- Double arm
- Pulling on lane rope
- Pause drill
- Solider drill

Equipment – finger paddles



Top scull of
catch



Breathing & Timing

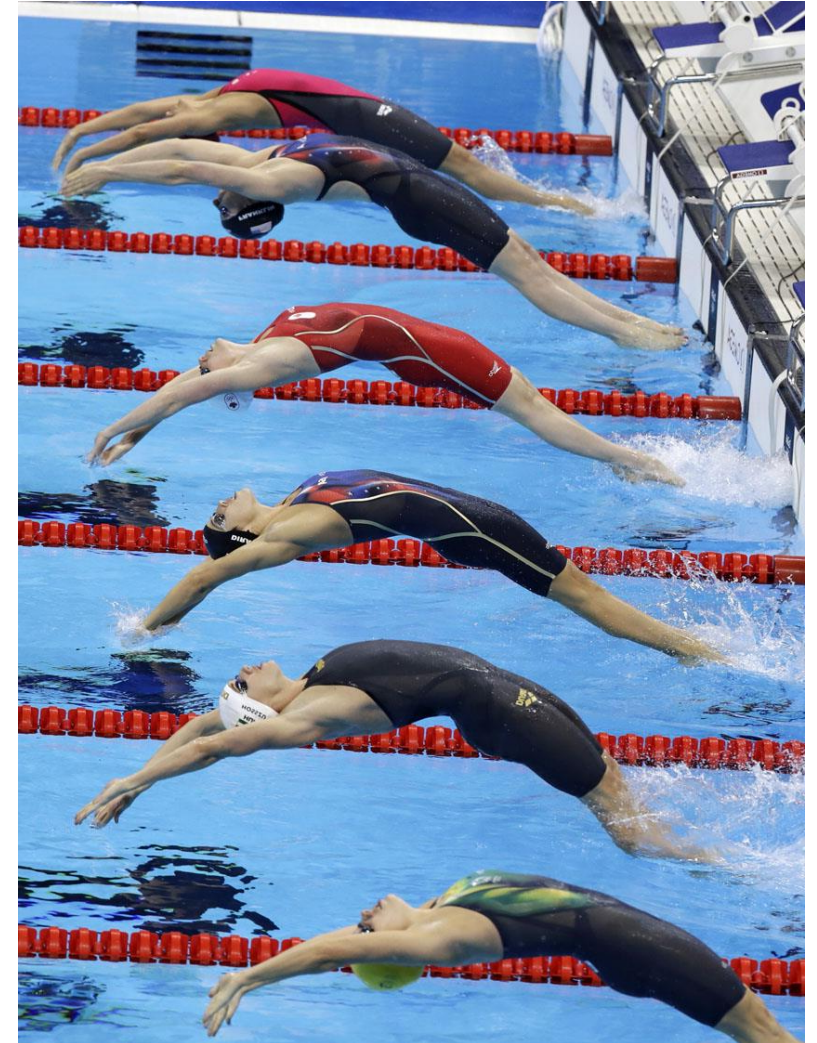
trying to breath while
swimming backstroke like:



- Encourage breathing pattern in time with stroke – not holding breath!
- Relaxed breathing
- Timing of recovery arm – lead with shoulder so cleaner and less resistance & more body rotation
- Stroke rate speed led from shoulders not hip rotation = more power

Skills

- Underwater on start and Turns
- Turns – mid pool, just rolls, jump and roll, 3 strokes + turn
- Starts – back bridges, seat jumps
- Finishes – mid pool, floats if needed on wall
- Breakouts
- Need to count strokes from flags!!

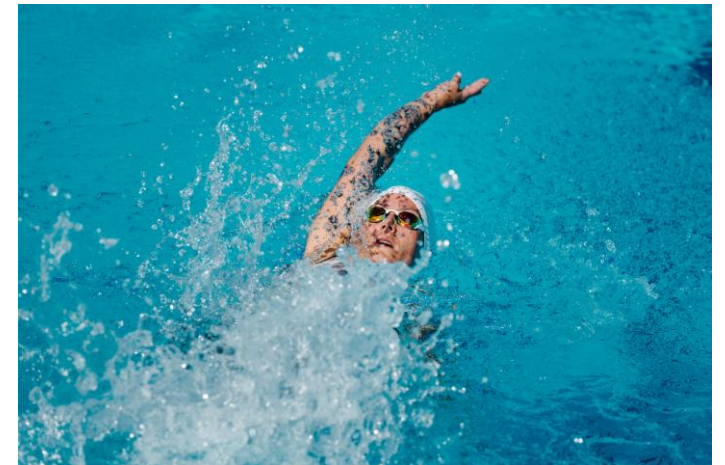


What things can go a
little wrong????



Issues that often happen!!

- Common issues on hand entry:
 - Over reach entry
 - Back on hand entry
 - Over rotation – timing issues with entry
- Kicking from knees give stroke a 'bounce'
- Straight arm pull under water
- No rotation or too much rotation!
- Head moving
- Inconsistent kick
- Holding breath
- Slowing into turns/finishes – looking around!!



No cheating!!! 😊

