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Backstroke

Teaching, Progression, Drills

Backstroke



Body Position



- Clean Entry
- Head Position
- Core
- Hips & Shoulder
- Kicks

- **Clean Entry**

- Relaxed recovery, body hips and shoulder rotating. Shoulder exits first before the hand. Underwater pull at a 90 degree angle. Fingers pointed at side of the pool underwater.

- **Head Position**

- Head back and parallel to the water. Chin and head high.

- **Core**

- Strong abs.

- **Hips and Shoulders**

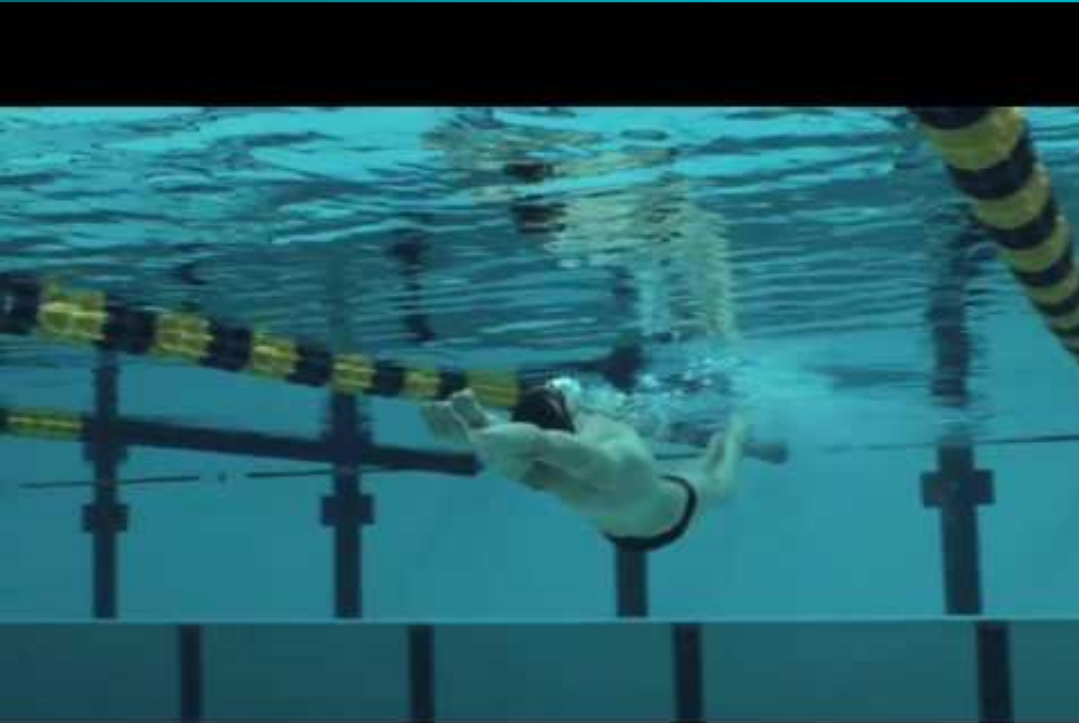
- Rotate shoulders and hips at the same time. Hips roll. You should be able to see swimsuit.

- **Kicks**

- Small, narrow kicks. When kicking, knees, ankles, and feet must be flexed. Kick crosses over as the body rolls.

- Intensity of the kick will determine the ability for high stroke rate. Six beat kick within the silhouette of the body. Tempo kick to fast backstroke.

Underwater Kick

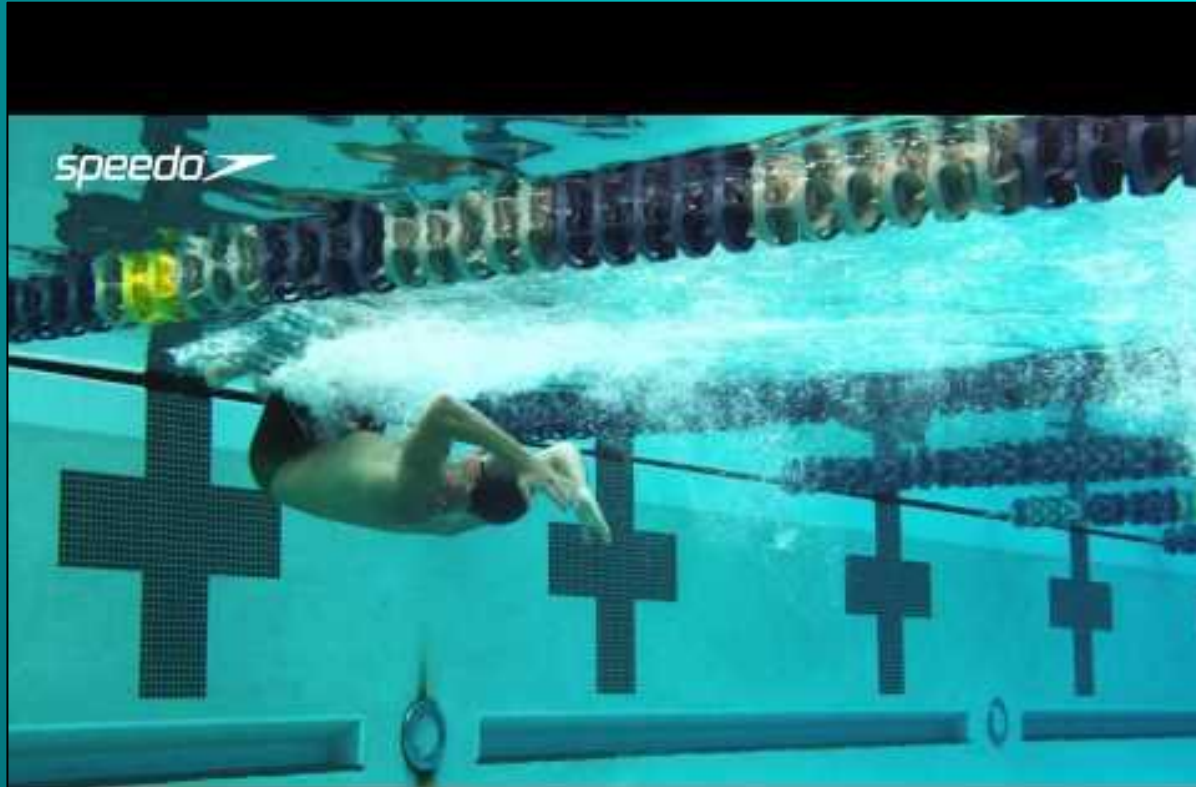


- Downbeat and Upbeat are important, emphasis both during training.
- It is best to emphasis backstroke kicking in all 4 planes:
Front, back, left side, and right side.
- When streamlining on underwater kicking, the hand stabilises.
- The kick is initiated from core and rib cage.

Arm First Entry



Backstroke Turn Technique





Ryan Murphy
World-Record Holder



Maya DiRado

**Women's 200m
Backstroke Final**

Finish

- Accelerate the last 15 meters.
- Focus on narrows as the wall approaches. Hold breath at least the last 5 meters.
- Time how many strokes to go from flags in.
- Shortest distance between two points.
- Break rhythm for the touch.
- Must be done on every repeat correctly so it can't be done wrong.
- 99% of Relay "Jump" caused by poor finish.

Back Finish Coaching Hints

- Age groupers tend to lift head and feet sink
- Use a mat at the end of the pool
- Shortest distance between two points
- Count strokes/use angle
- No dip on finish

Ten and Ten Kicks



Single Arm Backstroke
Also Kicking Drill



Hesitation Drill Also Kicking Drill



Advanced Hesitation Drill





Advanced Single Arm Drill

Vertical Touch Single Arm Drill



Vertical Single Arm Drill With Fins



Alternating Single Arm Catch Drill



Double Cycle Side Drill





Kickboard Backstroke



Full Stroke



Vertical Hesitation

The “Y”



Single Arm Variation

