

Going Fast Upside Down & Backwards





Missy Franklin



Ryan Murphy



Ryan Lochte



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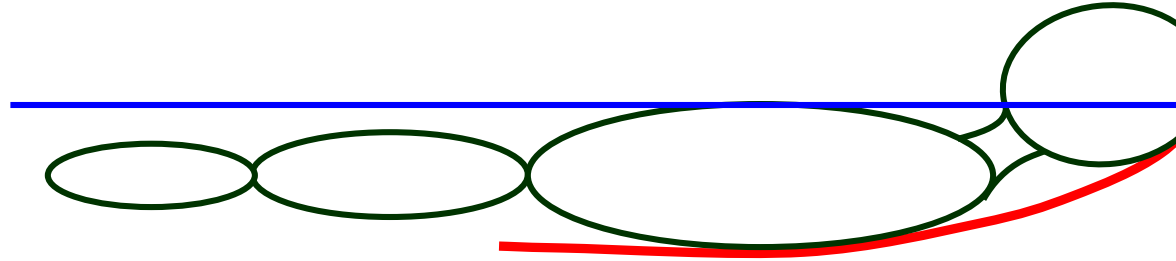
Maya Dirado



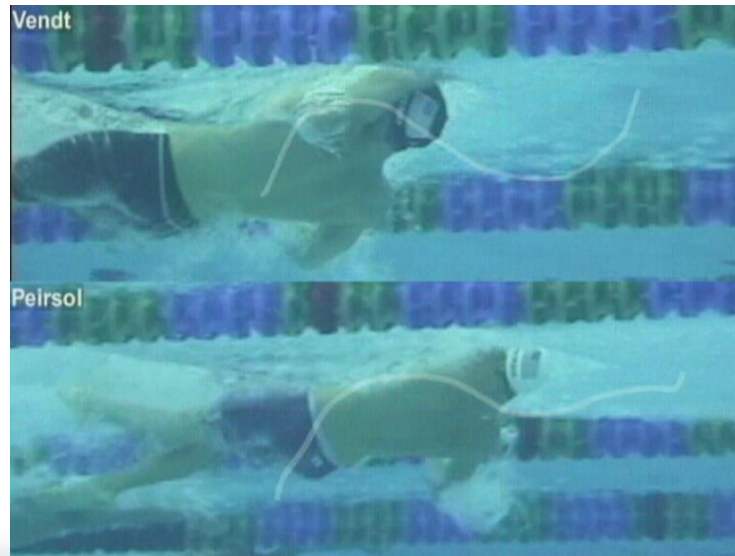
Matt Grevers

Build the stroke around:

Body Position



Anchor



Timing of Rotation

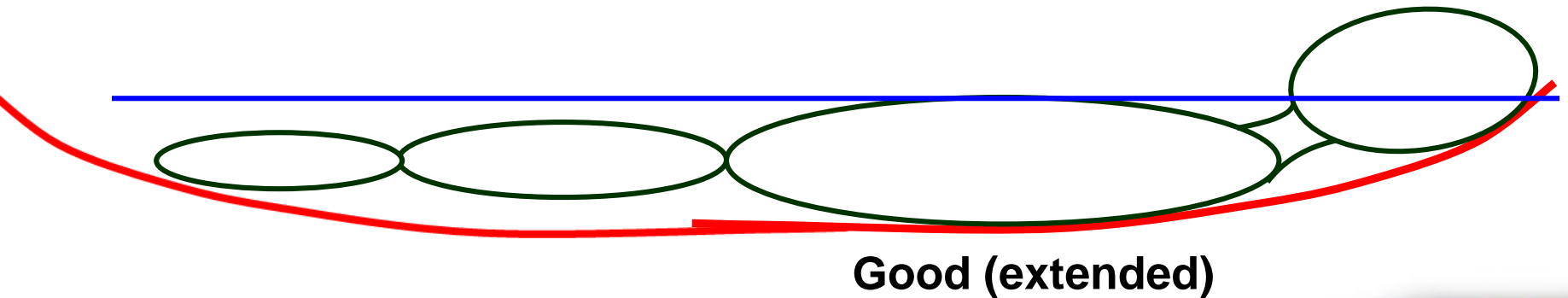


The Foundation

Long neck & slight head tilt

Relaxed arms & shoulders!

Rounded back & hips at surface



The Foundation

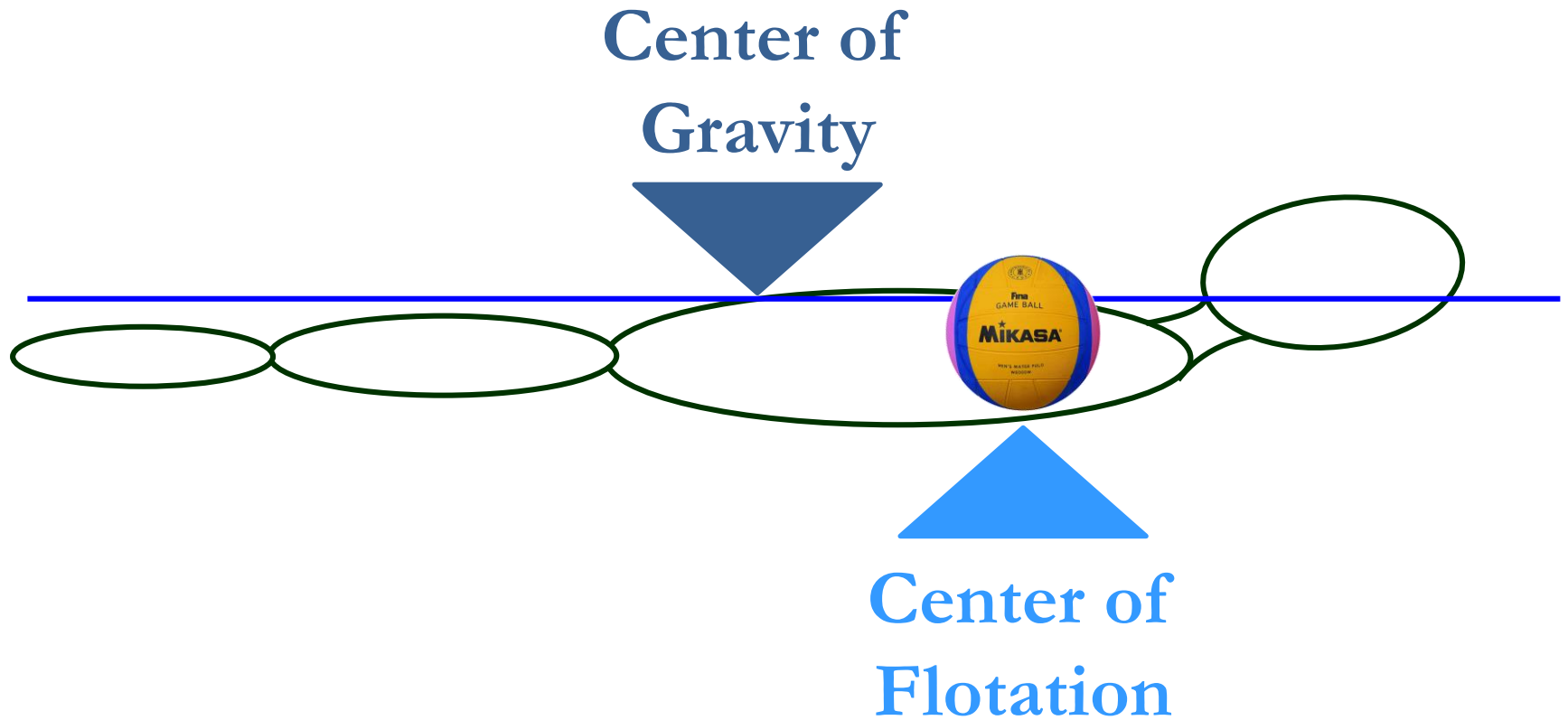


The Foundation





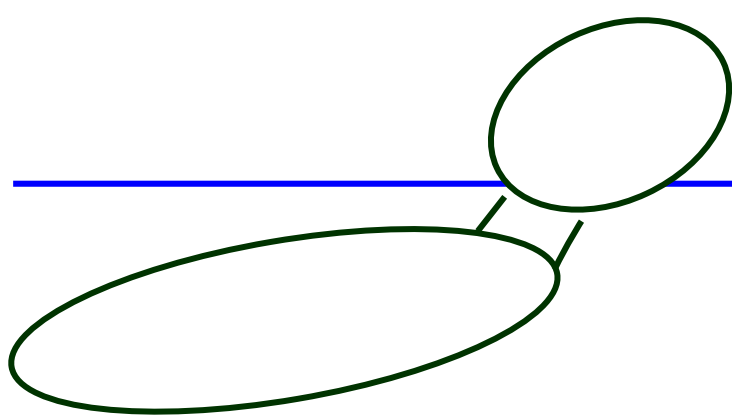
The Foundation



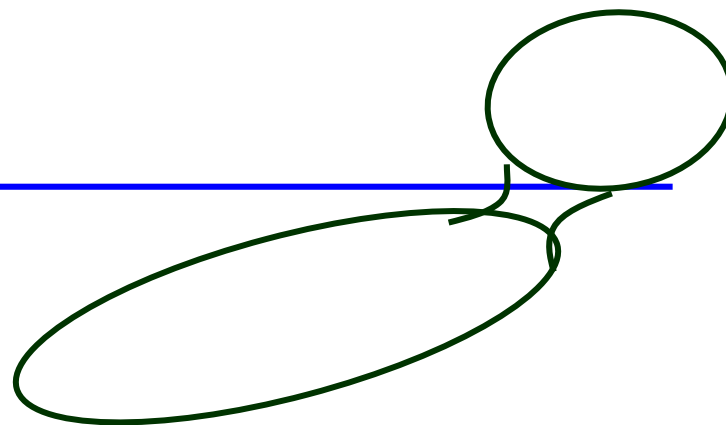
Common Mistakes

Tension in the neck & shoulders

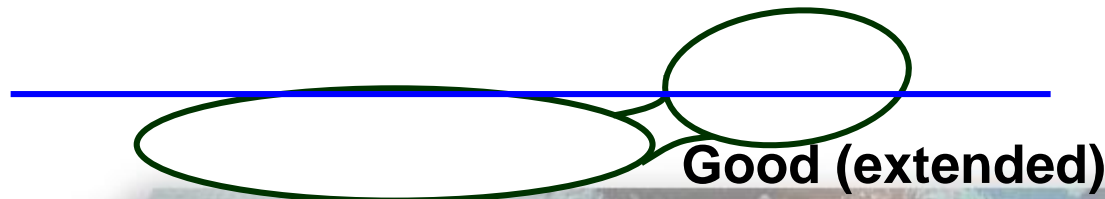
Body position is compromised



Too tilted and scrunched



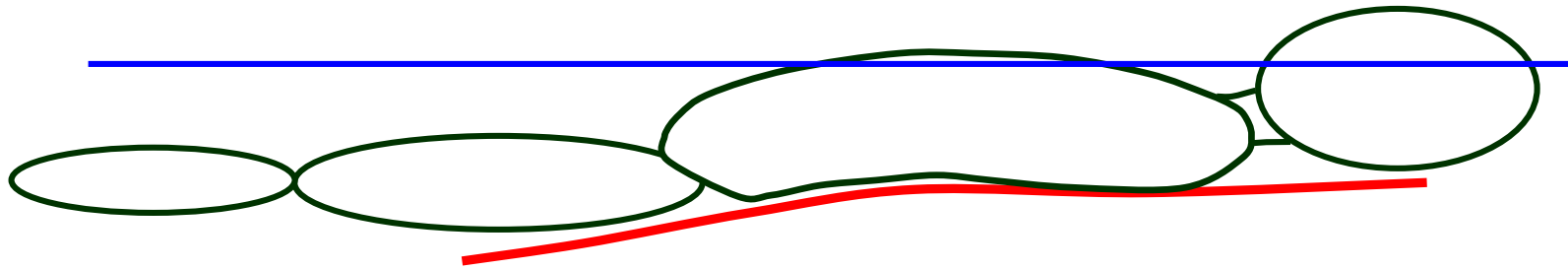
Too raised (Neck pushed up)



Good (extended)

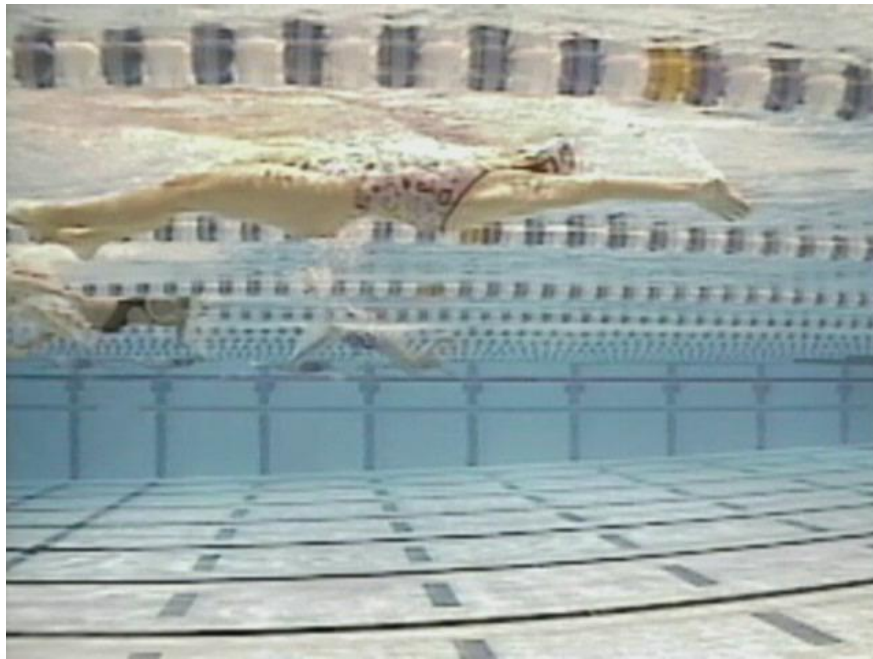


Common Mistakes



Tension in the neck & shoulders

Leg movement is restricted



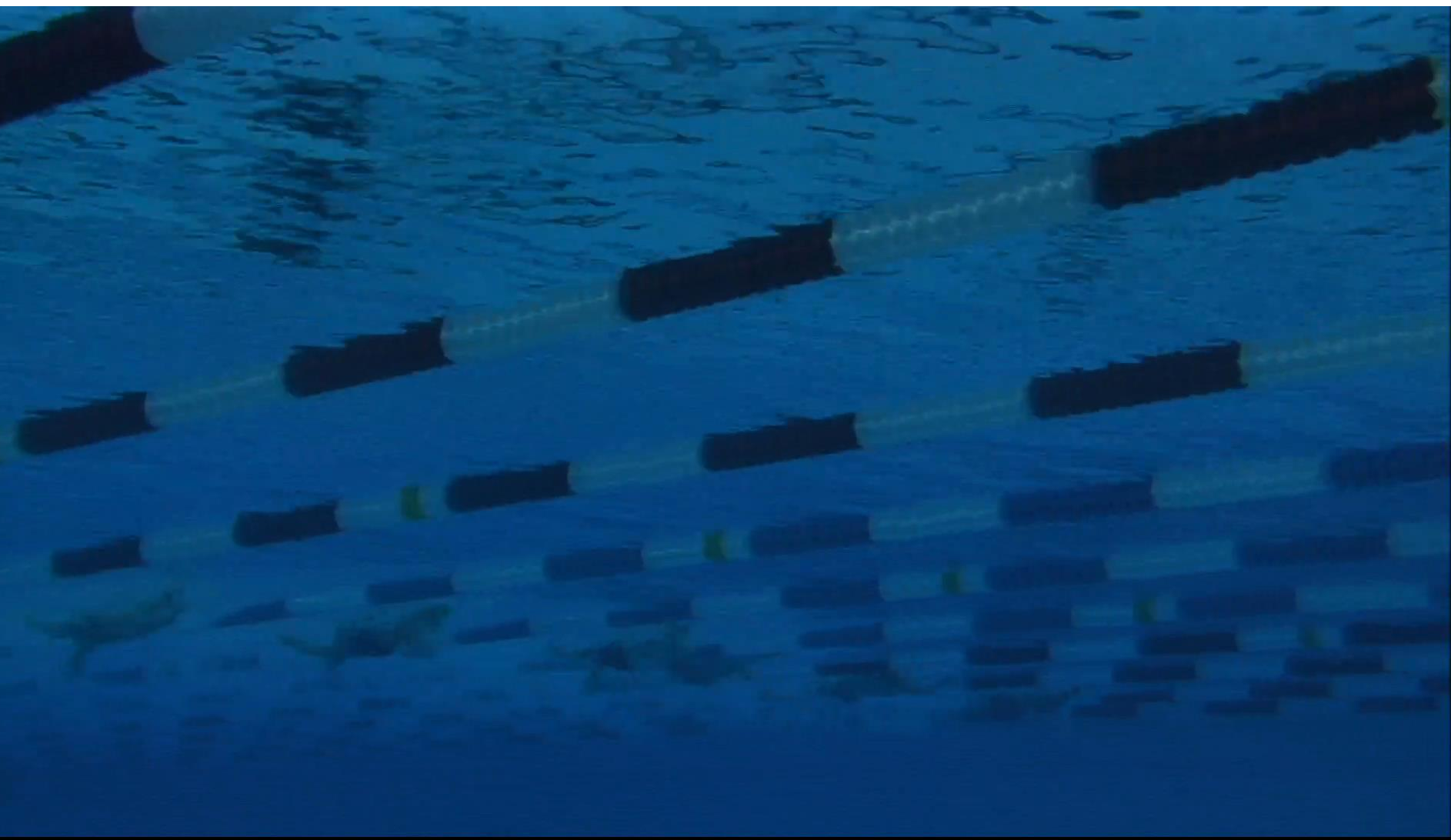
Backstroke Anchor

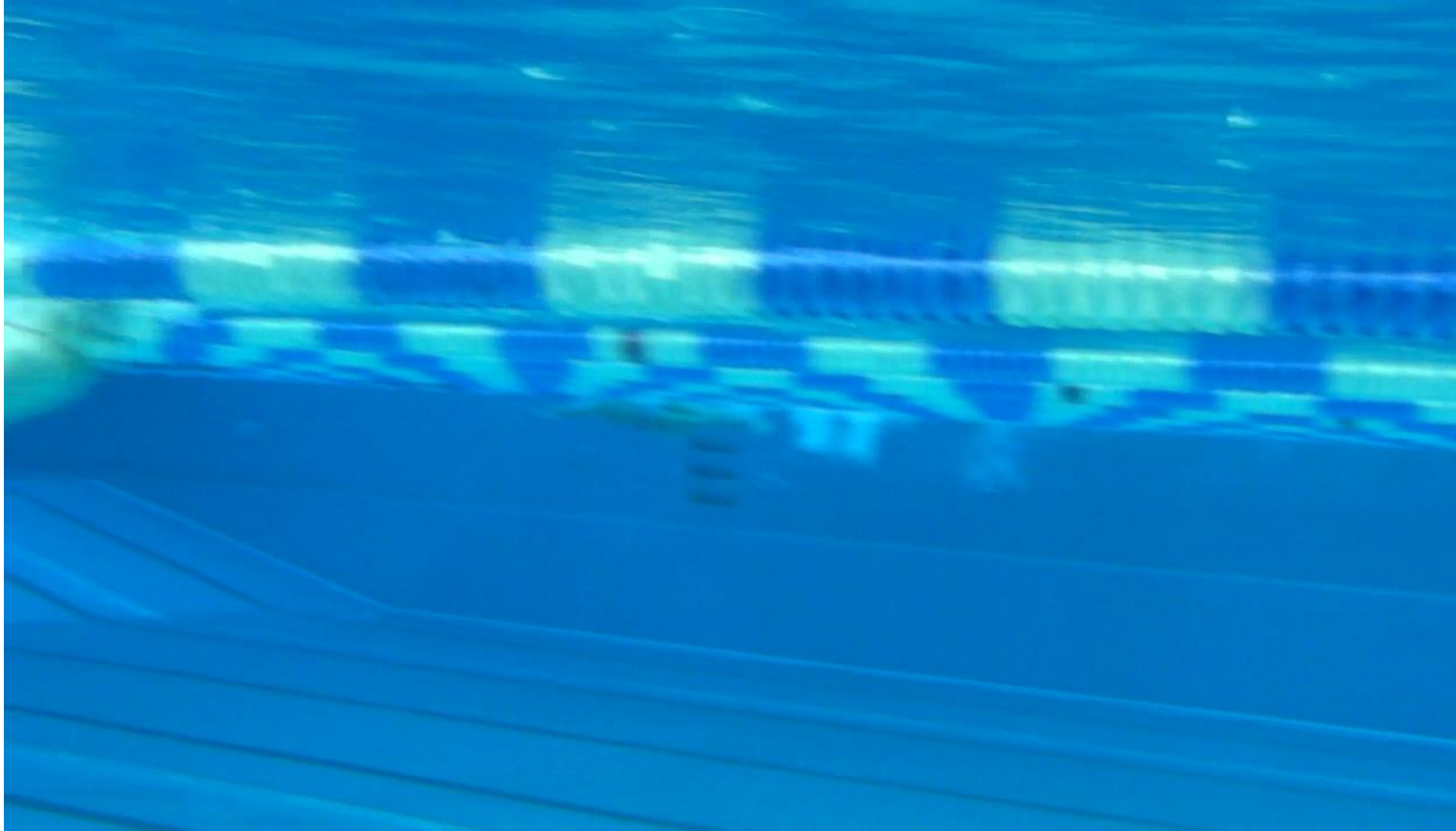
Anchor the arm as early as possible



Fingertips point toward the side wall







Backstroke Dryland

Surgical tubing extended from above



Poor Anchor

Straight arm

Palm facing downward

Pushing down with the arm

The result of:

Intentionally trying to pull deep

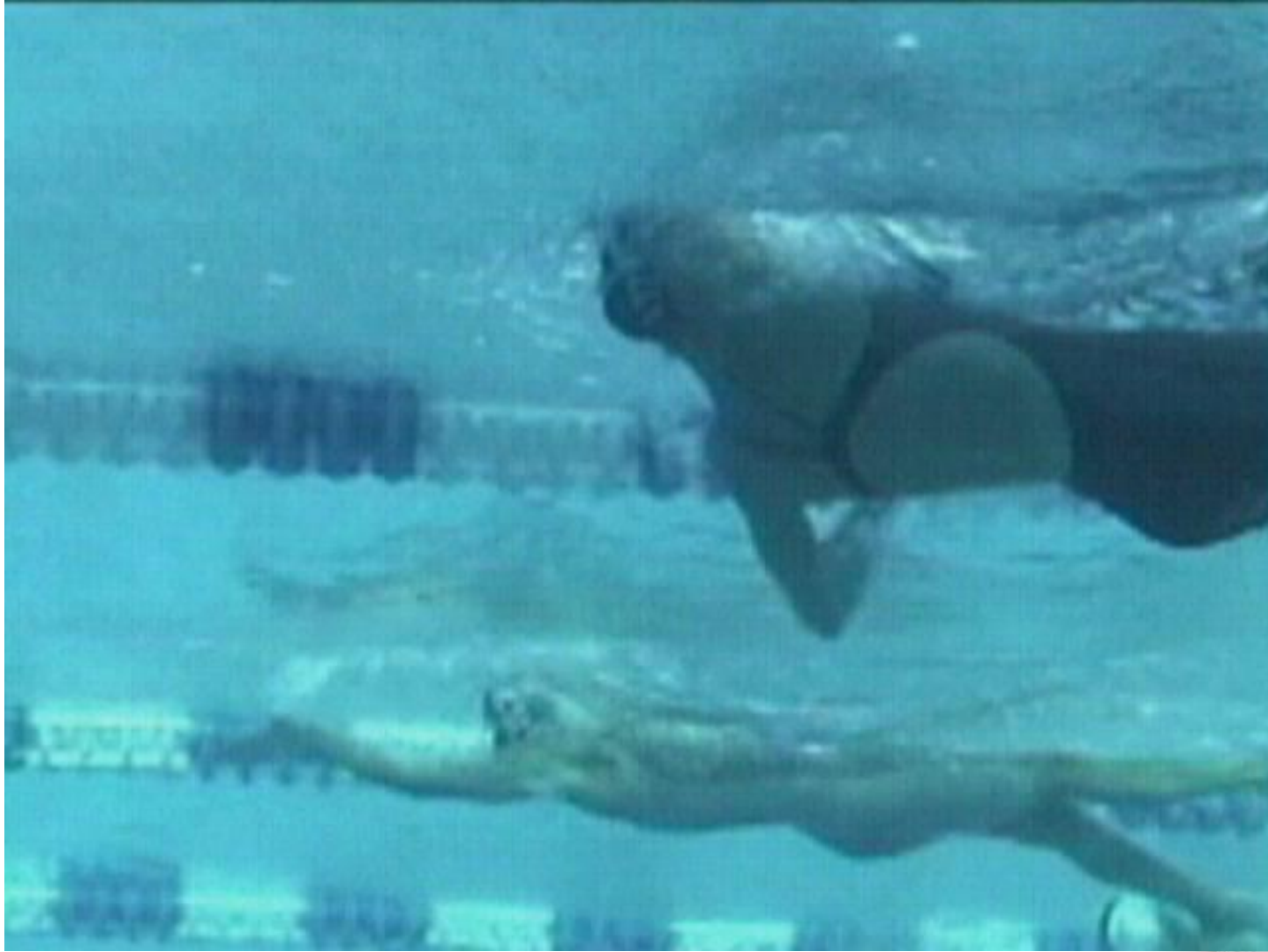
Late rotation

“Reaching” for the wall

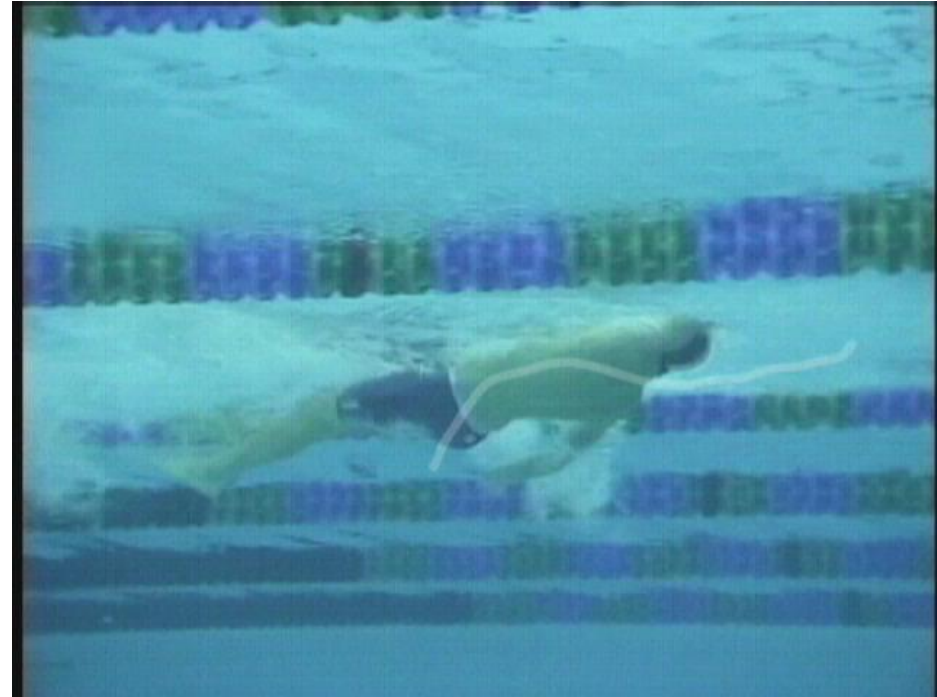
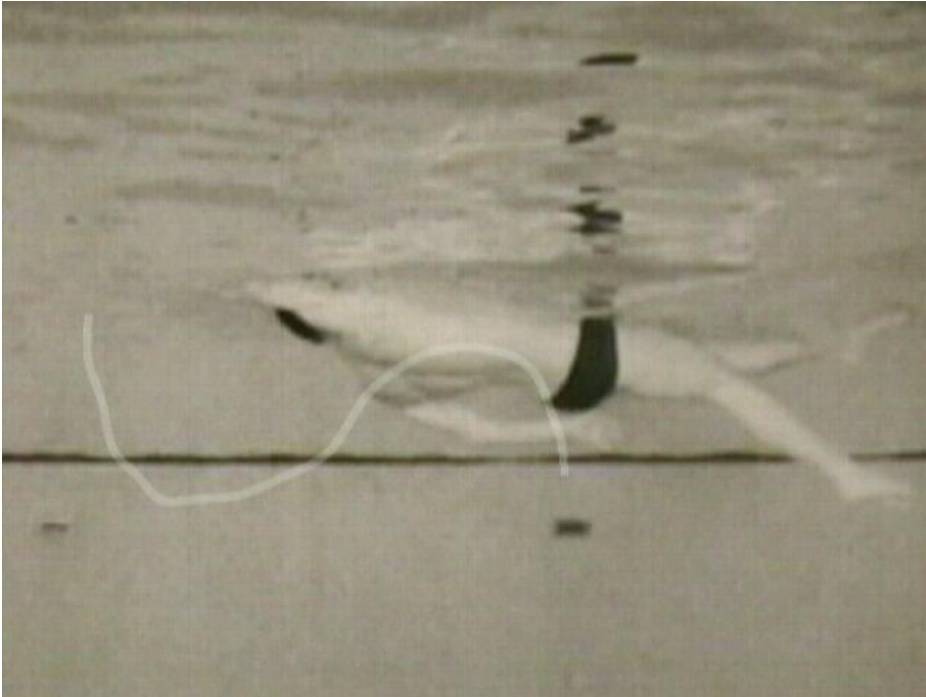
No rotation



A Common Rotation Flaw



Deep Anchor



Stroke Pattern

Maintain natural angle of shoulder relative to the body

A shallower, flatter stroke is also the strongest stroke

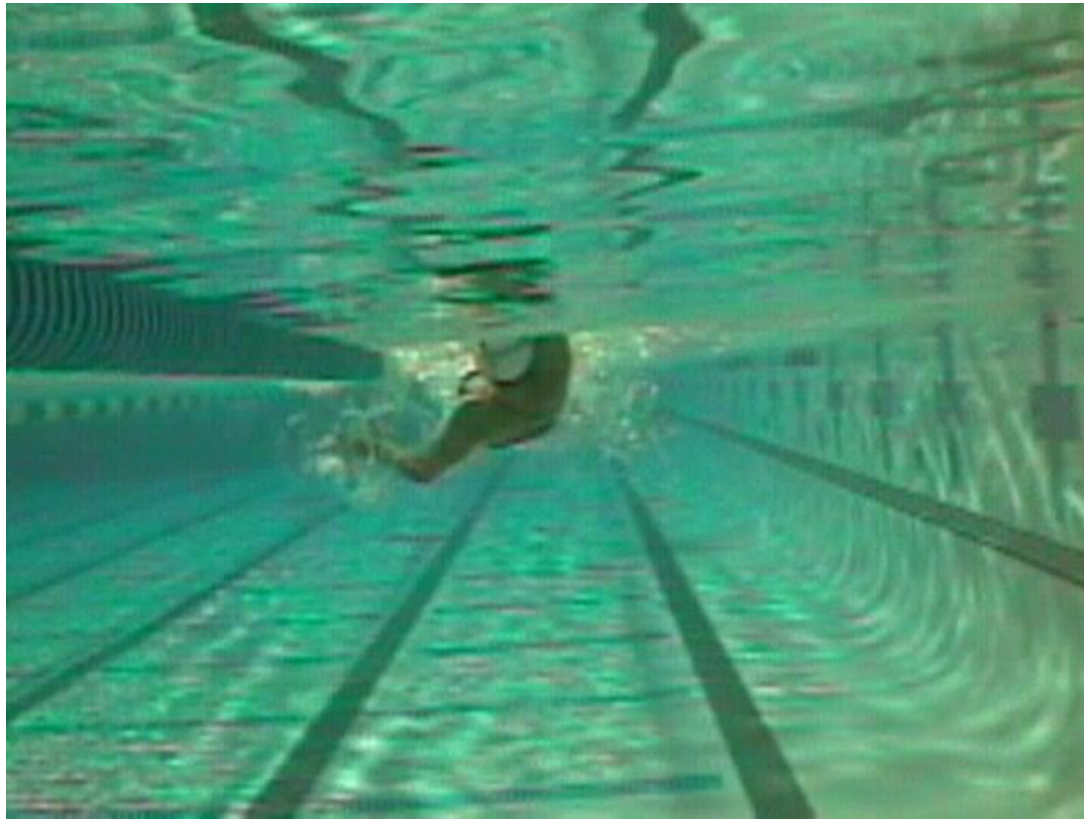


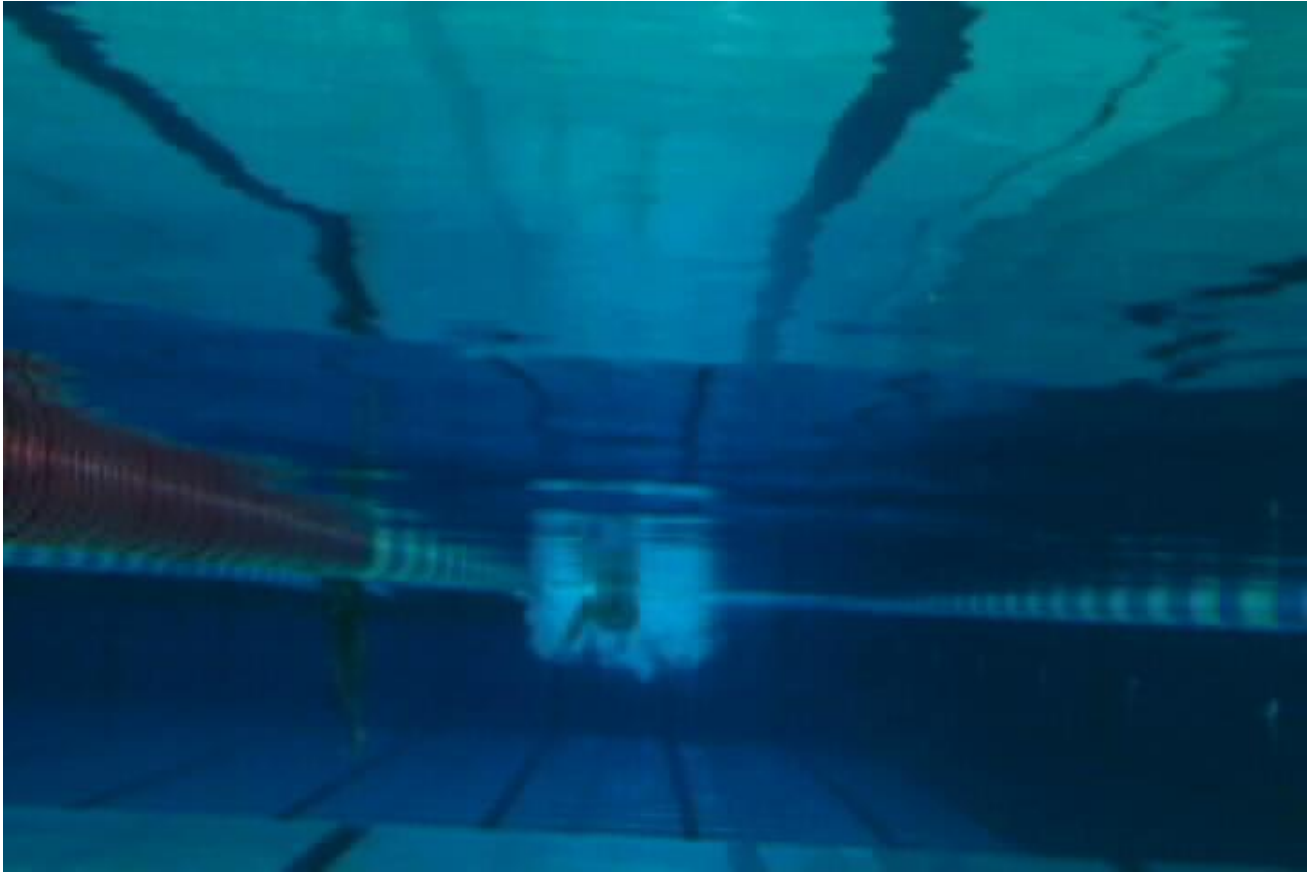
Backstroke Arm Stroke



Front View

The arm is strongest when it remains to the side of the body & connected to the core





Rotation

Driven by the finish & entry combo

Enables quick anchor & strong stroke

Hips and shoulders rotate up (+ forward) together quickly

Timing more important than amount



Backstroke Arm Stroke

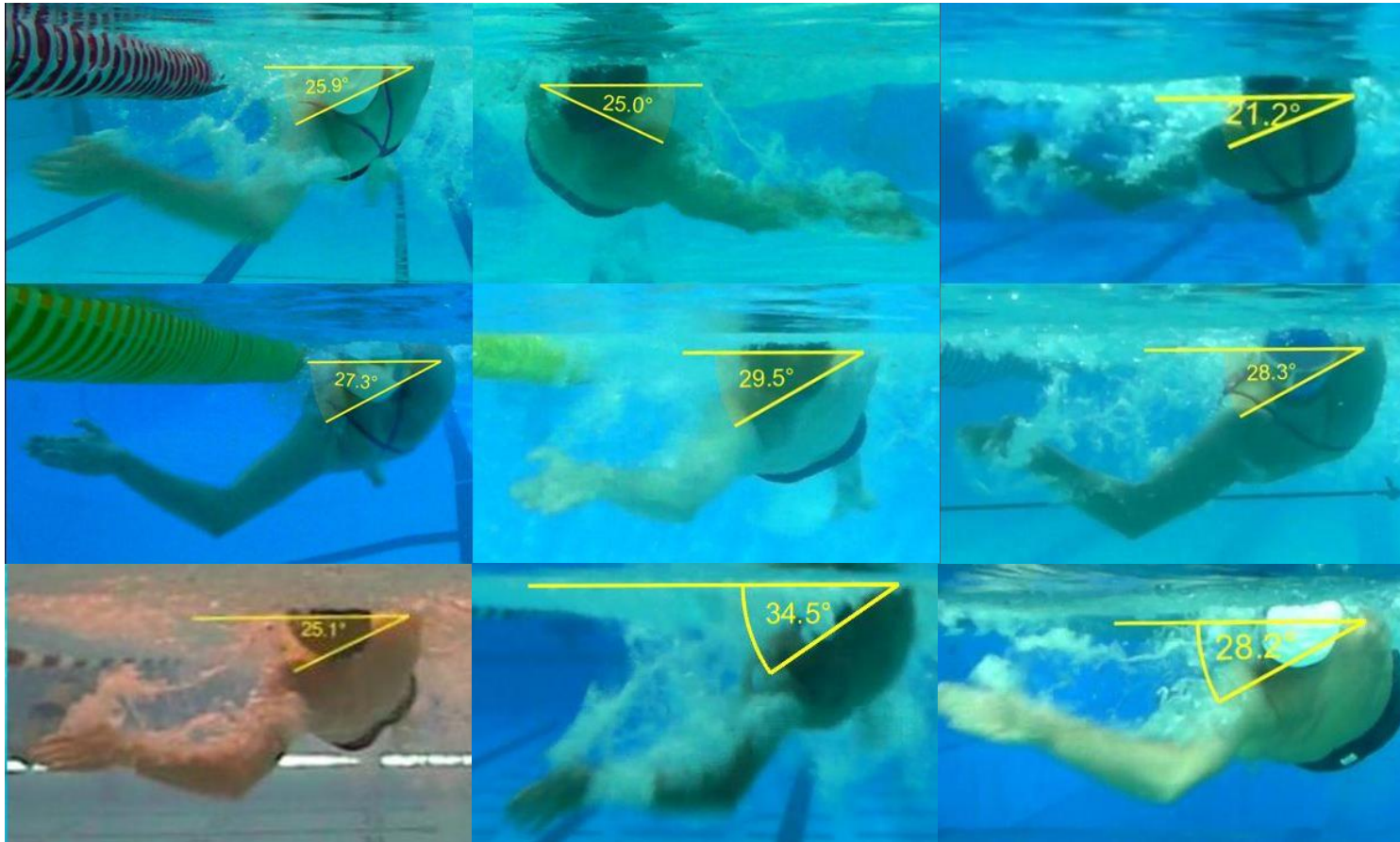


Shoulder rotates forward as well as up & down



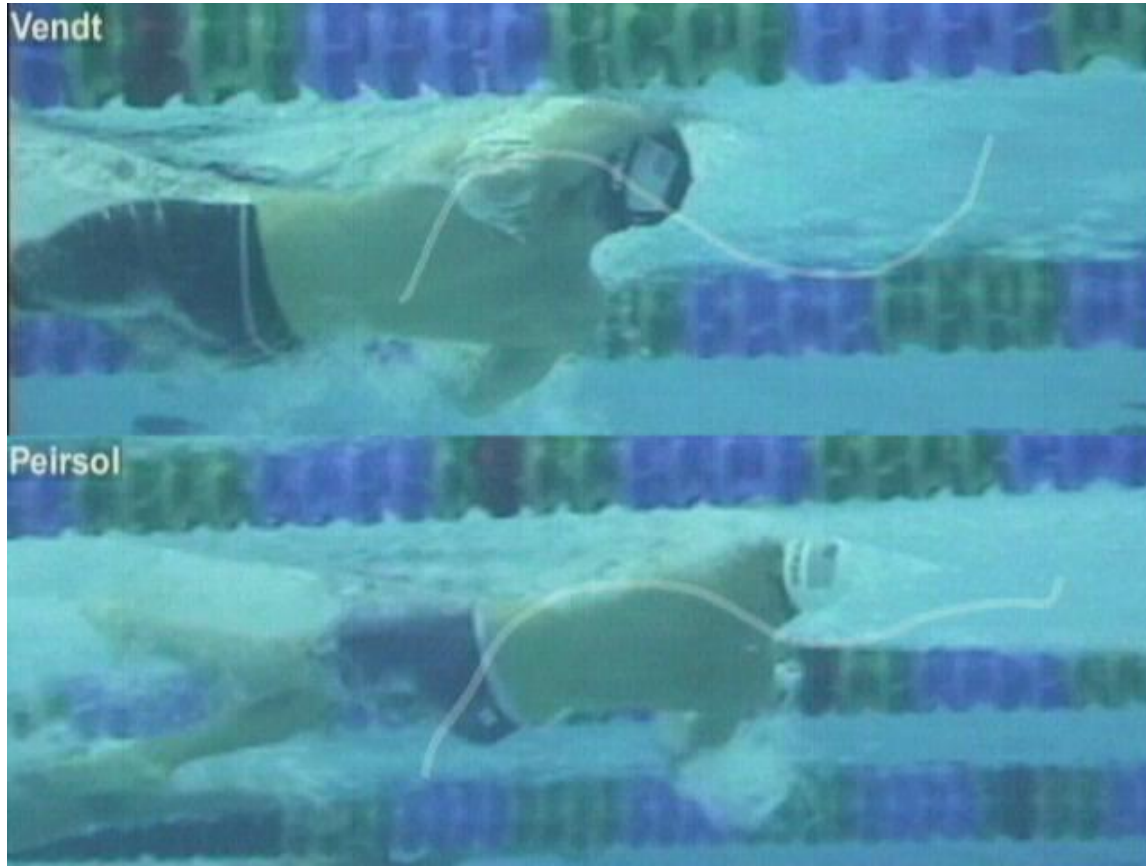
Rotation: How Much?

< 30 degrees +/- 10 to each side

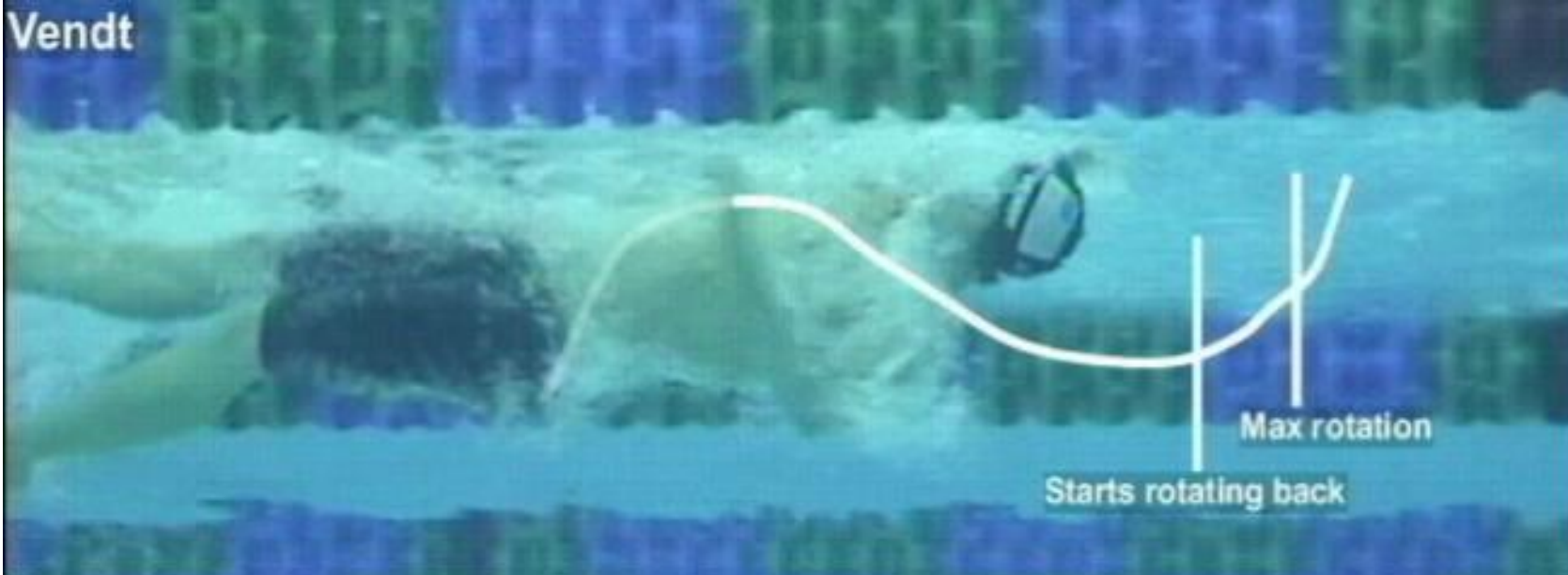


Rotation Timing

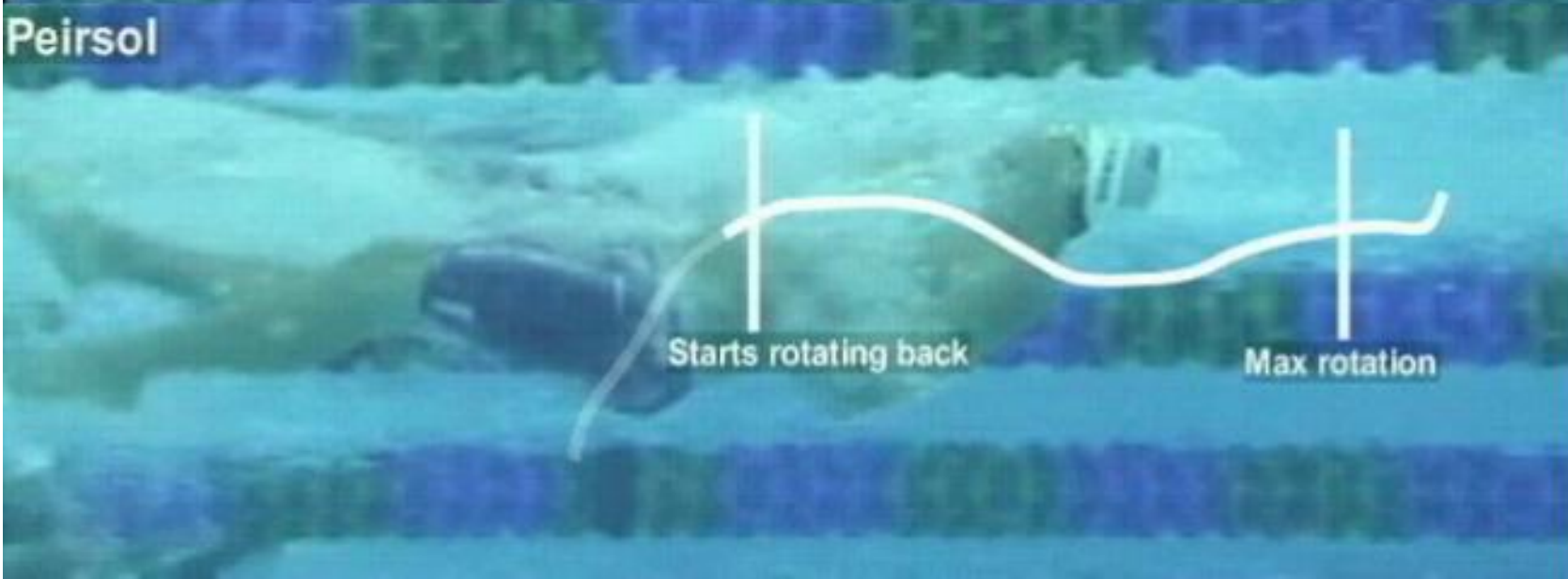
Minimal rotation should occur between the catch and finish



Vendt



Peirsol



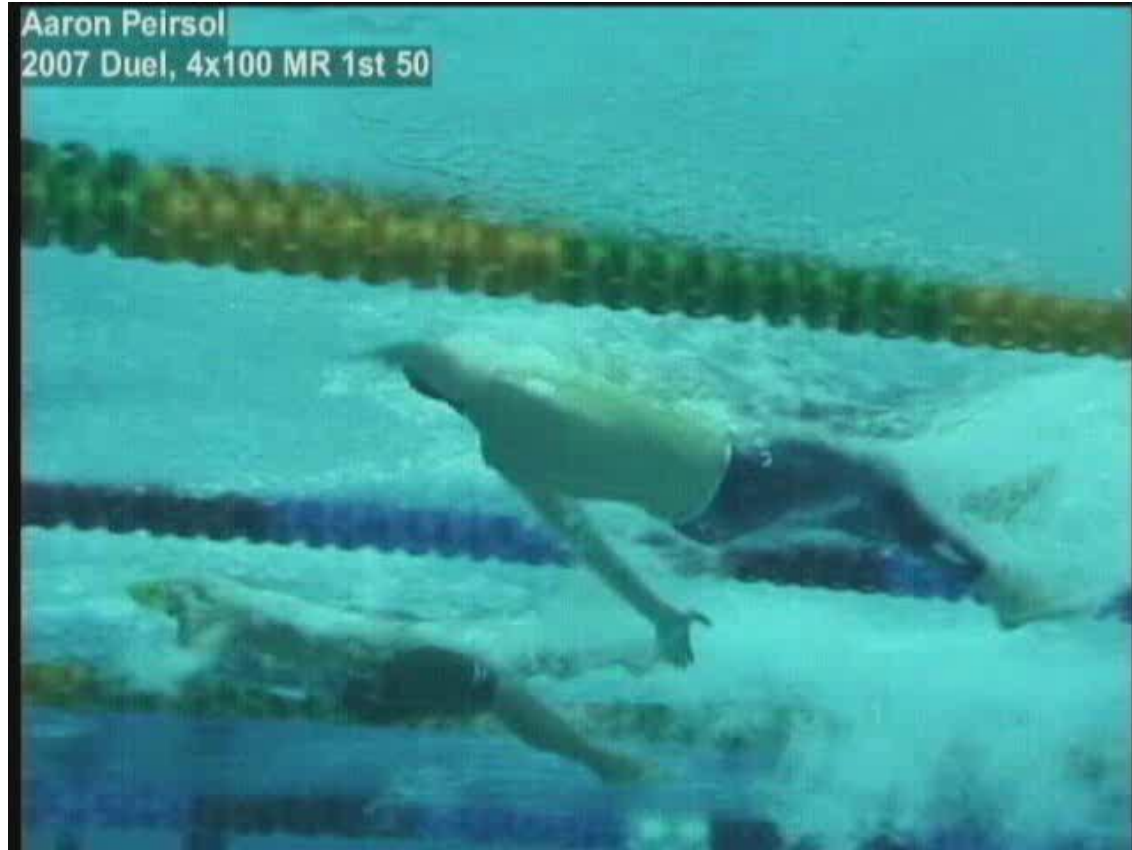
Stick Swimming



Strong Legs!!

Follow-through
on kick is vital

Pay attention
to water on the
back of legs
(corrects
excessive knee
bend)



Backstroke Drills

Six kicks per side

Triple Switch

Long Axis Combo – 3 strokes free,
4 strokes backstroke

Double arm



Backstroke Drills

Single arm backstroke

Combination Drills – 3 right arm, 3 left arm, 6 alternating

Backstroke Skipping – dryland or shallow water

Drills that exaggerate the rotation



Rotation Drill



“Sweet Spot”



Kickboard Pull



Your Drills?



The Very Best Haven't Changed Much



Backstroke Summary

Head position: Relaxed; slightly tilted with extended neck

Body position: Rounded back

Arm stroke: Early, shallow catch with hand/arm at side & palm always facing back

Rotation: Quick and 'snappy' connecting the entry and finish

