

Super Saturday: Backstroke

Overview:

- Video: <https://www.youtube.com/watch?v=7sDWqI5BgQU> (5:00)
- Slides

Breakdown of important Backstroke elements:

- ✓ **Body Position:**
 - Head neutral position, like on a thin pillow, relaxed (not pressed back)
 - Pull stomach in
- ✓ **Kick:**
 - Relaxed ankles, toes pointed, flicking up; kick from the hip (limit knees)
 - (Imagine) a band; dryland drill: <https://www.youtube.com/watch?v=Fs1Fyp69rFA> (3:00)
 - Drill – sit up and watch kick <https://swimswam.com/swim-leila-backstroke-kicking-video/>(3:00)
 - Endurance and rotation – hands out while kicking (1 minute into video) and hold wall and rotate from core down: https://www.youtube.com/watch?v=NX_UV_getYw (3:00)
- ✓ **Rotation:**
 - Hips and shoulders together; for best catch and to maximize pull strength; prevent injury
 - Not a huge rotation (shoulders turn 20-30 degrees)
 - https://www.youtube.com/watch?v=KI_suSO8sEA (2:00)
 - From the core; stronger pull <https://www.youtube.com/watch?v=qN2DRWdSbT0> (1:00)
 - Drill – rotation kicking
 - Head still – cup drill (1:00)
<https://www.bing.com/videos/search?q=backstroke+cup+drill&view=detail&mid=7F555FDD4BAAC15700367F555FDD4BAAC1570036&FORM=VIRE>
- ✓ **Stroke:**
 - hand entry shoulder width, pinky first
 - shallow pull, bent elbow (about 120 Degree angle between forearm and upper arm)
 - palm (and forearm) always pushing toward feet, fingertips point to side wall
 - thumb exits first
 - Rotation plus arm position
 - 1-arm drill <https://www.youtube.com/watch?v=JpSx4bqpnNA> (3:00)
 - Advanced 1-arm (crossed legs) <https://swimswam.com/the-simplest-and-most-advanced-backstroke-drill-ever/> (1:00)
 - Catch: thumb a few inches below surface; fingers point to side wall
 - Drill – rowboat (kickboard) <https://swimswam.com/video-swim-backstroke-like-boss/> (3:00)
 - Pull pattern
 - Drill - Lane rope pull
<https://www.bing.com/videos/search?q=Backstroke+Pull+Finger+to+Side&&view=detail&mid=3687F6BD553E2C0D02853687F6BD553E2C0D0285&&FORM=VRDGAR> (4:00)
- ✓ **Tempo**
 - Spin drill
 - Spin drill <https://swimswam.com/video-fixing-backstroke/> (4:00)

Just for fun, courtesy of a great backstroker, Missy Franklin:

<https://www.bing.com/videos/search?q=missy+franklin+call+me+maybe+video&view=detail&mid=D84E4AD7C12B2215E779D84E4AD7C12B2215E779&FORM=VIRE> (3:00)