



BACKSTROKE

BACKSTROKE DRILLS AND PROGRESSION

KICK:

- ☐ Arms at Side – Flat
- ☐ Arms at Side – Rotation
- ☐ Arms at Side Head Position Play
- ☐ Arms at Side – Rotate – Hand Lift
- ☐ Speed Position
- ☐ Single Arm – Hand up (in H2O), Hand Down (Out of H2O)
- ☐ Feet High/Feet Low

- ☐ *All can be done with Cup for Balance

FEEL:

- ☐ Middle & Finish Scull (Two Arm)
- ☐ Top Scull (Single Arm)
- ☐ Single Arm Scoop
- ☐ Scoop and Pull
- ☐ Hinge Drill

FLOW:

- ☐ Single Arm
- ☐ ½ Kick – ½ Swim
- ☐ Fist
- ☐ Spin
- ☐ Wide Pull – Close Pull – Regular Pull
- ☐ Reverse Catchup (Feel Opposite)
- ☐ Clock Drill
- ☐ 12 and 6 Kick Switch
- ☐ 90 Degrees (UP – OUT – PULL)
- ☐ Double Arm Back (Pause and Pull)

