

# COACHES TOP TIPS

## BACKSTROKE

EUAN DALE – HEAD COACH, MILLFIELD SCHOOL

1. Develop a strong kick
  - UW – spinal movement and core strength, flutter – ankle flexibility and movement
  - E.g. Ryan Lochte (Picture 1)
2. Effective rotational control around a horizontal axis
  - E.g. Ryan Lochte (Picture 2)
3. Catch understanding
  - 90-120 degree, efficiency vs speed
  - E.g. Ryan Lochte (Picture 2)



PICTURE 1



PICTURE 2

ANDY WALLACE – SUPPORT COACH, LOUGHBOROUGH NATIONAL CENTRE

1. Hand entry slightly outside of shoulder width on both sides (11 o'clock and 1 o'clock)
  - E.g. Mitch Larkin (Picture 3)
2. Strong kick maintained and the upbeat of the kick links with the completion of catch and initiation of the press/propulsive phase.
  - E.g. Katinka Hosszu (Picture 4)
3. Release of stroke linked with hand entry on opposite side
  - E.g. Ryan Murphy (Picture 5)



PICTURE 3



PICTURE 4



PICTURE 5



PICTURE 6

### RYAN LIVINGSTONE – HEAD COACH, NEWCASTLE SWIM TEAM

1. Develop a ‘World Class’ leg kick that provides propulsion and stabilisation.
2. Develop world class dolphin kick and train this as the 5th stroke.
3. Initiate the catch soon after the hand entry and aim to produce a propulsive action as early as possible.
  - E.g. Ryan Murphy (Picture 6)

### GRAEME ANTWHISTLE – SWIM WALES

1. A still head position not too far back that ribs flare, remain connected through core
  - E.g. Matt Grevers (Picture 7)
2. Early catch pressing with fingers
  - E.g. Matt Grevers (Picture 7) and Ryan Lochte (Picture 8)
3. Connectivity of hips to shoulders to help assist propulsion



PICTURE 7



PICTURE 8

### DAVID HEMMINGS – NATIONAL COACH, LOUGHBOROUGH NATIONAL CENTRE

1. Swimmers must be taught to accelerate from ‘catch’ to ‘press’ without the hand breaking the surface. This requires a strong core & kick in order to remain rotated and avoid pulling the surface / slipping.
2. The swimmer should be taught to kick both up and down and in both supine & rotated positions.
  - E.g. Ryan Lochte (Pictures 9)
3. Achieving a strong pull relies on holding strong line through both shoulders and the pulling elbow. The elbow should never go behind this line!
  - E.g. Ryan Lochte (Picture 10)



PICTURE 9



PICTURE 10