

# BACKSTROKE

**B**

Body Position

**L**

Leg Action

**A**

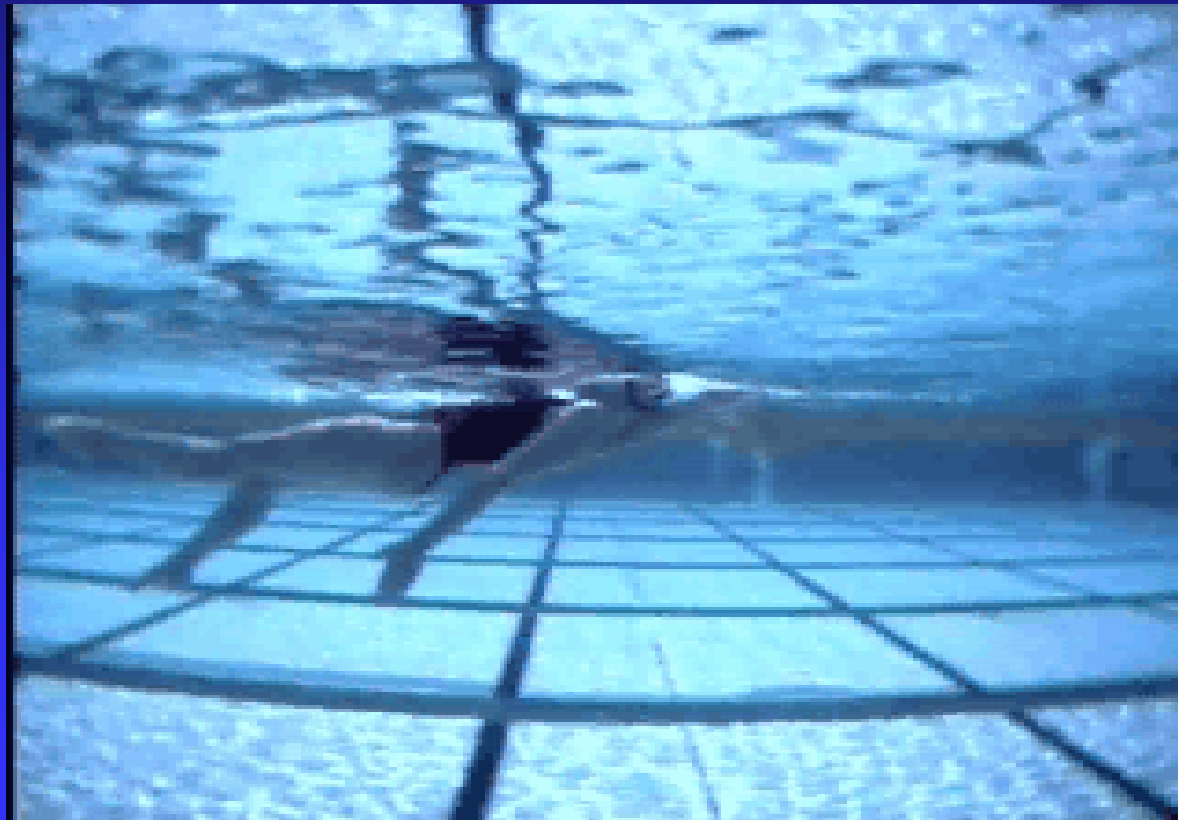
Arm Action

**B**

Breathing

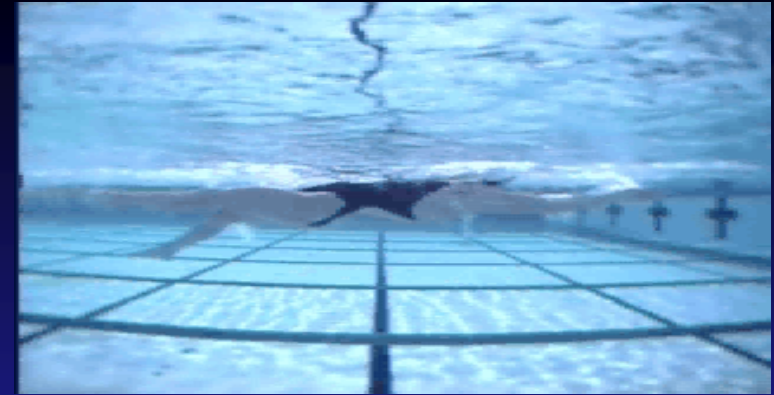
**T**

Timing



# BACKSTROKE

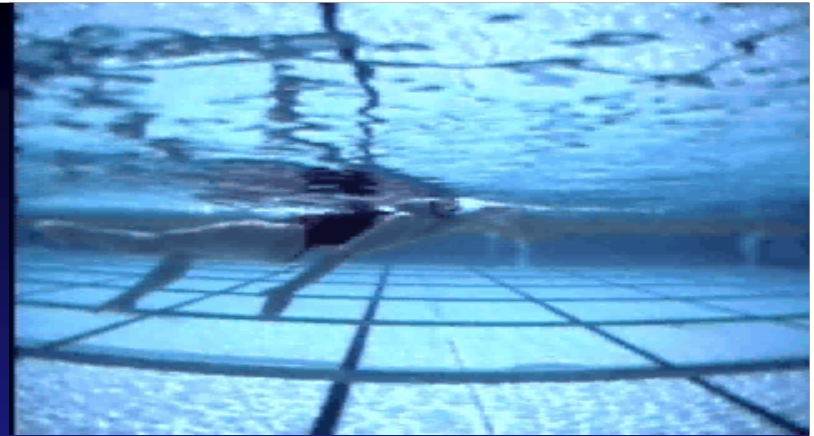
## Body Position:



- **Supine, Horizontal and Streamlined**
- **The head is pillowed in the water, ears just submerged**
- **The head is kept still eyes look upwards and slightly towards feet**
- **The chin may be tucked down slightly to keep the legs in the water**
- **The shoulders roll into the stroke**
- **There is a slight slope from the head to the hips to keep the legs in the water**
- **The legs tend to sway towards the pulling arm, this is kept to a minimum by an efficient leg action**

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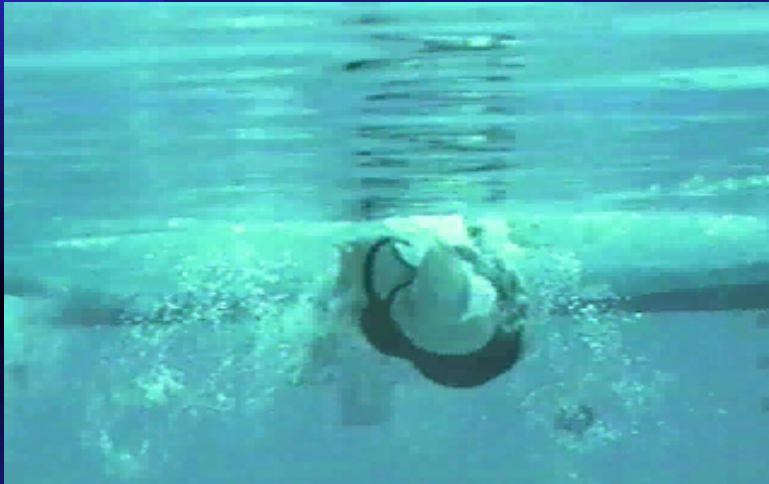
## Leg Action:



- The continuous up & down alternating action is initiated at the hips
- The legs work close together, big toes nearly brushing past each other
- The legs are almost straight with the knees staying below the surface
- The ankles are relaxed to allow the toes to point (plantar flexed) and to in-toe naturally
- The feet kick to the surface at the end of the upbeat without splashing

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## Arm Action:



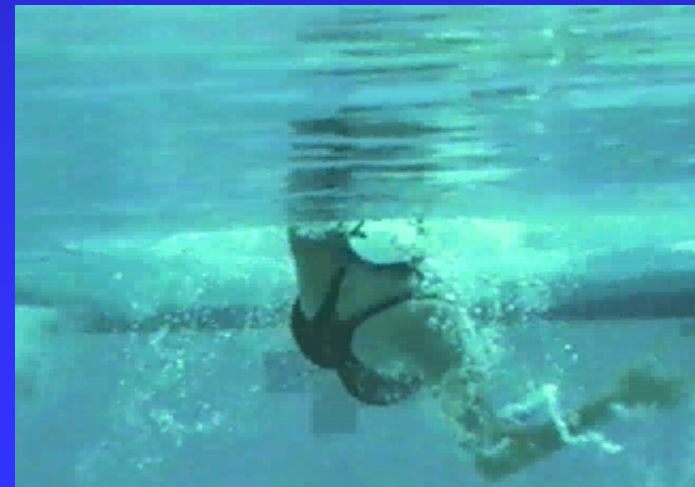
**ENTRY:** Little finger first, straight arm, close to the line of the shoulder

**INITIAL DOWNSWEEP:** Assisted by the roll of the shoulders the arm sweeps downwards and outwards to the catch, the palm of the hand is pitched downwards and outwards

**UPSWEEP:** The pitch of the hand changes to sweep inwards and upwards

The arm bends to an angle of  $90^\circ$

The elbow points to the pool floor



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## Arm Action:



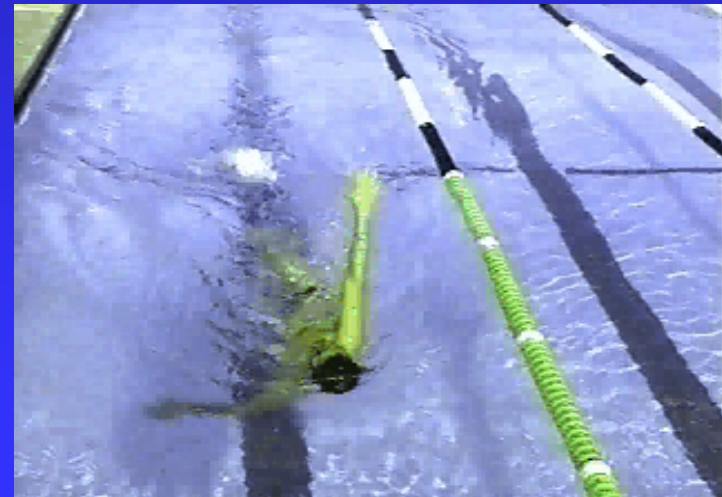
**RECOVERY:** The hand usually comes out thumb (or back of the hand) first  
The arm gradually rotates to prepare for the entry with the little finger  
The relaxed, straight arm recovers directly over the shoulder

## FINAL DOWNSWEEP:

The action accelerates through to the thigh

Fingers point sideways, hand pitch changes to palm downwards

Sweep ends with downwards pressure which helps the required roll



# BACKSTROKE

## **Breathing:**

A breath is taken every stroke cycle, breath holding should be avoided

## **TIMING:**

There are usually six leg kicks to one stroke cycle