

KILLARNEY SWIMMING



BACKSTROKE

PRESENTED BY BRAD MORI



5 TECHNICAL FINGERS



1. Start
2. Streamline & Transition
3. Stroke
4. Turn
5. Finish

Get fast, faster, by always thinking about what you are doing!

BACKSTROKE



START

- Body Position in the water at the Ready Moment
 - Head Neutral. No need to pull the head to the hands.
 - Approximately 90 degree on toe ankle knee.
 - Approximately 90 degree ankle knee hips.
 - Place toes above water; some use staggered, but I recommend feet square.
- On the Go!
 - Push down on the arms for a quick pull on the blocks; shoot the arms into streamline
 - Get your Hips and Butt up and out of the water
 - Make sure feet clear the water.
 - Push the Line.
 - Rip the Entry.

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STREAMLINE

- Streamline Checklist
 - Squeeze the head tight with your arms
 - Hands are overlapping, locked with the thumb grip, fingers pointed
 - Head neutral
 - Ankle together, Knees tight, toes pointed
 - Squeeze your butt tight
 - Streamline depth 1m below surface or deeper.
 - Do this check list every time you push off the wall and starting block

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TRANSITION

- Push the wall maximally every time
- Glide in the streamline moment for 1m to 1.5m then open your first fly kick. (opening up sooner will slow you down more quickly).
- Great fly kickers push deep and get out to 15m
- Weaker kickers get up swimming sooner.
- Have a quick transition from fly to freestyle kicking. (don't stop kicking to start swimming!)
- Main point, break out at the speed in which your are going to swim. You don't want to have to speed up again after you break out.
- 10 to 15 degree angle of attack for the breakout again the race is forward.
- Keep the Head Neutral; common mistake is to drop the chin into your chest.

BACKSTROKE



STROKE TECHNIQUE

- Kicking
 - 6 Beats per arm cycle; All distances
 - Steady and rhythmic ; legs are relatively straight
 - Your Feet are your base of support, try not to kick wide; small and tight kicking towards the surface. Create the boiling of water.
- Pulling
 - The Pull should begin from a full extension on the shoulder line.
 - The Pinky finger will cut the water as it drives down deep. Once the pinky is below the elbow line, the catch can be created.
 - Catch before the shoulder, by having the finger tips pointed towards the side wall. Pressure on the forearm should be light during the catch phase. The Thumb will be higher than the elbow.
 - Hold the water with your hand and forearm as the body moves by this point in time. Feel like your hand and forearm are building pressure towards the end of the stroke.
 - Finish with hand past the hips on full extension.
 - Hand exits with thumb and recovers directly over the shoulder line.

BACKSTROKE



STROKE TECHNIQUE

- Breathing & Controlled Breathing Patterns
 - Keep the Head in a neutral position
 - All swimmers should establish a breathing pattern. Either bilateral or during the recovery once per cycle.
- Stroke Timing
 - Arms should have the windmill effect. Opposite, without any catch up.
 - Body Roll from side to side is and flexibility to generate the catch are important

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TURN

- Approach the wall with speed; on the last arm cycle use the log roll stroke to turn over onto your stomach. Try not to sit up during this roll over. The last stroke should be a freestyle pull pattern.
- Head should be neutral; a common mistake is to lift the eyes to look directly at the wall. Keep the eyes looking down.
- On the last stroke submerge the back of the head under the water tuck the chin into your chest. Let Physics help to rotate you.
- Time the flip on a full stroke.
- Rotate in a cannon ball position. Tighter is faster. Use your arms to enhance the rotation speed.
- Place feet on the wall slightly angled up towards the corners.
- Push the wall hard and streamline; get under the wave!

BACKSTROKE



FINISH

- Be mentally tough; you should be struggling to hold it together as you have pushed yourself to the max. Desire the win, the best time!
- Touch on a full extension
- Keep your head neutral until the touch is made.