

## Seven Steps to the Perfect Backstroke

1. **Skinny kick** on the surface
  - a. Using the entire leg with toes pointed
  - b. Kick inside a bucket (have them lie down on blocks and use noodle formed in a circle)
  - c. Toes just break the surface
  - d. Kick down and kick up
2. **Straight as an arrow**
  - a. Head is back so bellybutton is up
  - b. Do not bend at your waist,
  - c. Have them lie down and do a V-seat (feet and shoulders off the ground)
    - i. That takes a lot of strength to do, now lie flat and see how easy it is
  - d. Need to be straight as an arrow – use your core muscles to stay that way
  - e. Kick a lap with hands above head
3. **Still head**
  - a. What are your feet doing? Kicking, so you don't have to look at them
  - b. Look straight up at ceiling, follow a line in the ceiling to know where you are
  - c. Rest goggle on their forehead and have them kick a lap
4. **Sneaky shoulders** over the water (can skip this part for the 5-6 year olds)
  - a. Body rotates around your head
  - b. With the still head – rotate your body so your shoulder comes out of the water
    - i. You go faster in the air than in the water, so you want to get your shoulder out
    - ii. Entire body rotates feet, hips, shoulders, just not the head
  - c. Swim lap with skinny kick, still head, sneak the shoulder, hands at their side
  - d. NO ARMS YET
5. **Straight elbows** on the recovery
  - a. When your arm is out of the water it is straight
  - b. Thumb leaves the water first and then the pinky is the first to enter
  - c. Hand enters the water right above your shoulder, not behind your head or way out to the side
  - d. Slow lap with kick and perfectly straight arms. Slow arms (thumb then pinky)
6. **Spin the arms** through the air
  - a. Do backward windmills on the land, really fast but with elbow straight
  - b. Arms can go super fast out of the water
7. **Shallow pull**
  - a. When water gets in the way you can't windmill – you have no power (demonstrate no power with arms behind you – you are powerful with your arms to the side)
  - b. Elbow and hand catching a lot of water and pushing it down to your feet
  - c. Snap your hands all the way down to right next to your thigh (thumb is up and ready to leave the water)