

## Backstroke Clinic 24/8/24

Notes by Sue Woodward and Barry Green

12 swimmers and Sue (on deck) gathered for this clinic at 0915-1015 in the indoor pool (dive pool end). Elena concentrated on turns. Most important is for competitors to be aware that finishes of backstroke events and the IM change from backstroke to breaststroke must be completed ON THE BACK (i.e., less than 90-degree rotation from the dorsal position).

The turn skills are;

1. Approach (count strokes from flags).
2. Touch (Rotation. IM – Finish) - Hand OR Tumble – Continuous Motion – Feet.
3. Push + Streamline (on back, dolphin kicks).
4. Breakout – eyes up.

The drills in the water were:

1. Push off and streamline, then breakout.

*With fins.*

Step 1

- Start tucked into the wall. Hands on block rail.
- Bob down under water first.
- Push off & glide (Feels very disconcerting for a lot of people). 1 hand over other – pointy when pushing off.
- No kicks.
- Don't arch back.
- Just like pushing off on your front, you will go the direction of your fingertips... point hands toward other end of the pool.
- Breathe out through nose.

Step 2

- Add 1 dolphin kick.
- Most people breakout better with backstroke because you can see the surface.

Step 3

- Add dolphin (or flutter) kicks.
- As soon as you feel the nose coming out of the water, separate the hands & ◦ Must be moving (some kick).
- Add a couple of strokes when face is out of water.

Step 4

- Fins off & try Steps 1 to 3 again.
- Be aware of sense of your face breaching water... that's the cue to start stroking.

- 2a. Approach (Touch turn)

Step 1

- Practice swim in. Start beyond the flags. 1st time swim slowly.
- Touch wall on a full stroke!
- Count strokes from flags.

Step 2

- Go as fast as you can & see what happens to the number of strokes (increase or decrease? Most had more strokes, some the same – but no right or wrong).

- 5-8 strokes for most - no right or wrong.
- Go through at least twice.
- Swim to your current capability.

#### Step 3

- Come into wall, touch & turn, breakout.
- Practise full sequence.
- Important to maintain hand contact with wall & pivot, tuck and feet touch the wall.
- Keep hand(s) on wall & bring body up so feet touch & push off on back.
- Needs core strength & hip mobility... otherwise it is like the Queen Mary turning around - very wide.

#### 2b. Approach (Tumble turn)

- Approach wall.
- 1 less stroke.
- Continuous stroke as turn to front & tumble.
- Come out on back as previous breakout.

#### **Remember**

- The turn is a sequence of steps.
- Break it up.
- Practice steps.
- Every backstroke breakout on back!
- Then make sure put it all together.

#### **IM**

- Must finish each stroke on the wall.

#### *Butterfly to backstroke*

- Must touch with 2 hands, then deemed to be into backstroke.
- Most will move one hand off but can leave both... & tuck & push off.
- Once you have touched the wall on your back, you are deemed to be on front, so can bring legs up to push off for breaststroke.

#### **Backstroke start**

- If capable- start lifted high. Throw yourself over the top off the water – but for Masters swim to your capability.
- Better for a lot of Masters swimmers if they bob down & push off for maximum momentum off the wall.

#### **Core exercise**

- Hold the lane rope.
- Bend knees and bring both legs up (together).
- Turn to one side then the other.

#### **Reminder**

Must practice the drills, after clinic- as always!