

Use Ipad/Phone for Pool End
Video

And Pool Side Video

https://www.google.com/search?q=chloe+sutton+backstroke&rlz=1C1CHBF_enUS999US999&oq=chloe+sutton+backstroke&gs_lcrp=EgZiaHJvbWUyCQgAEEUYORiABDIHCAEQABjvBTIKCAIQABiABBiiBDIKCAMQABiABBiiBDIGCAQQRRg90gEIOTM4M2owajSoAgiwAgHxBYxX48BnyD4o&sourceid=chrome&ie=UTF-8#cobssid=s&fpstate=ive&vld=cid:46c7d690,vid:bPyLoflxaZ4,st:0

Start at 12:24



Body Position Drills, Etc

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Start at Beginning



Name a Backstroke Drill

Session 2 Review

Backstroke

- Move the body forward / Push water back
- **Have a good catch**
- Rotate just 20-30 degrees
- Slightly rounded back, head slightly tilted

Technique Priorities

- Common traits among elite swimmers, regardless of gender, size, strengths, flexibility
 - Movements that the average person can do!!
- Maximize propulsion
- Maximize strength
- Long-term health / injury prevention

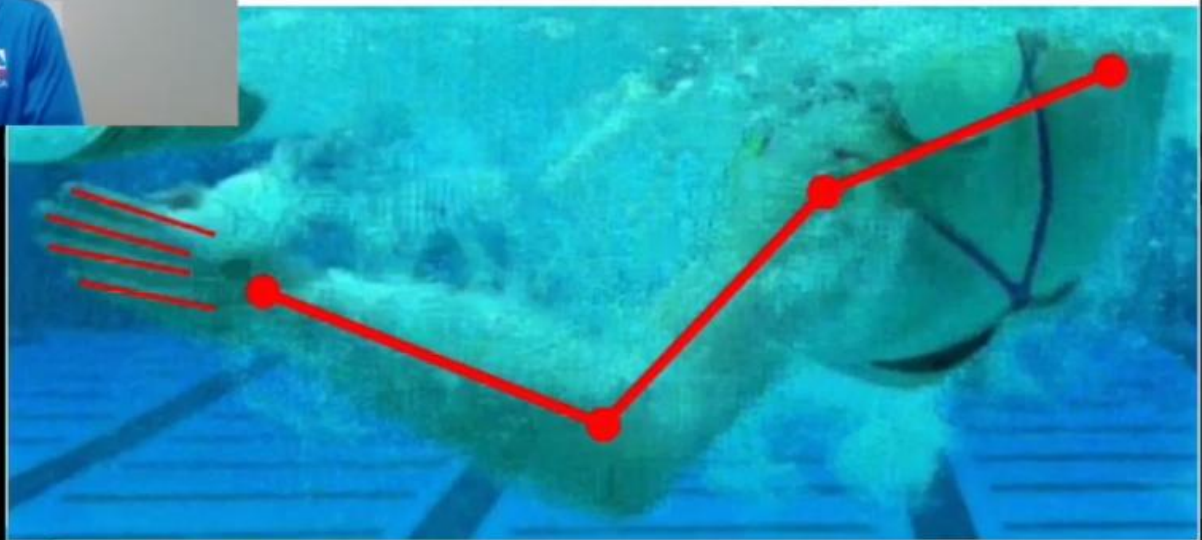
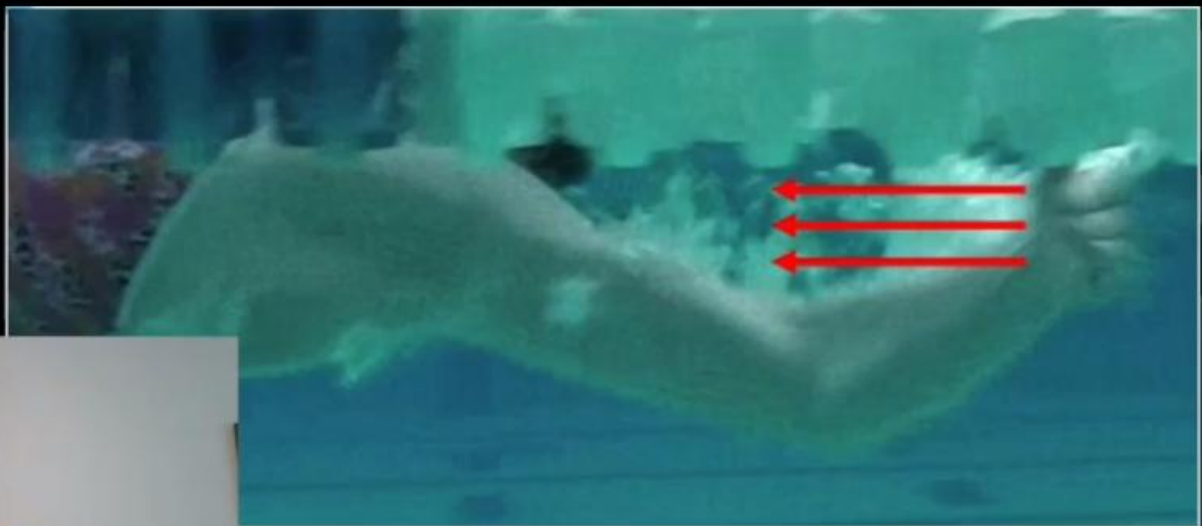
Backstroke Priorities

- Move the body forward / Push water back
- The catch!!!
- Shape all aspects of the stroke around having a good catch:
 - Rotation
 - Head position
 - Finish
 - Body position

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°

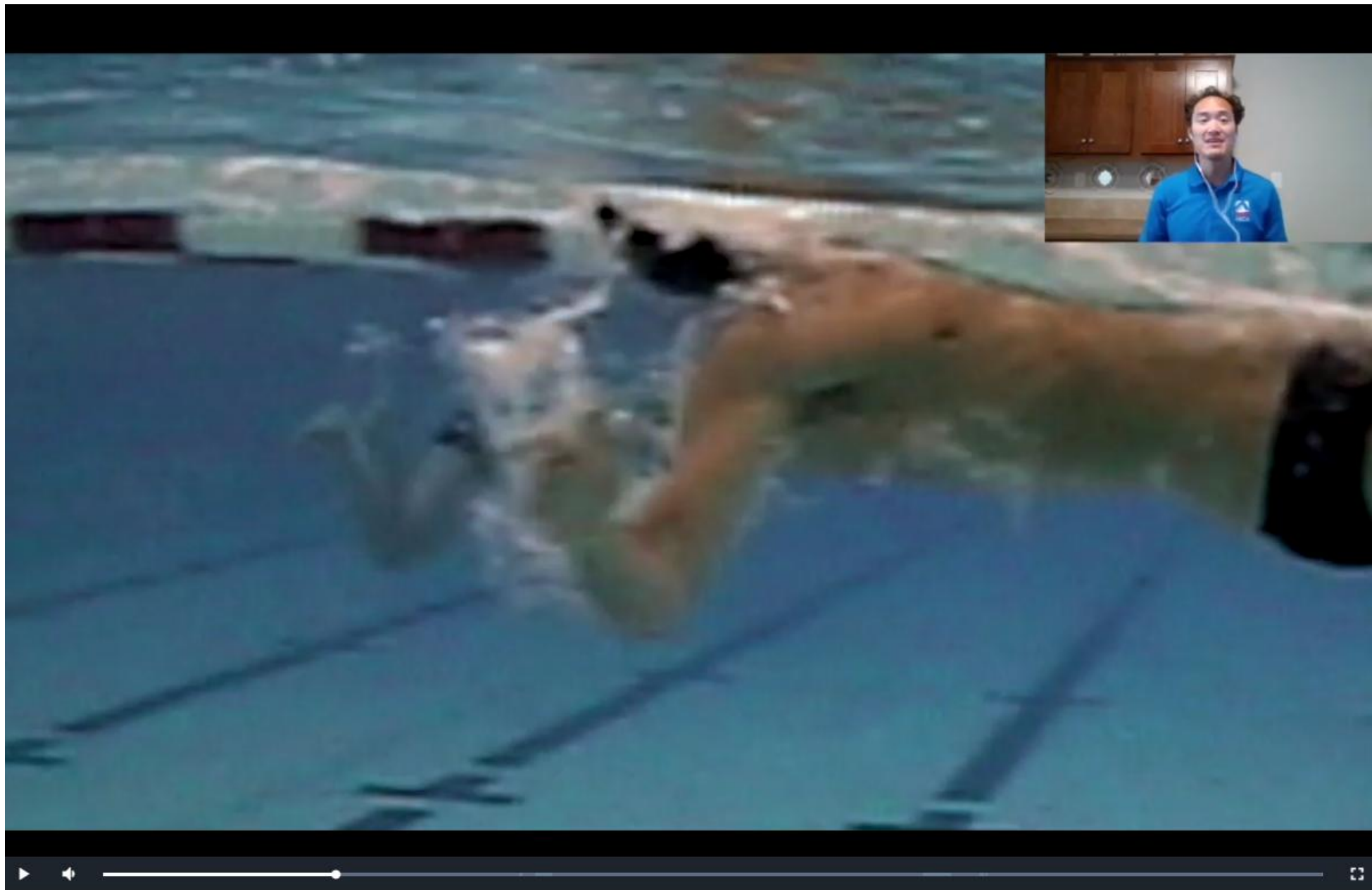
A video player interface showing a swimming technique analysis. The main video area is split into two panels. The top panel shows a swimmer's arm with three red arrows pointing left, indicating a specific movement or force. The bottom panel shows a swimmer's head and arm with a red line and dots tracing a path, likely representing a stroke cycle or trajectory. A small inset video in the bottom left shows a man in a blue shirt with a logo, wearing a headset, likely a coach or instructor. The video player has a standard playback bar at the bottom with a play button, volume icon, progress bar, and a full-screen icon.



The Catch

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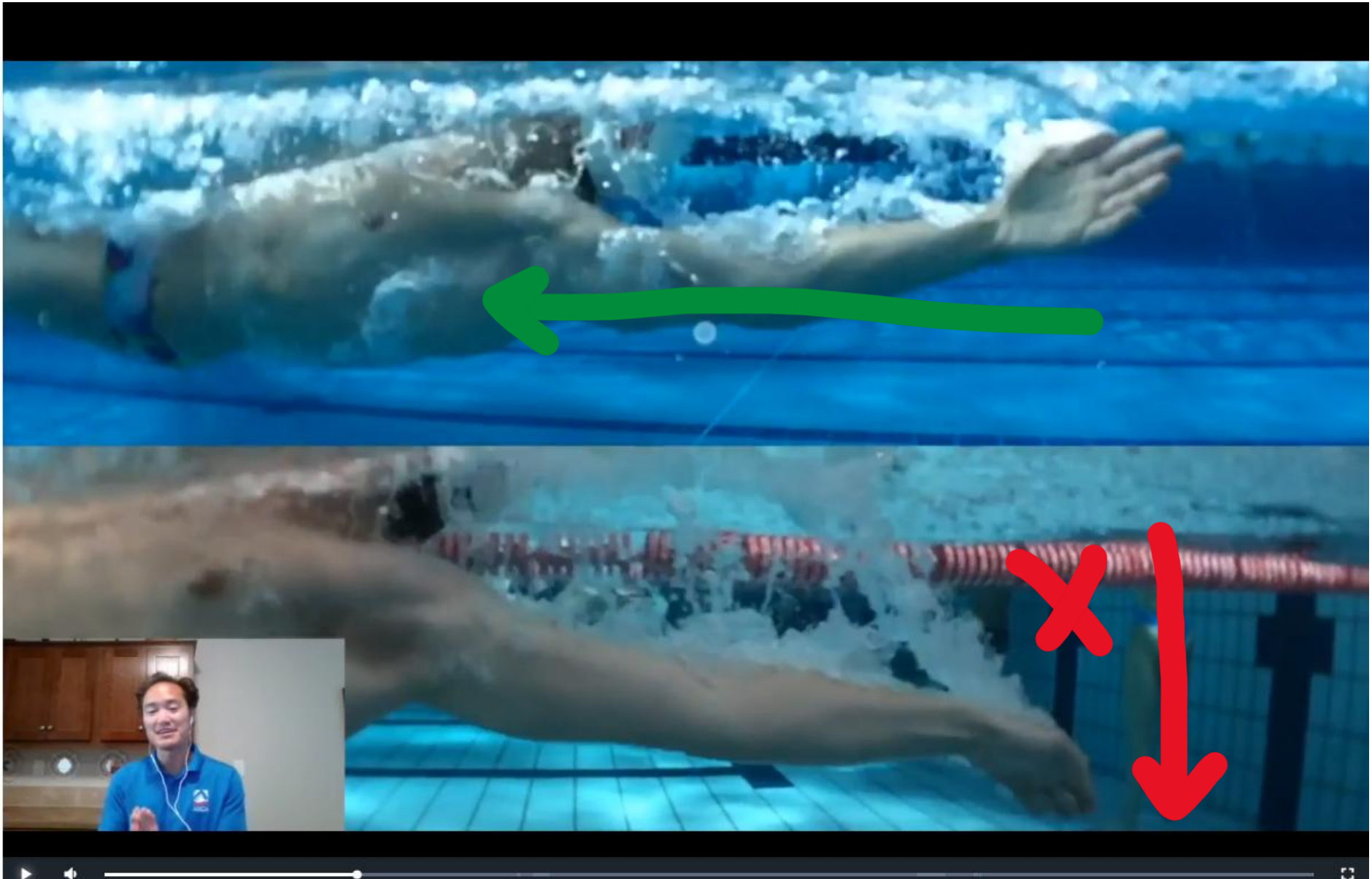


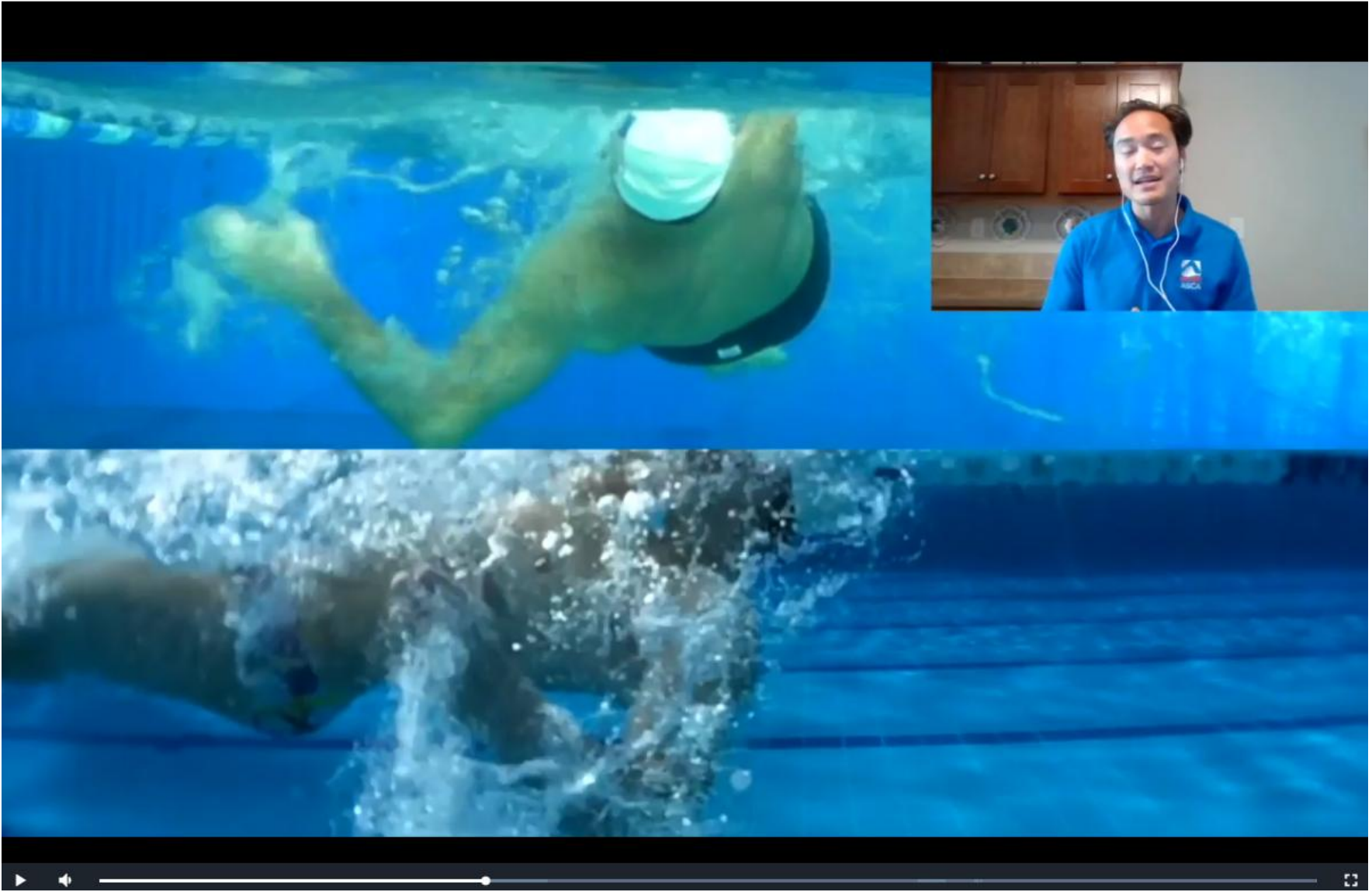
The Catch

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

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





Body & Head Position

Presentation Learning Resources

Body & Head Position

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ASCA logo

Chapters Bookmarks Credit Submission

The Catch	02:13
The Catch (video)	04:43
The Catch (comparison video with palms pushing down)	06:12
Side & Front view (video)	07:49
Head & Body Position	09:57
Rotation	12:45
Rotation Timing	15:31
Rotation Timing (comparison video)	17:03
How rotation impacts the catch	19:46
Identifying late rotation from above water	20:39

Stream

Hollow chest / Rounded back

ASCA logo

Body & Head Position •

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



Hollow chest / Rounded back

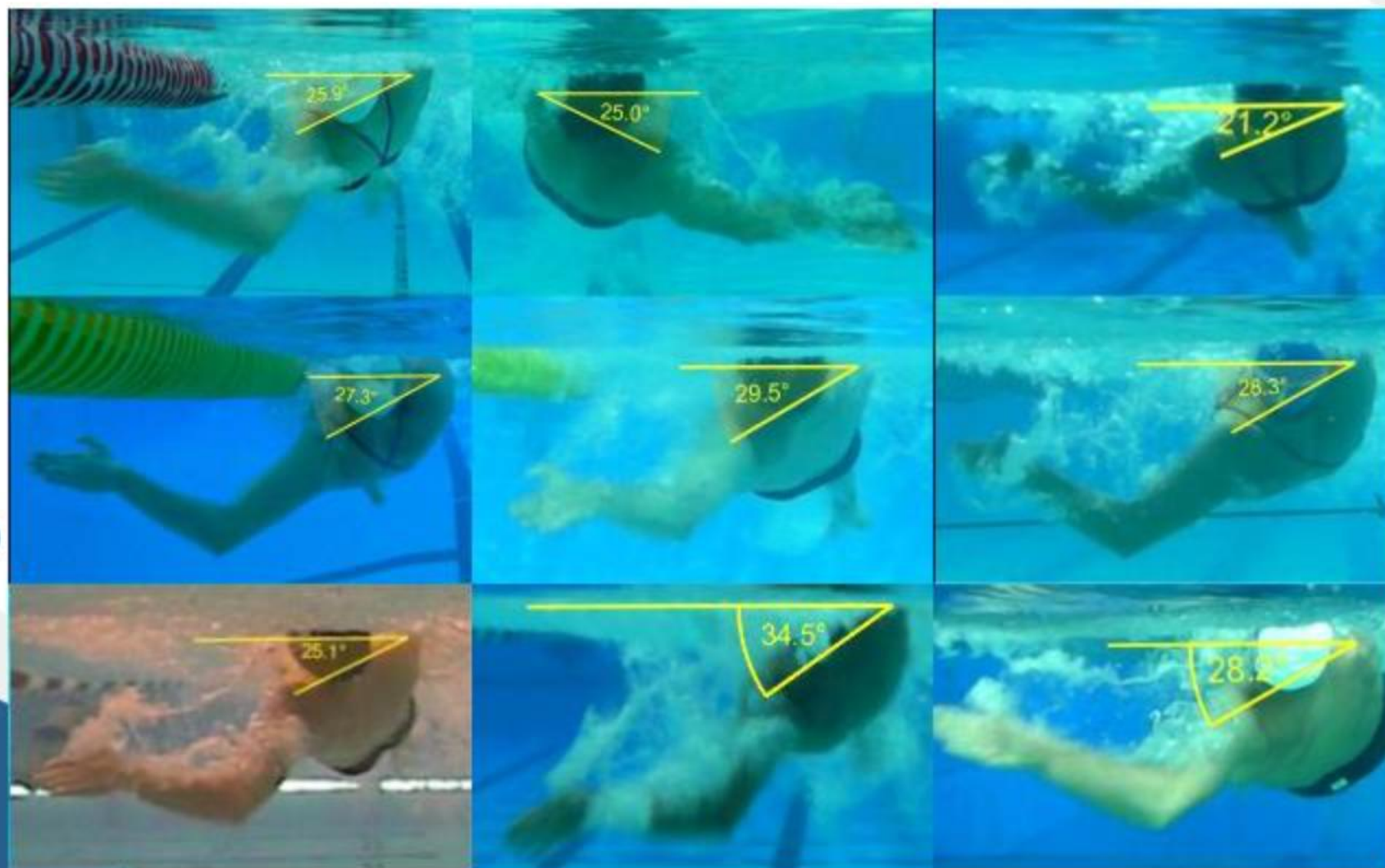


In this position
the legs are not
as engaged

Arched back / Head back



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 the back of the hand
 - Often leads to pushing down with the palm and missing the catch

Presentation Learning Resources

Rotation Timing

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ASCA
American Swimming Coaches Association

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Stream

Rotation Started

Straight off Shoulder

Pinkie Entry

Rotate Early → Good Catch

Goal

1. Use the finish to rotate
2. Early rotation
3. Good entry point
4. Good catch

Mistake

1. Late rotation
2. Over-reach / narrow entry
3. Press down with the hand to rotate
4. Missed catch

Presentation Learning Resources

Rotation Timing

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ASCA

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Stream

Behind head

Back of hand down

No rotation yet

Identifying Rotating Timing

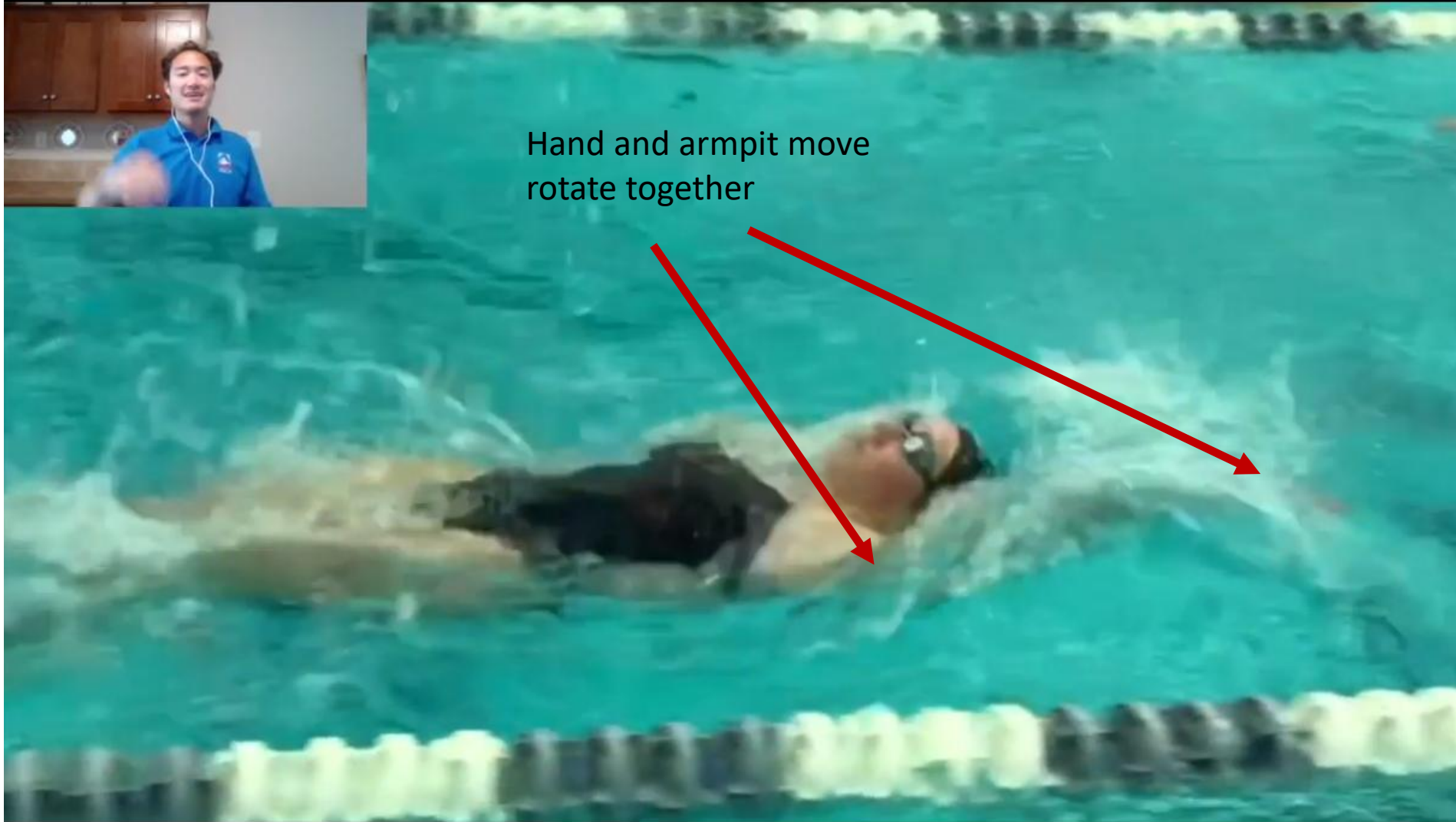
Get Armpits Down

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Hand and armpit move
rotate together



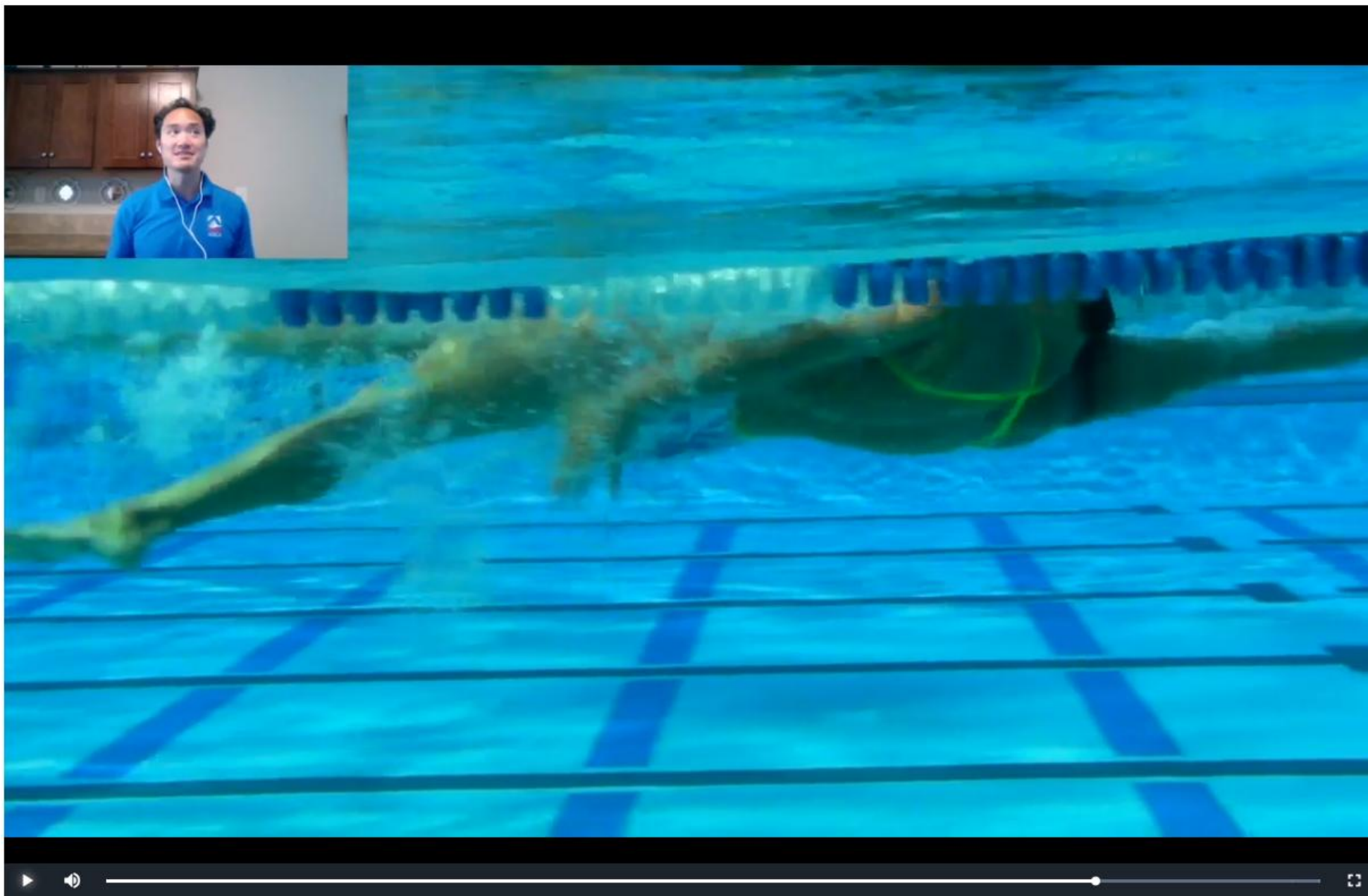
Use the Finish to Rotate Early

- Follow-through with the hand in a downward and inward direction
- Pushes the hips up and over to the other side



The Finish

- Finish below the hips
- Full extension of the arm is slightly out to the side of the body
- As the hand lifts to exit the water, it also moves inward next to the body



Preserving Technique w. Tempo

- Don't just spin / throw your arms
- Increase arm tempo by increasing speed and tempo of rotation from side to side



Session 3

Flip Turns and Starts

Backstroke Flip Turns

https://www.google.com/search?sca_esv=072bf505c6b5844f&rlz=1C1CHBF_enUS999US999&cs=0&sxsrf=AHn8zqrl-UydV1VXiEsKLbb-p-0gBqTRg:1746108438211&q=How+to+do+a+backstroke+flip+turn&sa=X&ved=2ahUKEwi9icrpulKNAXWgGtAFHeLRHgoQpboHKA6N6BAgCEAU&biw=1920&bih=945&dpr=1#fpstate=ive&vld=cid:0401f010,vid:xmesFoXFA24,st:38



Backstroke Start

<https://www.youtube.com/watch?v=iTIEM247O0E>



Backstroke Rules

- 101.4 BACKSTROKE .1 Start — The swimmers shall line up in the water facing the starting end, with both hands placed on the gutter or on the starting grips. Standing in or on the gutter, placing the toes above the lip of the gutter, or bending the toes over the lip of the gutter, before or after the start, is prohibited. When using a backstroke ledge at the start, at least one toe of both feet must be in contact with the end wall or face of the touchpad. Bending the toes over the top of the touchpad is prohibited.

- .2 Stroke — The swimmer shall push off on his back and continue swimming on the back throughout the race. Some part of the swimmer must break the surface of the water throughout the race, except it is permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters (16.4 yards) after the start and after each turn. By that point, the head must have broken the surface of the water. Additionally, once some part of the head of the swimmer has passed the final 5-meter mark (long course and short course meters) or 5-yard mark (short course yards), immediately prior to reaching for the finish, the swimmer may be completely submerged prior to the touch.

- .3 Turns — Upon completion of each length, some part of the swimmer must touch the wall. During the turn the shoulders may be turned past the vertical toward the breast after which an immediate continuous single arm pull or immediate continuous simultaneous double arm pull may be used to initiate the turn. The swimmer must have returned to a position on the back upon leaving the wall.