

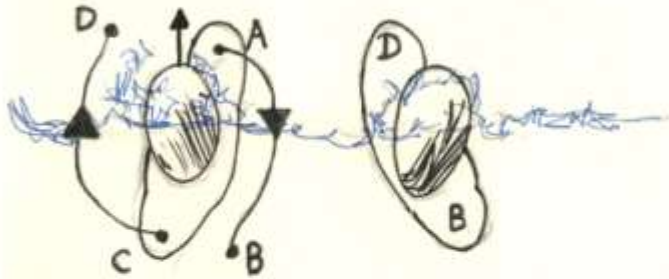
# EDUCATION SECTION

## BACKSTROKE DEVELOPMENT

### STREAMLINED & HANDS AT SIDE KICKING



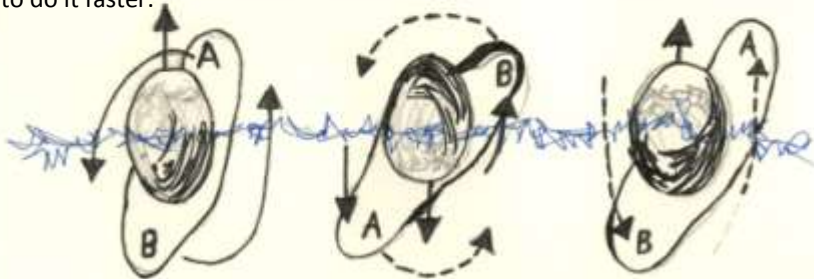
Notice that key body links 1) lower legs & ankles, 2) mid-body (legs, hips, stomach), 3) shoulders & neck, 4) arms & wrists are all in a straight streamlined position



### POWERED STEERING KICKING – 180 degrees

Perform small, fast and sharp kicks whilst you steer your body around lifting 1 shoulder out of the water followed by the next.

The motion should never pause and as a swimmer gets better at the rotation they need to do it faster.



### POWERED STEERING KICKING – 360 degrees

Perform small, fast and sharp kicks whilst you steer your body around lifting 1 shoulder out of the water. The swimmer then steers their body around onto their front and then continues to bring that shoulder underneath themselves and back out to its original position.

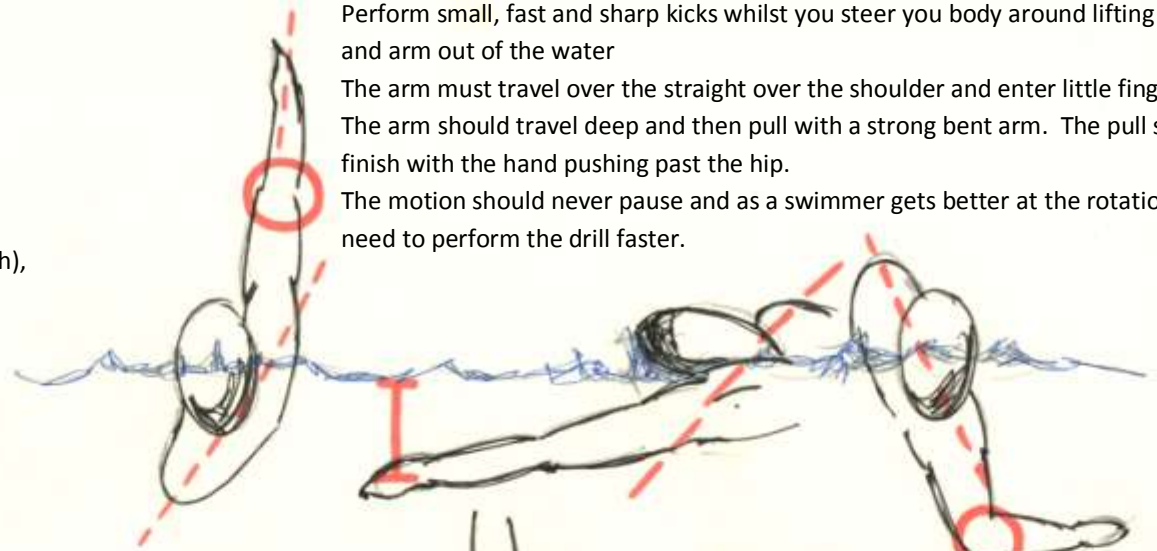
The motion should never pause and as a swimmer gets better at the rotation they need to do it faster.

### SINGLE ARM DRILL

Perform small, fast and sharp kicks whilst you steer your body around lifting 1 shoulder and arm out of the water

The arm must travel straight over the shoulder and enter little finger first. The arm should travel deep and then pull with a strong bent arm. The pull should finish with the hand pushing past the hip.

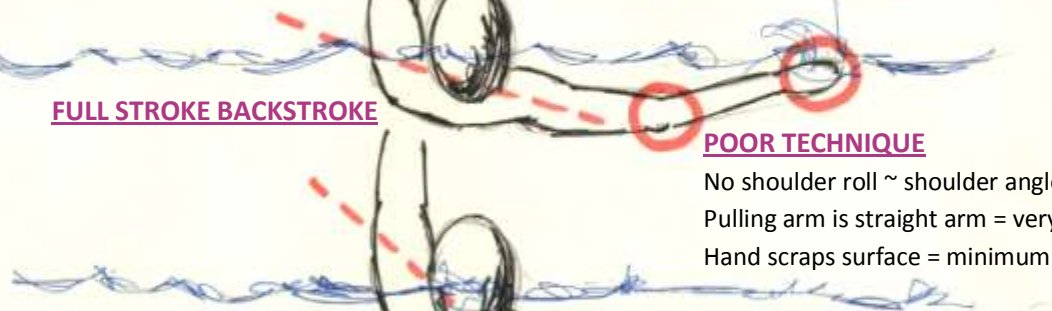
The motion should never pause and as a swimmer gets better at the rotation they need to perform the drill faster.



### FULL STROKE BACKSTROKE

#### POOR TECHNIQUE

No shoulder roll ~ shoulder angle small  
Pulling arm is straight arm = very weak  
Hand scraps surface = minimum fix on water



#### GOOD TECHNIQUE

Good shoulder roll ~ shoulder angle medium  
Pulling arm is bent arm = stronger  
Hand is under surface = good fix on water



#### SUPERB TECHNIQUE

Superb shoulder roll ~ shoulder angle large  
Pulling arm is bent and deep = very strong  
Hand very deep = best fix on water

