



Stroke Clinic
8/27/25

Chalk Talk-Backstroke

Body Position

Long
Head Position dictates hip position

Kick

Six beat kick
Connect the core

Catch

Catch is shallow-immediate after the entry
Thumb a few inches below surface
Fingers point to the side initiating a bent elbow

Stroke-power phase

Push water back
Palm faces back
Fingers point to the side
Bent elbow
Arm stays to the side of the body

Stroke-finish

Follow through
Press downwards at end of stroke to initiate any rotation
Hand finishes below hip

Recovery

Lead with back of hand
Armpit points up to the sky
Straight arm-rotate to pinky entry when shoulder touches ear

Clinic

Pool available starting at 4:30 for swimmers attending Pinnacle.

Warmup

200 free-deliberate
200 free/back by 50-be deliberate
8x25 backstroke-attack the tempo of the underwater

Kick

4x50 surface kick-arms on side (tilt by 25)
4x50 surface kick (25 streamline/25 arms above shoulders)
4x50 kick-arms out of water 25/swim 25

Drill Progressions

4x25 drill
2x50 drill/swim by 25
100 swim

1-catchup back
2-one arm back
3-2/2/2 drill

Free set **2 rounds**

25 kick
50 build
25 fast