



Timing the Rotation in Backstroke for Age Group Swimmers

Dale Porter

The Bolles School Sharks

7400 San Jose Blvd.

Jacksonville, FL 32217

porterd@bolles.org

904-256-5212

www.bollesswimming.org

Problem

I find that too many of my athletes are not ready to immediately catch in backstroke.

Steps in Solving Problems

1. Plan

1. Break down the problem
2. Clarify the problem
3. Analyze the root cause
4. Set a target

2. Do

1. Develop countermeasures
2. Implement countermeasures

3. Check

1. Evaluate results & procedures

Root Cause

- Timing of the hip/shoulder rotation
- Over reach
- Poor kick
 - Low
 - Imbalanced
 - Dolphin (undulating body movement)

Countermeasures

- Teach The Catch
- Implement Rotation Drills

Drills

Right arm only

Left arm only

1 arm progression

3r3a3l3a

4k switch

4 slow 8 fast

6 kick switch

8 kick switch

A-ok

Arm wrestle

Body roll

Chin up

Double recover

Fist drill

Flip flop

Kick arms up

Kick left up

Kick right up

Touchdown

Slow motion

Hip roll

Hang loose

Peace

Chin to shoulder

Side glide

Side glide slow recover

Fashion model

Speed drill

Quick wrist @ hip

4 back 3 free

$\frac{3}{4}$ chop

6 kick 3 strokes

Shoulder lift

1 arm underwater

Reach for noodle

Board between feet

Kick over

Slow motion

9-4, 11-5 fish kicks

Close eyes, count

Plus 2 kicks

Scull on side

Streamline kick-sink face

Press hip up

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9-4, 11-5 fish kicks

Close eyes, count

Plus 2 kicks

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Streamline kick-sink face

Press hip up

Customer Service

Keeping it fun with a Disney Method

Make Eye Contact and Smile

Greet and Welcome Each and
Every Guest

Seek Out Guest Contact

Provide Immediate Service Recovery

Always Display Appropriate Body
Language At All Times

Create Dreams and Preserve the
Magical Guest Experience

Thank Each and Every Guest