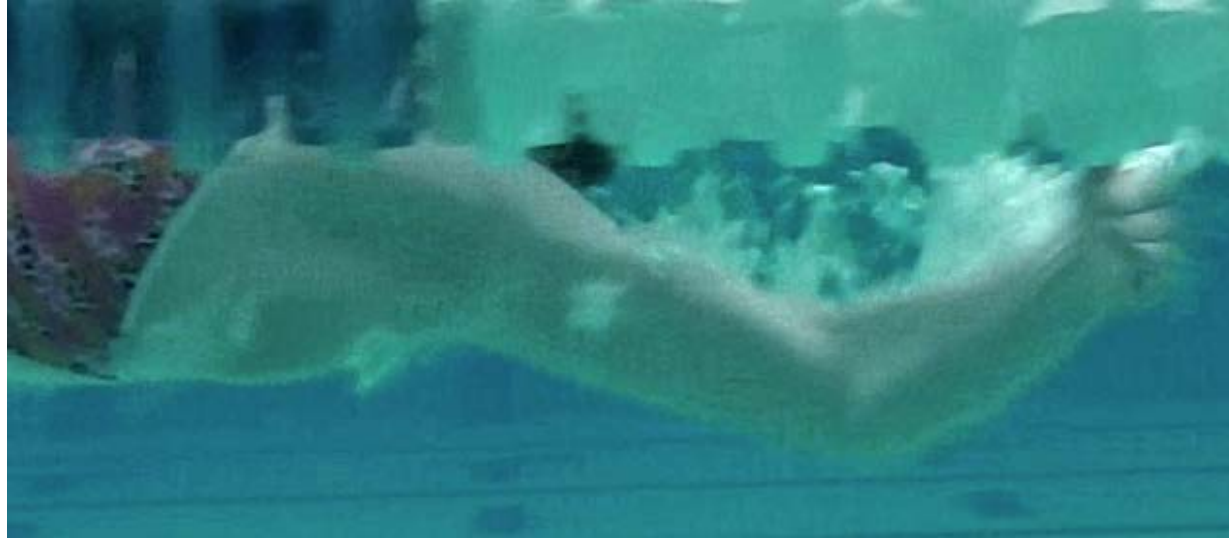


Backstroke



The Catch – The Most Important Aspect

Rotation



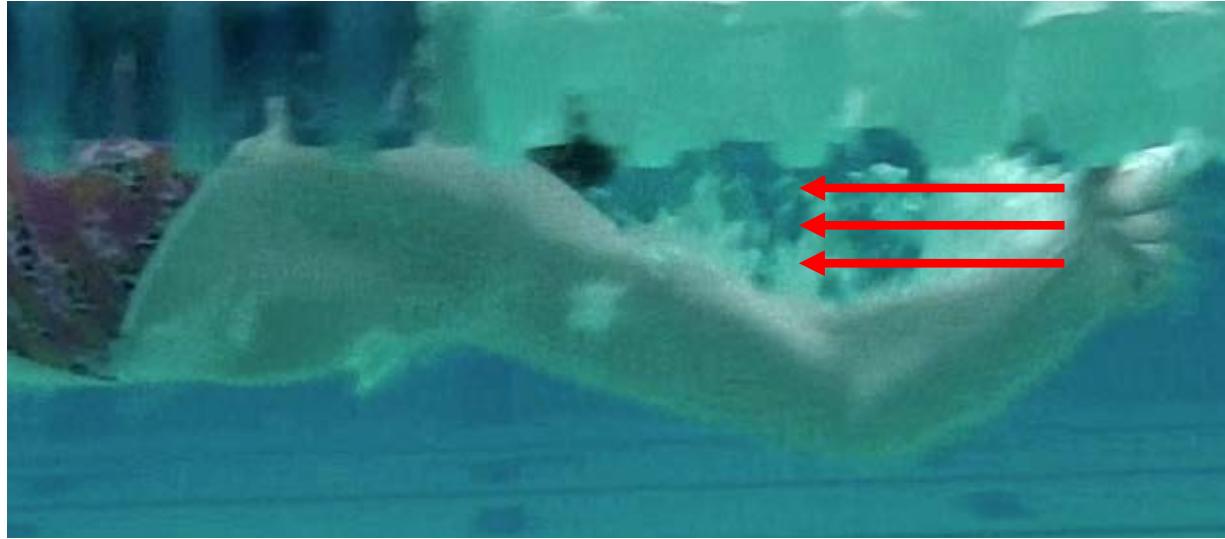
Tempo

Finish



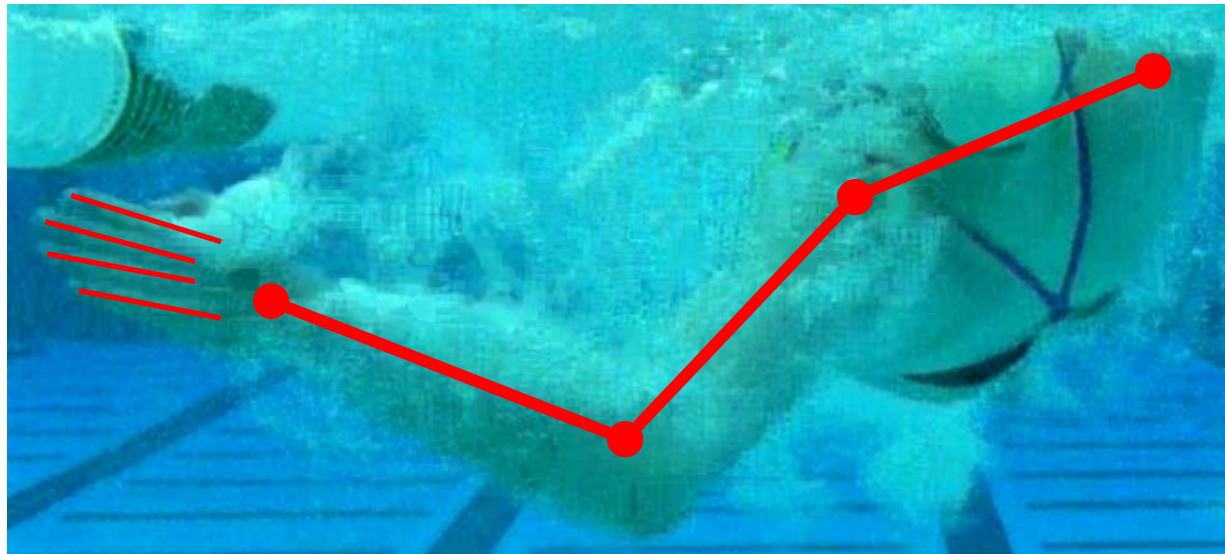
Kick

The Catch



Palm faces
towards your feet

Fingertips
pointing away
from the body



Upper arm in close
line with your back

Elbow bend a little
wider than 90°

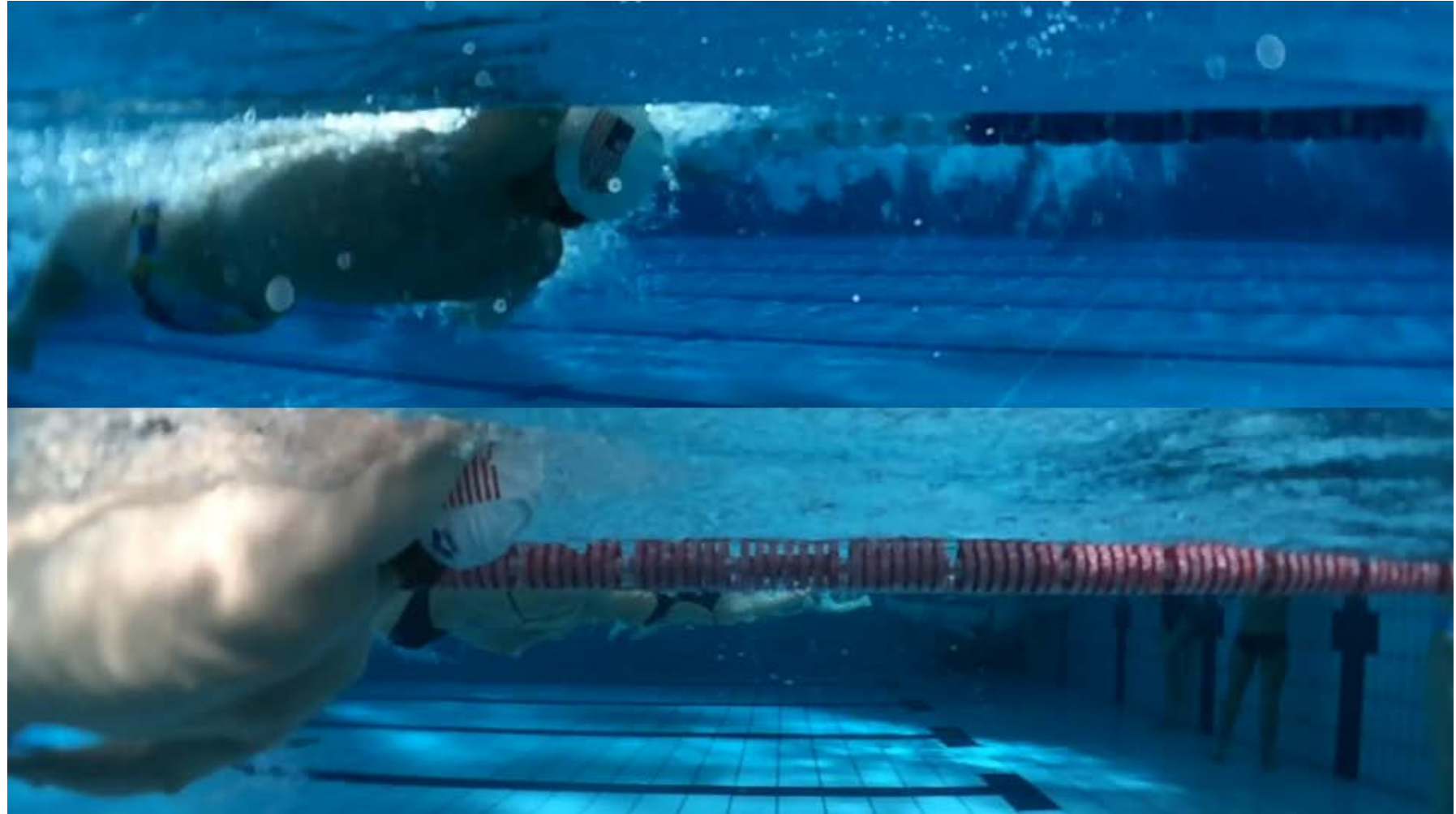
The Catch



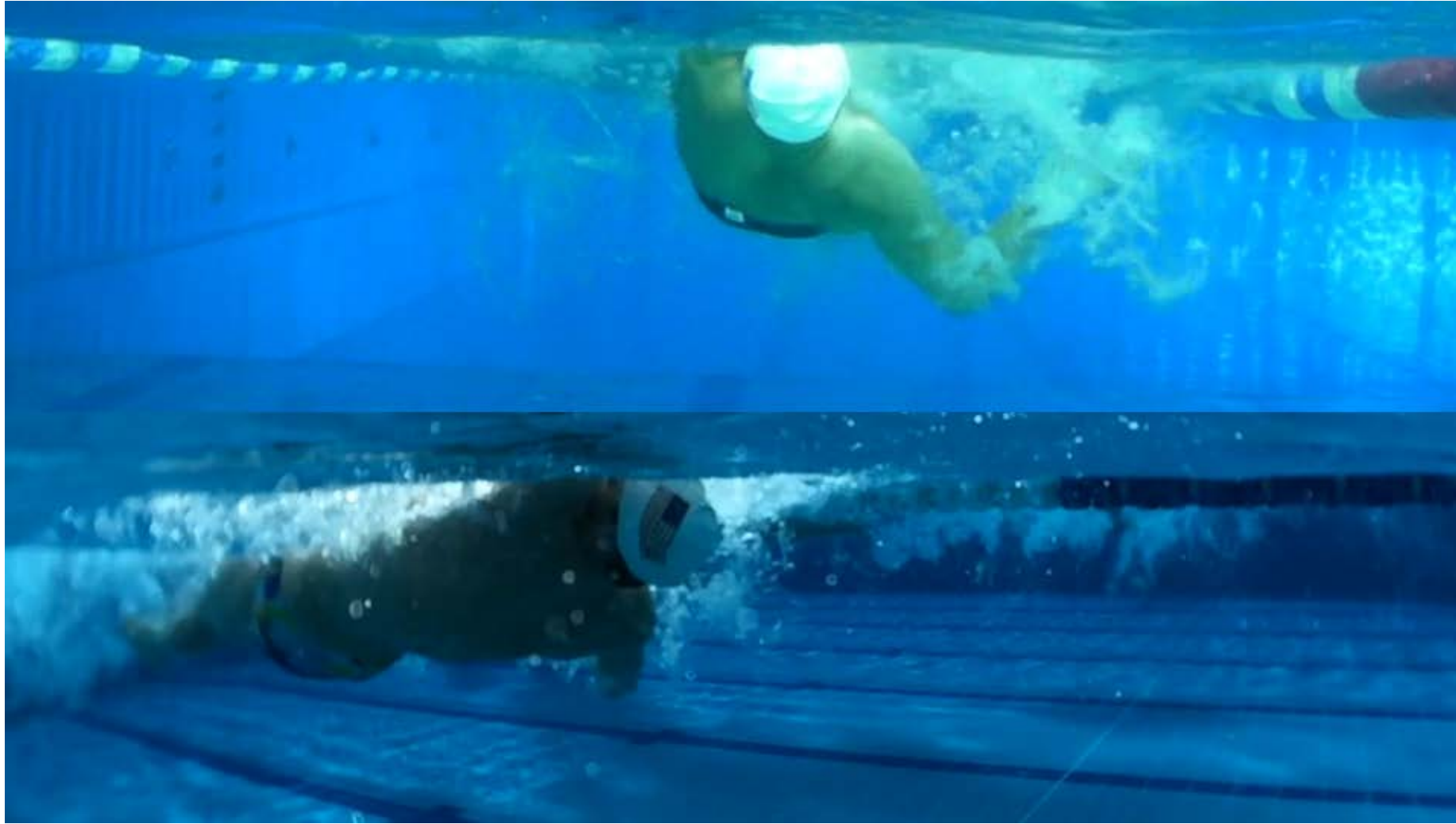
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Palms Face the Feet

- Think of the hand making a sharp change of direction after entry
- Don't push down
- Don't reach behind your body
- Like throwing a ball to the ground while standing up



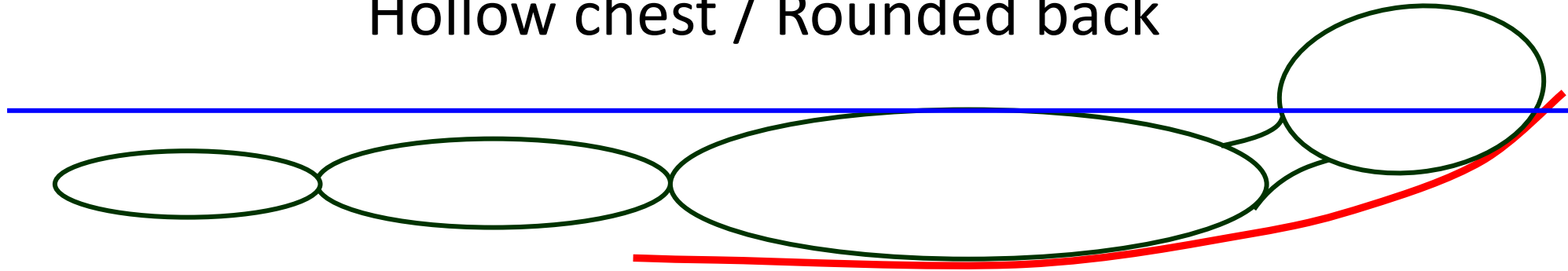
The Catch



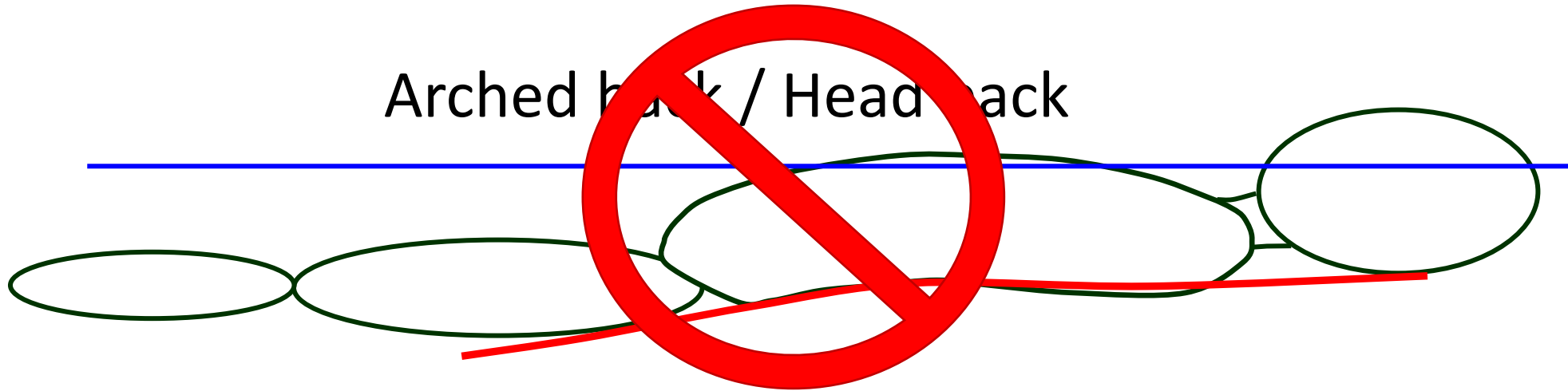
- Arm to the side is the strongest
- Upper arm in close line with the back
- Engage your core

Body & Head Position

Hollow chest / Rounded back

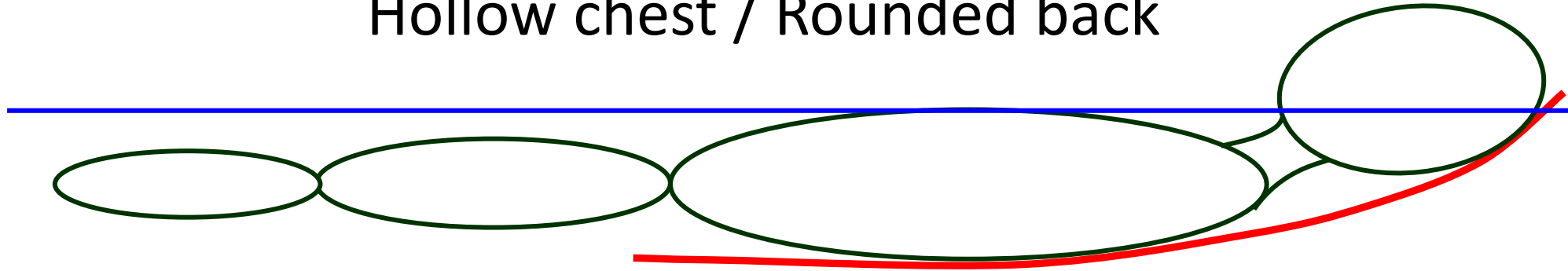


Arched back / Head back



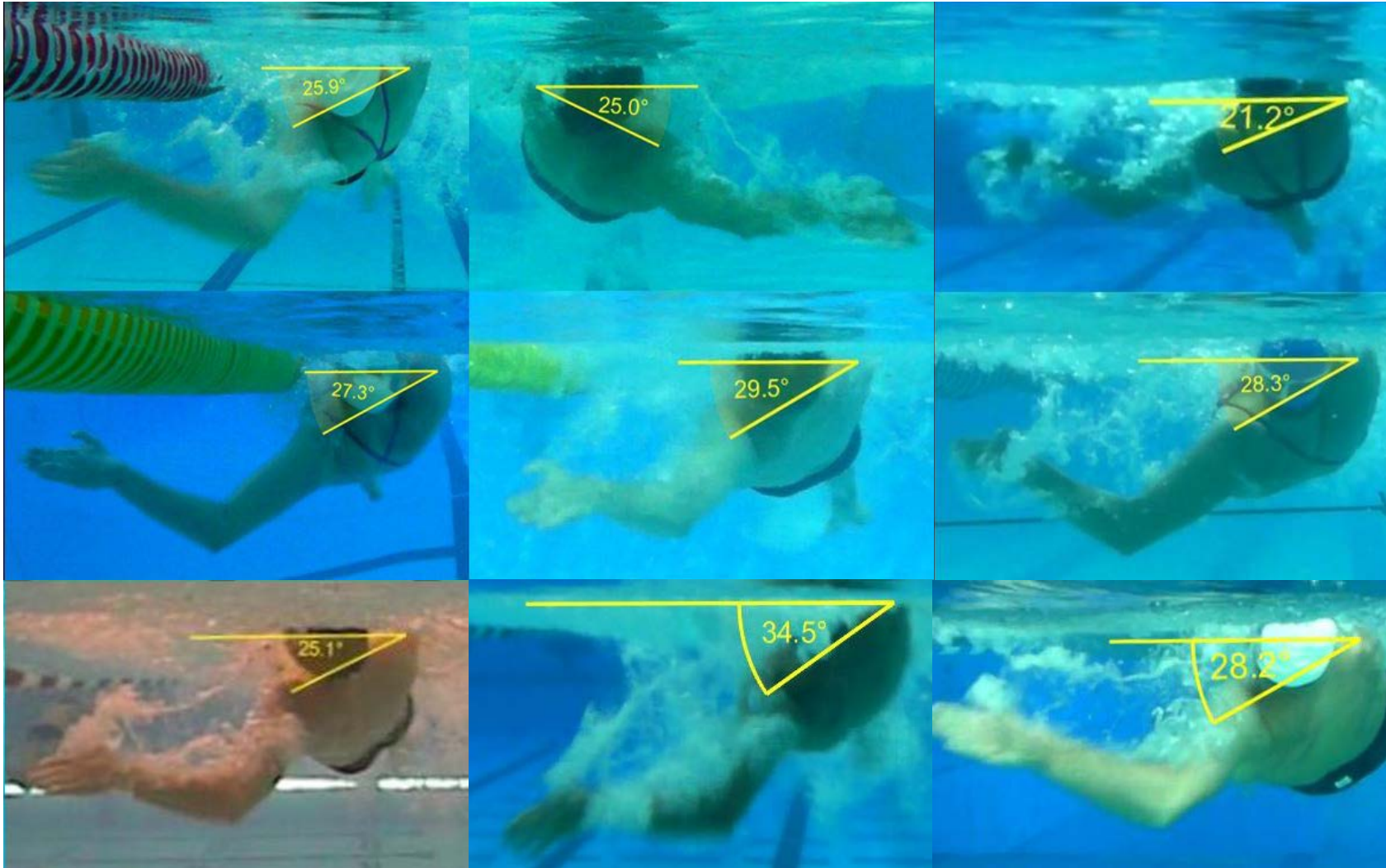
Body & Head Position

Hollow chest / Rounded back



- Head slightly tilted, like resting on a thin pillow
- Core is engaged
- Legs can move freely and kick effectively
- Hips are just under the surface

Rotation



- Max rotation = 20-30°
- Stay more on your back than on your side
- Arm to the side does not require any more rotation
- The goal is to get the strongest catch, not to rotate the most
- The above water shoulder does not need to rotate in front of your face

Rotation Timing

- Rotating early is more important than how much you rotate
- Late rotation = Enter above your head, Enter with back of hand
 - Often leads to pushing down with the palm



Proper Rotation Timing



Rotating Timing – Get Armpits Down



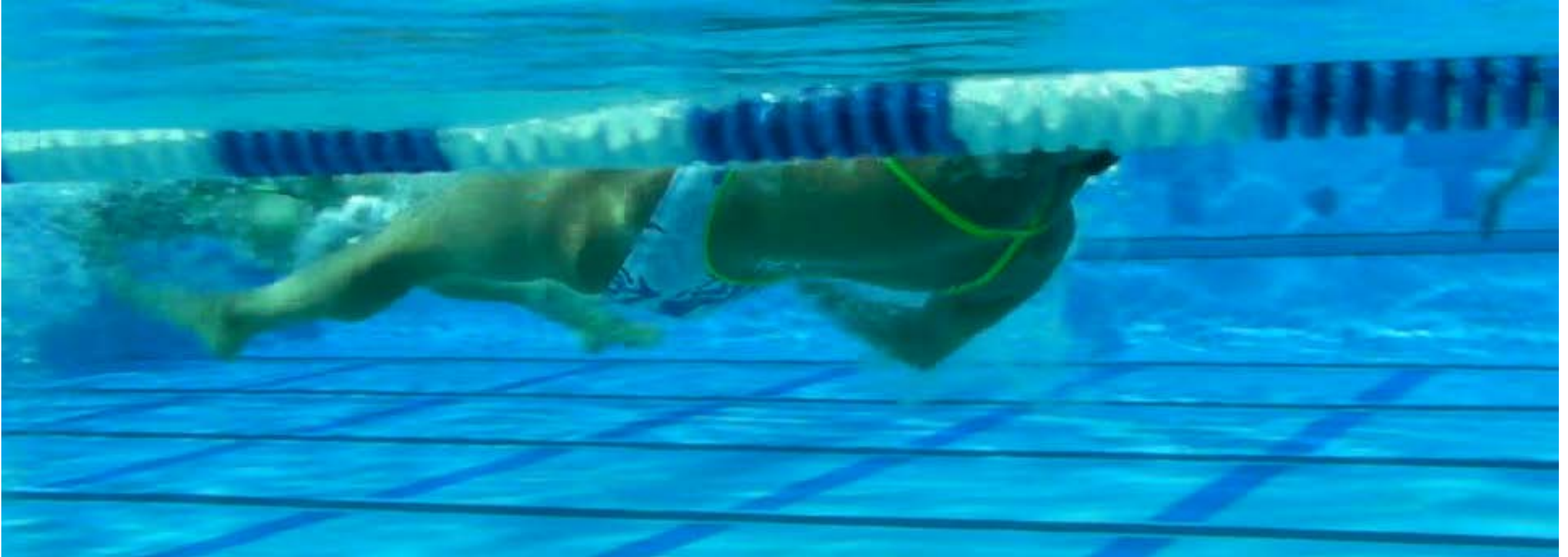
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Use the Finish to Rotate Early

- Downward & Inward follow-through with your hand
- Pushes the hips up & over to the other side
- Rotate right into the entry of the next stroke
- Feel the finish across the diagonal of your body



Full Stroke



- Finish below hips
- Full extension is slightly out to the side of the body
- Hand lifts to exit as it comes right next to your body

Preserving Stroke with Tempo



- Increase tempo by increasing rotation speed
- Don't just spin / throw your arms

GO USA!!!!



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