

Version 1.0

Venue Handy Cross

25m

Session Teaching Sprint - Backstroke (03)

Minnows

Warm Up

Instruction

Easy warm up using front crawl and back stroke
Be on poolside and ready before the session !
Loosen up read for the teaching back stroke

15 mins

Main Set

Practice thumb out, fingers in through b/c drills
Sets of 50m b/c and 50m f/c to loosen
Practice b/c starts, getting hips out of the water
Alternate front and back crawl 50m sets to practice tumbles
Practice 50m backstroke with turns - remember to count

40 mins

Swim Down

150m freestyle (assess for next Freestyle session)

5 mins

Feedback

Teaching Point

Backstroke - Arch back into water at the Start, underwater fly kicks, one hand on top of the other.

Backstroke - Check thimb out of water first, little finger into water first

Backstroke - ensure the swimmers are attempting a proper back stroke turn

Feedback