Timing the Rotation in Backstroke for Age Group Swimmers

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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
¾ 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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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