

Swimming technique testing system

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swimmer

Quality control of BACKSTROKE SWIMMING technique

1. Left ARM PULL & Right RECOVERY PHASE

- The position of left shoulder (must be relatively high)
- The timing of left catch, right exit, left kick (must be simultaneous)
- The left arm pull action (good catch down, aside, fixed elbow position)
- The position of left arm at the middle of stroke (vertical, max flexed)
- Left hand slip during pull (positive, let your body move on the pull)
- Forward speed (compare to speed during right pushing phase).

2. Left ARM PUSH & Right RECOVERY PHASE

- The left arm push action (elbow and hand close to body, with wrist locked e.c.t.)
- The timing of recovering arm entry (must be before the end of the push)
- The timing of left arm pushing with left leg kick (must be simultaneous)
- Left hand slip during push (less negative, sticking to water)
- Forward speed (higher, compare to speed during left pulling phase)

3. Right ARM PULL & Left RECOVERY PHASE

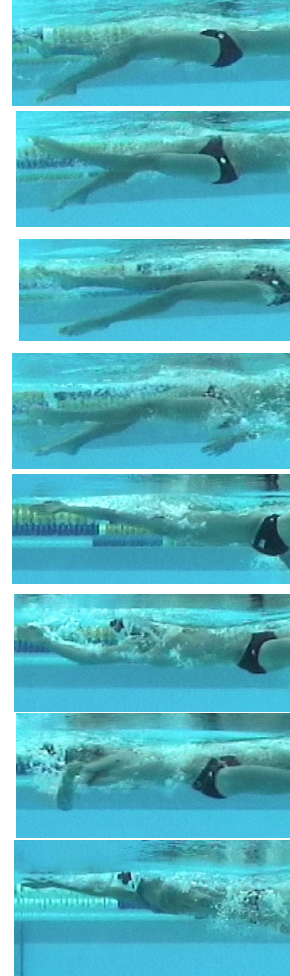
- The position of right shoulder (must be relatively high)
- The timing of right catch, left exit, right kick (must be simultaneous)
- The right arm pull action (good catch down, aside, fixed elbow position)
- The position of right arm at the middle of stroke (vertical, max flexed)
- Right hand slip during pull (positive, let your body move on the pull)
- Forward speed (compare to speed during left pushing phase).

4. Right ARM PUSH & Left RECOVERY PHASE

- The right arm push action (elbow and hand close to body, with wrist locked e.c.t.)
- The timing of recovering arm entry (must be before the end of the push)
- The timing of right arm pushing with right leg kick (must be simultaneous)
- Right hand slip during push (less negative, sticking to water)
- Forward speed (higher, compare to speed during right pulling phase)

5. FULL STROKE CYCLE

- Body and wave position, shoulders roll (individual optimum)
- Left hand relative speed backwards (the slower the better sticking to water)
- Right hand relative speed backwards (the slower the better sticking to water)
- Movement during left stroke & right recovery = half stroke length
- Movement during right stroke & left recovery = half stroke length
- Stroke length (the longer the better)
- Frequency (individual optimum)



0%
0%
0%
100%