

## Backstroke Progression

### Kick

**Streamline kick on back** – point toes, kick from hip, kick steady, no knees breaking the surface

Press lungs into water to get hips higher

**Flutter Kick Cross** – kick on back, arms folded on chest in an x, puts weight on chest to help balance, keep neck aligned with spine, most of face is dry, balance with goggles on forehead

**Kick on side** – arms in the saddle (on thighs), be on your side enough for the opposite shoulder to clear the water 45 degrees, kick is tight and compact, switch sides half way

**Kick on side and rotate** – rotate side to side every 6-10 kicks, shoulders will pop slightly out of water on rotation

**Superman kick** – arms over your head not streamlined, keep forearms and hands out of water, gets you prepped to be on your side before your arm enters the water

### Arms

**Alternating arm lead** – one side to other, rotate every 10 kicks, rotate from hips

**Head lead balance with ¼ arm lifts** – kick on back, arms at side, rotate side to side every 6 kicks, as rotate to right hip, lift left hand and arm about 30 degrees (1/4 lift of full recovery)

**Double arm backstroke** – keep arms lined up with shoulders

**One arm stroke** – Start on side right arm extended, left arm in saddle, stroke with right arm, rotate from core, rotate 45 degrees. Rotate just enough for shoulder to pop out of water

Emphasize little finger enters first, rotate

**Work on recovery** – one arm or whole stroke

Exit hand thumb first, hand vertical in the water, right next to the thigh, then mid-recovery (90 degrees from surface) hand turns palm outward, little finger first

### Full Stroke

**Alternate 4 right arms, 4 left arms**, 3 right, 3 left, 2, right, 2 left.

Concentrate on full body rotation, head still, constant steady kick

**3 and Glide** – Swim 3 strokes back, hold the glide, keep arm extended out and kick 6-8 kicks. On last kick, switch the gliding side by rolling toward the other hip and shoulder

**Balance drill** – swim backstroke while balancing goggles or coin on forehead

**Lane line pull** – adapt to a bent arm on your pull through

**Slow motion perfect stroke**

Work on balance

**Rollover Drill**– Swim 4 strokes back, 3 strokes free. Do not breathe on free. Work on alignment and balance  
Swim 3 strokes back, 4 free, 2 strokes back, 5 free

### Key Points

Keep your head still and steady. Keep your head in line with the spine.

Rotate body 45 -90 degrees.

Enter just outside of the shoulder with no splash.

Pull 12-16 inches deep

Push the water towards your feet.

Keep the kick steady, small and fast kicks.