

## **One-Arm Drill**

In order to feel comfortable with your stroke, Pease recommends concentrating on each arm individually for starters.

Pease goes through drills one arm at a time to keep the focus singular. For example, he often has swimmers do 25 strokes with the left arm, then 25 with the right arm. The arm not in use stays close to the body, hand down by the hip.

Not only does this allow you to focus on one part of the stroke, but it also allows you to focus on rolling correctly.

## **Alternating Arms**

Once you are comfortable doing one arm at a time, start alternating. Pease recommends doing a drill that goes three strokes with the right arm followed by three strokes with the left, and so on.

Again, make sure you're focused on the motion of your arm, and the rolling of your shoulders.

Alternating like this will get you one step closer to bringing it all together.

## **Double-Arm Drill**

The next progression is to move both arms simultaneously. While this gets a little more challenging, the benefits are numerous.

The double-arm drill prevents you from overreaching. If you do so during this drill, your arms will overlap.

Also, since your arms are doing the same thing at the same time, a good flutter kick is crucial to keep you afloat.

## **Sculling**

Sculling is considered helpful for all strokes, not just backstroke.

A typical sculling drill for the backstroke is to lay on your back and have your hands down under your hips. Move your hands in a quick figure-eight pattern underwater to keep you afloat. A flutter kick can supplement your buoyancy.

Don't focus on speed here. You're not going to go fast while sculling. That's not the point.

"We'll integrate some sculling so they work on feeling the water," Pease said. "Maybe 3-4 sculls, then into a pull."

### **Bringing it All Together**

Pease's coaching philosophy is to follow up drills like these with full-out swimming. So when you're done going these drills, work on bringing it all together and doing the full backstroke.