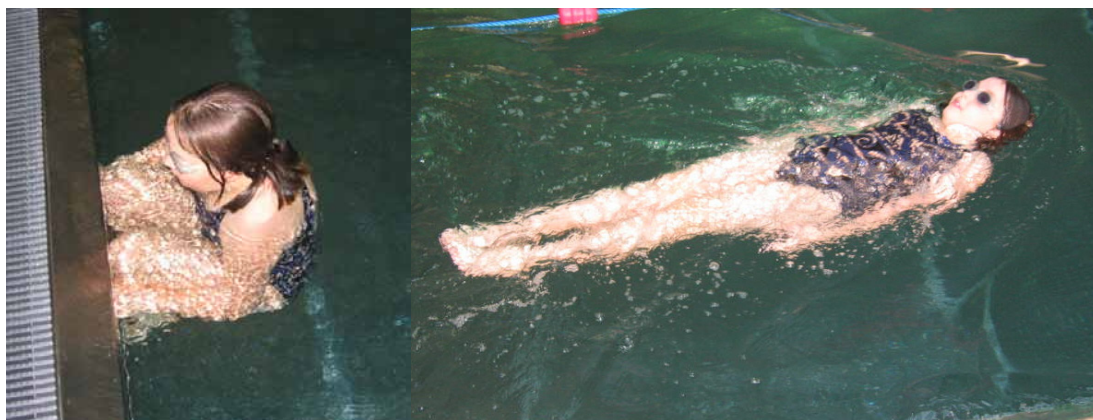


BACKSTROKE: Body Position

Push and glide from the poolside without floats



Aim: to encourage correct body position whilst moving.

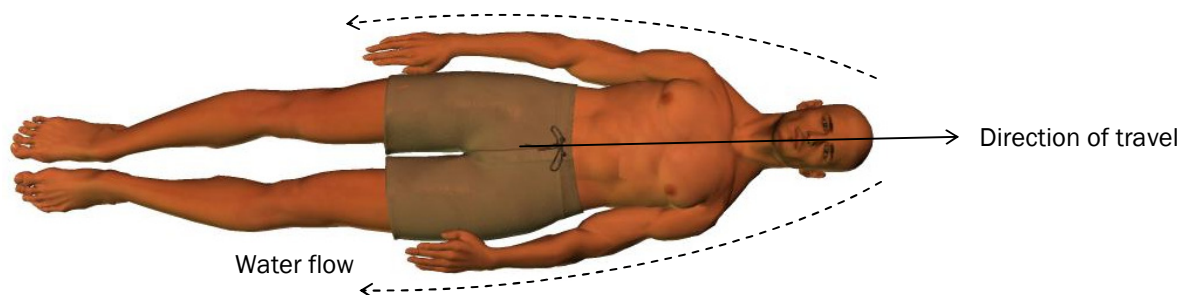
The swimmer uses the momentum of a push from the pool side. Arms are held by the sides or held straight over the head in more advanced cases.

Teacher's Focus

- o Overall body should be horizontal and streamlined
- o Head remains still
- o Eyes looking upwards and towards the feet
- o Hips must be close to the surface
- o Legs must be together
- o Arms are held by the sides

Teaching Points

- o Relax
- o Make your body as long as you can
- o Push off like a rocket
- o Push your tummy up to the surface
- o Look up to the ceiling
- o Glide in a long straight line



Common Faults

- Push off is not hard enough
- Head raises out of the water
- Tummy and hips sink
- Failing to maintain a straight line

Corrective Practice

- Reiterate the teaching point and repeat
- Reiterate the teaching point and repeat
- Repeat the previous practice with float
- Reiterate the teaching points and repeat

BACKSTROKE: Legs



Float held on the chest



Aim: to allow the correct body position to be maintained whilst the legs kick.

This is a progression from having a float held under each arm. The swimmer is less stable but still has the security of one float held on the chest.

Teacher's Focus

- o Kick comes from the hips
- o Kick is alternating and continuous
- o Kick breaks the water surface
- o Hips and tummy up near the surface
- o Legs are together
- o Ankles are relaxed and toes pointed

Teaching Points

- o Point your toes like a ballerina
- o Kick from your hips
- o Kick with floppy feet
- o Make a small splash with your toes
- o Keep your legs together



Common Faults

- o Kick comes from the knee
- o Legs are too deep
- o Toes are turned up
- o Stiff ankles
- o Legs are too 'stiff', not relaxed

Corrective Practice

- o Reiterate the teaching point and repeat
- o Repeat the previous leg practice
- o Repeat the earlier poolside practice
- o Reiterate the teaching point
- o Encourage the pupil to relax and repeat

BACKSTROKE: Arms

Single arm pull with a float held on the chest



Aim: to develop correct arm action whilst kicking.

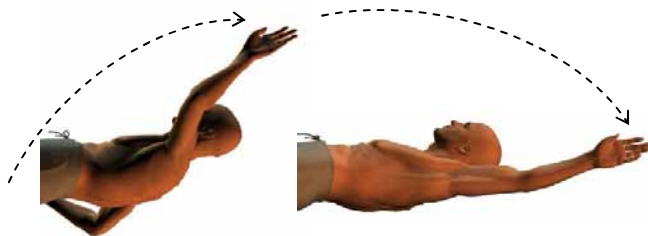
The float held on the chest provides support for the beginner and the single arm action allows easy learning without compromising the swimmer's coordination.

Teacher's Focus

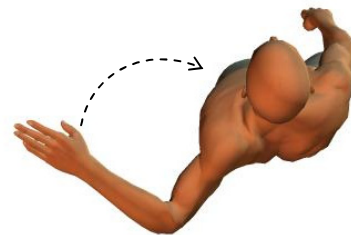
- o Arm action is continuous
- o Arms stretch all the way up and brush past the ear
- o Arms pull down to the thigh
- o Fingers are together
- o Little finger enters water first

Teaching Points

- o Arm brushes past your ear
- o Pull down to your thigh
- o Fingers closed together
- o Little finger enters the water first



Arm exits the water and brushes past the ear, entering the water little finger first



Arm is bent as it pulls through and straightens as it pulls to the thigh

Common Faults

- Arms are pulling out too wide, not brushing the ear
- Arms are not pulling down to the side
- Arms pull too deep under the water
- Fingers are apart
- Thumb enters the water first

Corrective Practice

- Reiterate the teaching point and repeat
- Reiterate the teaching point and repeat
- Repeat the previous arm practice
- Reiterate teaching point and repeat
- Repeat previous arm practice