

Topic	Backstroke, also known as back crawl, is probably the easiest of all competitive strokes to teach and learn, as the swimmer has his/her head out of the water, unlike freestyle where the face is in the water and breathing and arm coordination must be mastered. Some learners prefer backstroke because their faces are out of the water and breathing is not an issue. Backstroke and front crawl have similarities. These similarities are useful when beginning swimmers are reminded of a skill or part of a skill which may be familiar to them.
Country, city	Turkey, Malatya
Name	Swimming - Skill Progression (Backstroke)
Aim	The fundamental goal of this swimming practice is to provide an opportunity for all swimmers to develop good swimming technique in backstroke.
Duration of the lessons	The Warm-Up: 20-30 minutes Specific Practice Workout: 30-40 minutes The Cool-Down: 15-20 minutes
Expertise, experience of trainer	All team members should be closely matched in age: <ul style="list-style-type: none"> • Within 3-5 years for athletes 21 years old and under. • Within 10-15 years for athletes 22 years old and over.
Age group	8 -- 17
Rules	Athlete Can: <ul style="list-style-type: none"> • Swim on back • Perform backstroke correctly for a distance of one pool length • Start on back • Perform backstroke start while facing the starting end; both hands on a starting block • Perform the correct backstroke start and swims one pool length • Turn on back • Perform backstroke turn - assisted Perform backstroke turn in chest-deep water – independent
Set of movements	<p>Body Position: Key Points: <ul style="list-style-type: none"> • Supine, horizontal and streamlined. • Ears are submerged just below the water surface. • Head remains still, eyes look upward or slightly down toward toes. • Chin is tucked in to ensure that the legs are kept in the water. • Hips are kept close to the surface. • Shoulders roll along with the stroke. • To keep the legs in the water, there is a slight slope down from the head to the hips. </p> <p>Kick: The leg action assists in maintaining a horizontal body position and balancing the arm action. This will minimize the legs swaying from side to side. It may also contribute to some propulsion. Key Points: <ul style="list-style-type: none"> • The continuous up and down alternating action is started from the hips. • Legs are close together. • Legs are kept almost straight with the knees remaining below the surface. • Relaxed ankles allow the toes to point. • Feet break the surface at the end of the upbeat, trying not to splash. </p> <p>Arm Action: The arm action is continuous and alternating. The arm action provides constant propulsion. Bent-arm action is more efficient than straight-arm action. The straight-arm action may be preferred in the early stages of development. Key Points – Entry: <ul style="list-style-type: none"> • The little finger enters the water first, straight arm and close to the shoulder line. Key Points – Initial Down Sweep: <ul style="list-style-type: none"> • The arm sweeps downward and outward to the catch. This is assisted by a natural shoulder roll. • The hand is pitched downward and outward by the palm. Key Points – Up Sweep: <ul style="list-style-type: none"> • The hand pitch is changed to sweep inward and upward. • The arms are bent at a 90-degree angle at the elbow. Key Points – Final Down Sweep: <ul style="list-style-type: none"> • The arm pushes through to the thigh. • Fingers are pointing sideways and palms are downward. Key Points – Recovery: <ul style="list-style-type: none"> • The hand comes out thumb first. • The arm turns gradually to ensure that the little finger is ready for entry. • Arm remains straight and relaxed throughout. Key Points – Breathing: <ul style="list-style-type: none"> • Breathing is natural. As a rule, breathe every stroke cycle. Key Points – Timing: <ul style="list-style-type: none"> • Six leg kicks to one stroke cycle. </p>
Equipment	<p>Hardware: Touch Pads, Pace Clock, Pull Buoys.</p> <p>Special clothing: Swimsuits, Cap, Goggles, Nose Clips and Towels.</p> <p>Any other material: Architectural barriers within and around the pool, Entrances, Doorways, Restrooms and showers, Locker or change rooms, Pool decks and bottom, Water depth and condition, Water and air temperature, Ladder, steps, stairs and ramps, Lighting, Review emergency plan, and determine the specific signals that are used in identifying an emergency within the facility, Check for slippery deck conditions and remove standing water, Ensure there are certified lifeguards with no other duty but to guard, Check wheelchair access Timing Devices, Starting Devices, Backstroke Flags.</p>
Required space	Pools and aquatic areas that are properly supervised usually have the equipment described before. The equipment is kept in view at the pool or in the swimming area.
Inclusive experience	Practices of water familiarization and adjustment to the pool environment are needed.

Type of disability	Rules (game rules, duration)	Instructions	Set of movements	(Adapted) Equipment
Hearing impairment Complete loss	The swimmers move through the water on their backs (supine) and their leg action is continuous - like in freestyle. The propulsive phase of the kick takes place with the swimmer's upbeat action.	Athletes must be able to see the instructions during demonstrations and practice sessions.	x	Hearing protection or ear plug, if needed
Reduced hearing	The swimmers move through the water on their backs (supine) and their leg action is continuous - like in freestyle. The propulsive phase of the kick takes place with the swimmer's upbeat action.	Athletes must be able to see the instructions during demonstrations and practice sessions. (depends on %)	x	Hearing protection or ear plug, if needed
Visual impairments • Low vision • Reduced vision	The swimmers move through the water on their backs (supine) and their leg action is continuous - like in freestyle. The propulsive phase of the kick takes place with the swimmer's upbeat action.	Backstroke swimmers with visual impairment are less aware to cross over their center line, as this will cause rolling of the body.	x	Prescripted goggles
No vision	The swimmers move through the water on their backs (supine) and their leg action is continuous - like in freestyle. The propulsive phase of the kick takes place with the swimmer's upbeat action.	Backstroke swimmers with visual impairment are not aware to cross over their center line, as this will cause rolling of the body.	x	Prescripted goggles
Mobility impairment Reduced mobility (use of lower limbs and upper limbs)	Teaching Points: 1. Kick from hips. 2. Long straight legs, pointed toes. 3. Extend the arms/board over the head or knees, as this will help stop the swimmer from kicking with an exaggerated bent knee action. Kick mostly from the hips. Bend the knees slightly, keeping the action relaxed. Each training session needs to contain the same essential elements. The amount of time spent on each element will depend on the goal of the training session, the time of season the session is in and the amount of time available for a particular session.	Coach assists athlete in maintaining contact with wall or small kickboard, holding legs or rail, if available. Practice with a float under each arm, push and glide, add leg action.	x	Wall, small kickboard, rail, etc.
Reduced mobility (use of lower limbs and no use of upper limbs)	Practice backstroke kick on land. Teaching Points 1. Lay on mat or bench. Have the swimmer lay on pool deck with legs in water. 2. Keep legs together, toes slightly pigeon-toed. 3. Kick so that the toes are just below the water surface. Specific Event Workout 25-35 minutes. Conditioning or Fitness Workout 15-20 minutes	Coach assists athlete by hooking toes under rail. Hold the swimmer's feet, toes pointed slightly inward. Have the swimmer kick from the hips. Have the swimmer kick and feel the water with the feet.	x	Have athletes wear a flotation waist belt. Use a pool lift or a ramp to help athletes.
Reduced mobility (no use of lower limbs and no use of upper limbs)	-	-	-	-
Wheelchair users (use of upper limbs)	The swimmer's arm is straight and extended behind the shoulder as the hand enters the water. Swimmers are taught to enter the water with the little finger first and with as little splash as possible. Athletes are encouraged to practice drills to achieve good stroke technique. The shape of the whole arm action/pull is in the form of an "S" shape. Each training session needs to contain the same essential elements. The amount of time spent on each element will depend on the goal of the training session, the time of season the session is in and the amount of time available for a particular session.	Coach assists athlete by lying out on back; arms at sides. Keep the legs together with toes pointed slightly inward by holding	x	Have athletes wear a flotation waist belt. Use a pool lift or a ramp to help athletes.
Wheelchair users (no use of upper limbs)	-	-	-	-
Communication impairment Speech impairments	The swimmers move through the water on their backs (supine) and their leg action is continuous - like in freestyle. The propulsive phase of the kick takes place with the swimmer's upbeat action.	Keep athlete's attention. Athlete needs to be an active listener.	x	x

Learning impairment
Mild

Teaching Points
1. The athlete stands on pool deck.
2. Extend both arms straight over the head.
3. Head is tilted forward at a 45-degree angle.
4. With either hand, begin in a straight line as close to the body as possible toward the feet.
5. Keep the fingertips pointed up toward the water surface.
6. Wrist is slightly bent.
7. Press the hand past the hips to the upper thigh.
8. Recover the arm and hand to the starting position with arm straight.
9. Repeat same movement with the other arm.
10. Keep the back, hips, and legs straight.

Each training session needs to contain max 25 min.

Practice backstroke arm stroke on land

x
x

• Moderate
• Severe

Teaching Points
1. The arms are fully extended beside swimmer to maintain a better balance in the water.
2. With either hand, begin by lifting the hand from the water, thumb first with the side of the hand, wrist slightly bent.
3. Shoulder rotates slightly as the hand presses toward the bottom of the pool.
4. Draw a straight line with the hand as close to the body as possible, fingertips pointing toward the water surface.
5. Press the hand toward the feet, finishing past the hips.
6. Recover to the starting position, keeping the arm straight.
7. Repeat the same motion with the other hand.

Each training session needs to contain max 20 min.

Practice backstroke arm stroke in shallow water

x
x