

ERROR AREA 1	SPECIFIC ERRORS
Common positions missed or out-of-sequence during 'Take Off'	1-1. Head moves independently at starting signal.
	1-2. Head already back at point of hands leaving block.
	1-3. Legs drive too early in starting sequence
	1-4. Body angle too steep at point of arms reaching vertical alignment
	1-5. Arms do not reach streamline at point of 'take-off'

ERROR 1 - Common positions missed or out-of-sequence during 'Take Off

Specific Error 1 – Head moves independently at starting signal



Head drops back but the rest of the body remains fixed in position.



The head remains in neutral alignment and moves back in conjunction with the shoulders through powerful extension of the arms.

ERROR 1 - Common positions missed or out-of-sequence during 'Take Off

Specific Error 2 – Head already back at point of hand release



Head back prior to start of arm extension reducing potential for increased momentum as hands release.



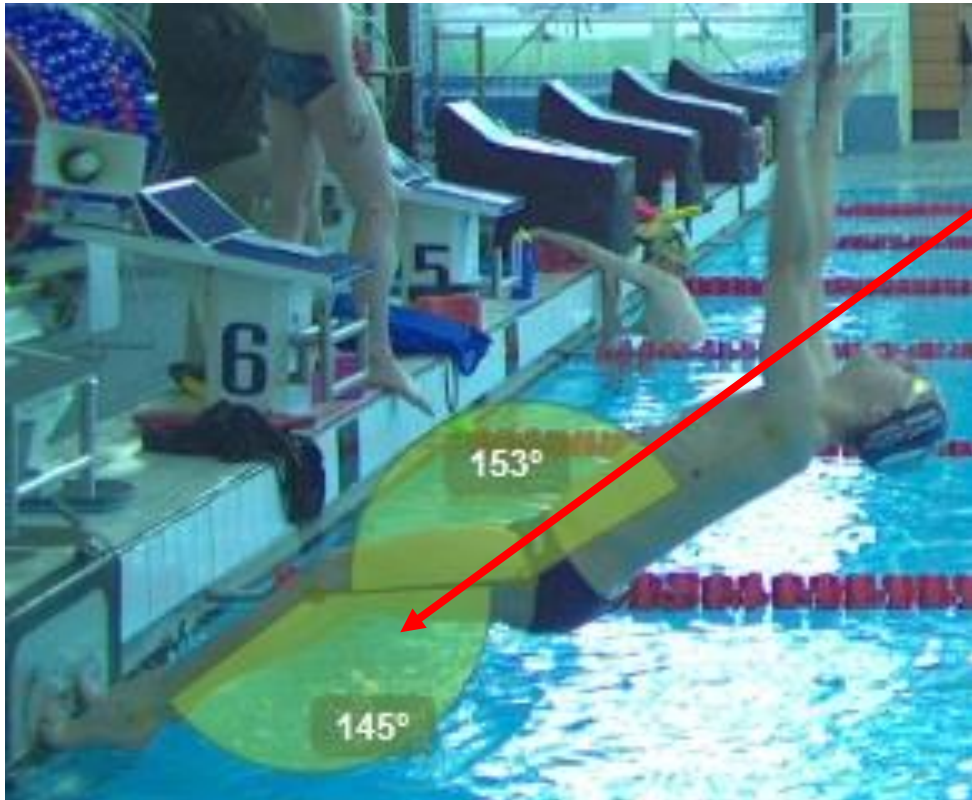
The head remains in neutral alignment and moves back in conjunction with the shoulders during powerful extension of the arms. Leaving potential for increased momentum as hands release and arm swing begins.

ERROR 1 – Common positions missed or out-of-sequence during 'Take Off'

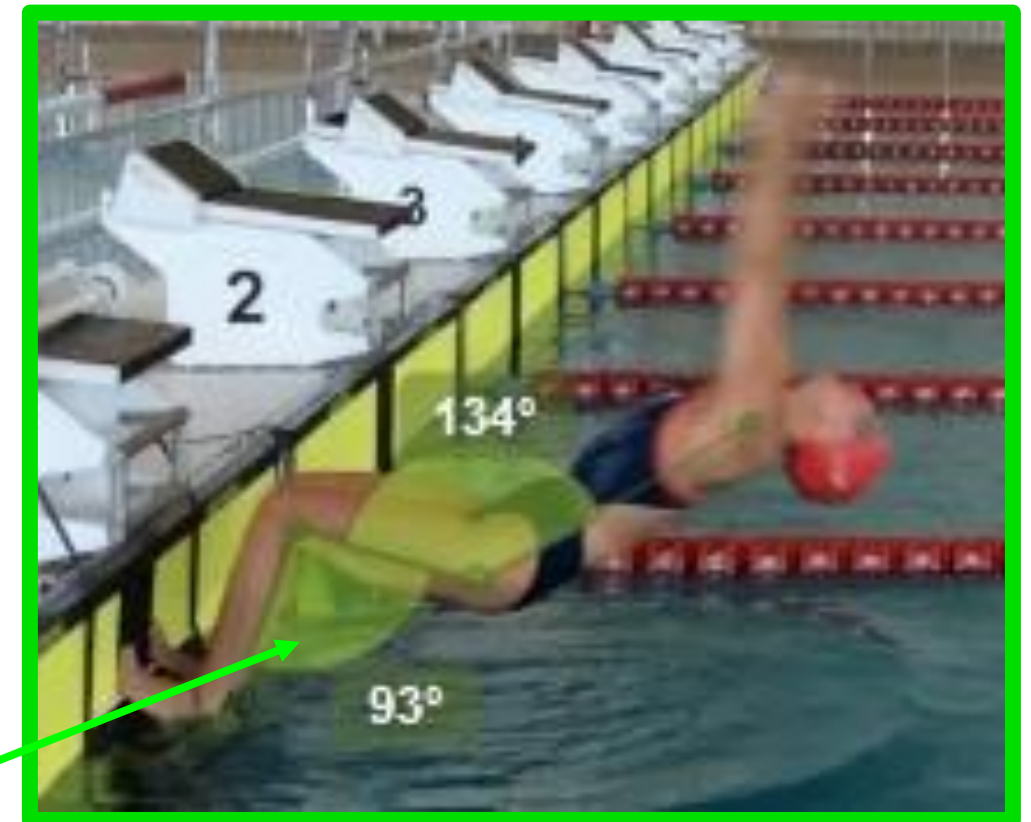
Specific Error 3 – Legs drive too early in starting sequence

Specific Error 4 – body angle too steep at point of arms reaching vertical alignment

Legs begin to drive immediately following hands release from starting blocks, creating limited leg drive potential in finals phase of arm swing.

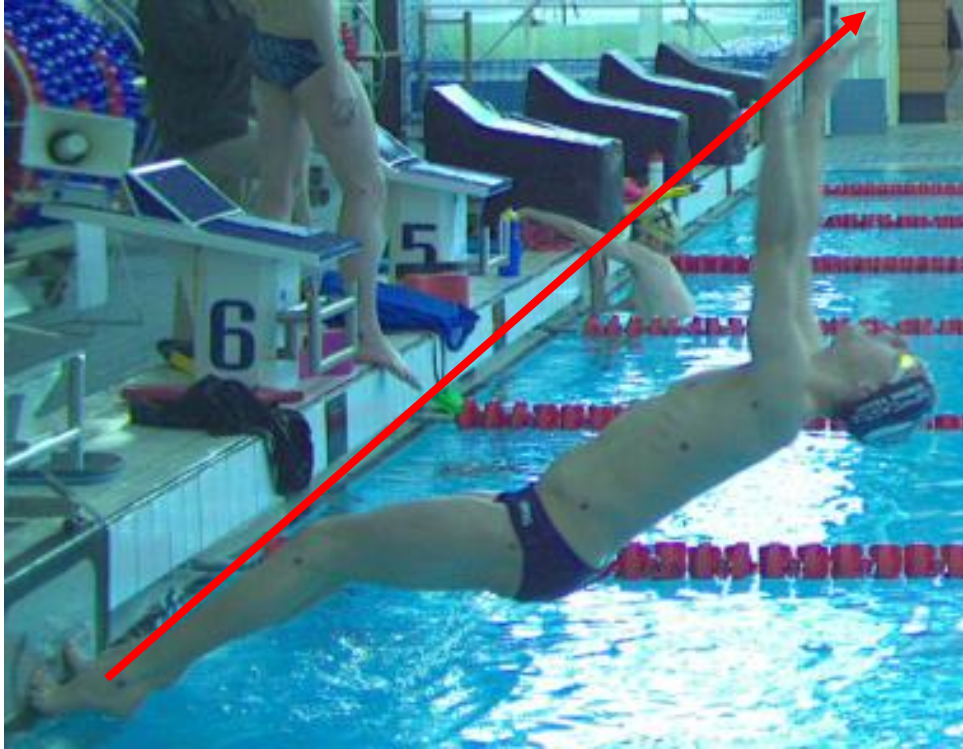


Allowing shoulders to fall back and hips to drive upwards initially following hand release from starting block linked with limited leg contribution creates better body angle and allows leg drive to be coordinated with final phase of arm swing.

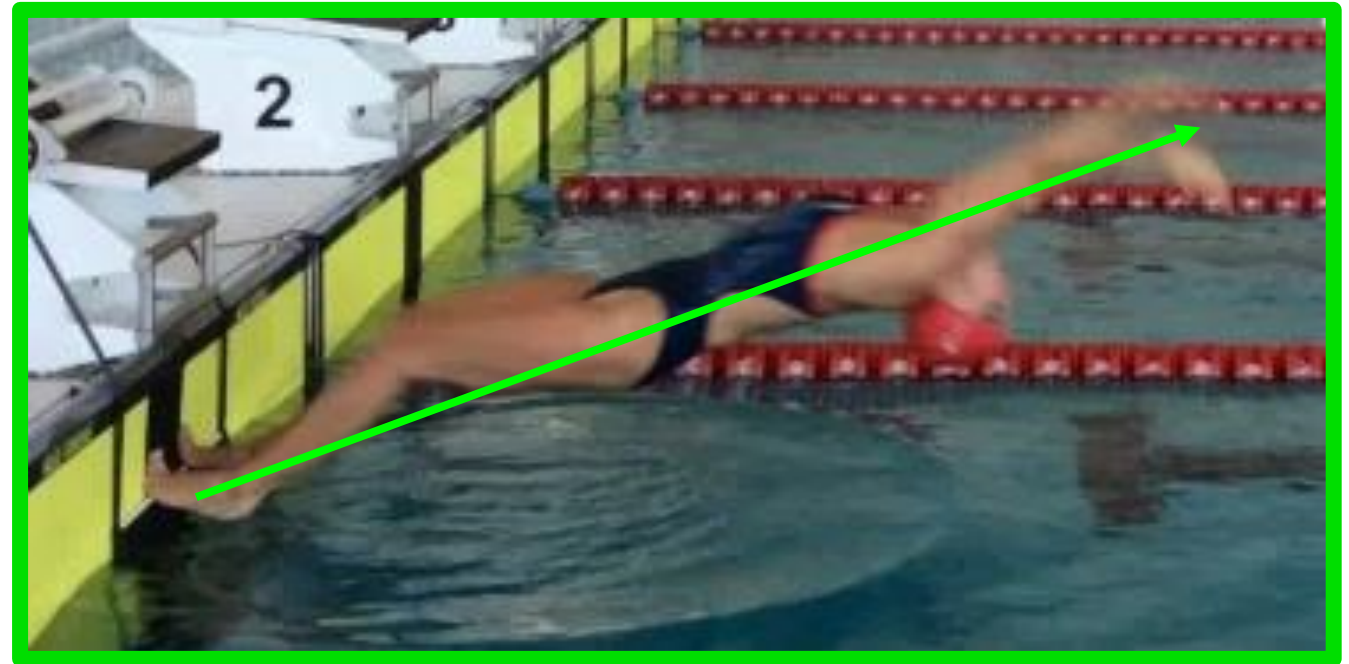


ERROR 1 - Common positions missed or out-of-sequence during 'Take Off

Specific Error 5 – Arms do not reach streamline at point of 'take off'



Leg drive completed before arm swing has finished resulting in steep take off angle and legs to initially drop when feet leave the touch pad.

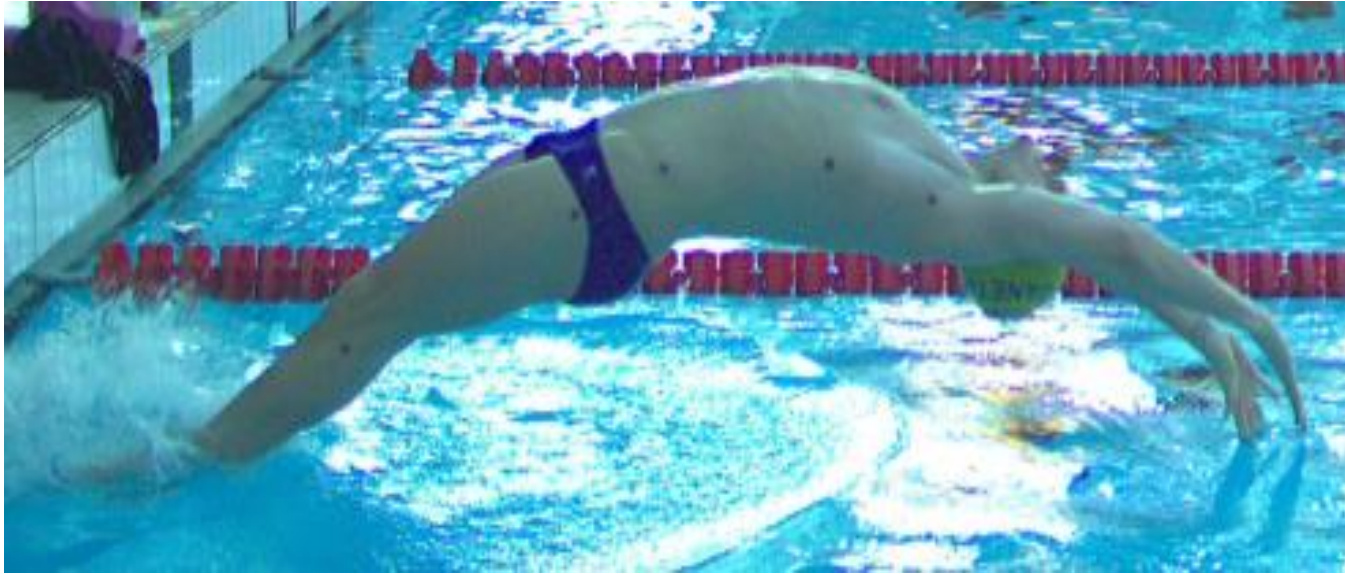


If arms reach streamline at point of take off the momentum of arm swing enables feet to stay clear of surface and leads to a cleaner flight phase.

ERROR AREA 2	SPECIFIC ERRORS
More than 1 body part is in contact with the water as the hands touch the surface.	2-1. Lack of hip and leg drive
	2-2. Take-off angle too steep
	2-3. Overarching of back in mid flight

ERROR 2 - More than 1 body part is in contact with the water as the hands touch the surface.

Specific Error 1 – Lack of hip and leg drive



Limited hip and leg drive at take-off causing feet to drop after losing contact with the backstroke ledge.

Hips lifted above height of shoulders. Feet lifted above height of head with tension held through body line.



ERROR 2 - More than 1 body part is in contact with the water as the hands touch the surface.

Specific Error 2 – Takeoff angle too steep



Body angle too steep at point of losing contact with backstroke ledge resulting in loss of horizontal momentum and drop of feet.

Shallower take off angle resulting in a more direct flight path creating increased horizontal momentum and easier full body clearance of the water.



ERROR 2 - More than 1 body part is in contact with the water as the hands touch the surface.

Specific Error 3 – Overarching resulting in feet dropping



Overarching of back reduces ability to hold legs up in flight phase causing hands and feet to contact with water simultaneously..

Reduced arch in back enables the hips and feet to be kept higher during flight phase and remain clear of the water.

