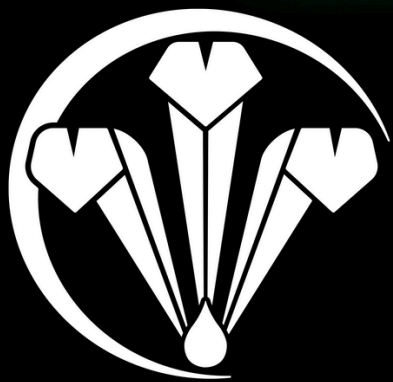


# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK



SWIM WALES®  
NOFIO CYMRU

## BACKSTROKE



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# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK

## BACKGROUND PURPOSE

- To promote skill development.
- Help swimmers and parents understand the need for greater efficiency of technique as a primary consideration
- To assist the swimming community in understanding land conditioning and how it directly impacts upon performance

## KEY GOALS

- Develop body awareness during land work that can translate to the pool environment, leading to a smoother progression route for swimmers
- Create consistency of standards across Wales during the development pathway
- Allow other coaches to share their thoughts on stroke development and focus swimmers to train on drills that will directly impact on their performance





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# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK – PART 1

## BACKSTROKE SKILLS

In order to develop your foundational skills and specific movement patterns for each stroke, please watch the video carefully (see link below). After the specific pool based skill has been presented there are key land based exercises prescribed to directly impact this skill in the water

### EQUIPMENT NEEDED

- Foam Roller
- Floor mat/ floor space

***\* All content is intended for educational purposes.***

Please perform all work in moderation especially if the movement is a new skill. Do the work on alternate days until you can tolerate a daily dose. Respect your rest and recovery between sessions.

[CLICK HERE FOR BACKSTROKE DRILL VIDEO](#)

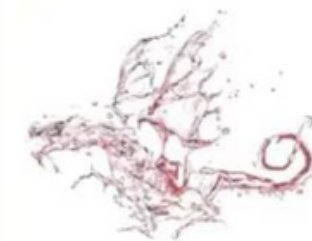
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### BACKSTROKE DRILL PROGRESSIONS FRAMEWORK

1.

KICK ARMS BY SIDE  
(ROTATION)





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# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK – PART 2

## BACKSTROKE SKILLS

In order to develop your foundational skills and specific movement patterns for each stroke, please watch the video carefully (see link below). After the specific pool based skill has been presented there are key land based exercises prescribed to directly impact this skill in the water

### EQUIPMENT NEEDED

- Foam Roller
- Floor mat / floor space
- Hand hold (i.e stairs handrail)

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Do the work on alternate days until you can tolerate a daily dose.  
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[CLICK HERE FOR BACKSTROKE DRILL VIDEO](#)

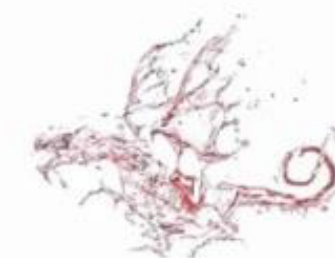
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BACKSTROKE DRILL PROGRESSIONS FRAMEWORK

2.

STREAMLINED KICK  
(ROTATION)







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# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK – PART 3

## BACKSTROKE SKILLS

In order to develop your foundational skills and specific movement patterns for each stroke, please watch the video carefully (see link below). After the specific pool based skill has been presented there are key land based exercises prescribed to directly impact this skill in the water

### EQUIPMENT NEEDED

- Bench
- Floor mat/ floor space

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[CLICK HERE FOR BACKSTROKE DRILL VIDEO](#)

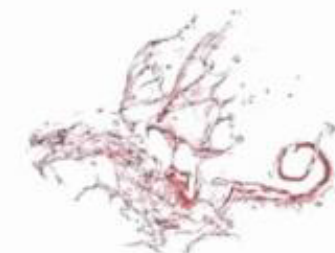
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BACKSTROKE DRILL PROGRESSIONS FRAMEWORK

3.

HANDS BEHIND HEAD KICK





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# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK – PART 4

## BACKSTROKE SKILLS

In order to develop your foundational skills and specific movement patterns for each stroke, please watch the video carefully (see link below). After the specific pool based skill has been presented there are key land based exercises prescribed to directly impact this skill in the water

### EQUIPMENT NEEDED

- Foam Roller
- Floor mat/ floor space
- Fixed hand anchor point
- Resistance band/cord

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Respect your rest and recovery between sessions.

[CLICK HERE FOR BACKSTROKE DRILL VIDEO](#)

[www.swimwales.org](http://www.swimwales.org)



BACKSTROKE DRILL PROGRESSIONS FRAMEWORK

4.

DOUBLE ARM BACKSTROKE







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# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK – PART 5

## BACKSTROKE SKILLS

In order to develop your foundational skills and specific movement patterns for each stroke, please watch the video carefully (see link below). After the specific pool based skill has been presented there are key land based exercises prescribed to directly impact this skill in the water

### EQUIPMENT NEEDED

- Foam Roller
- Floor mat/ floor space
- Seat

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Respect your rest and recovery between sessions.

[CLICK HERE FOR BACKSTROKE DRILL VIDEO](#)

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BACKSTROKE DRILL PROGRESSIONS FRAMEWORK

5.

SINGLE ARM KICK





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# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK – PART 6

## BACKSTROKE SKILLS

In order to develop your foundational skills and specific movement patterns for each stroke, please watch the video carefully (see link below). After the specific pool based skill has been presented there are key land based exercises prescribed to directly impact this skill in the water

### EQUIPMENT NEEDED

- Floor mat / floor space
- Resistance band/cord
- Stick

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Respect your rest and recovery between sessions.

[CLICK HERE FOR BACKSTROKE DRILL VIDEO](#)

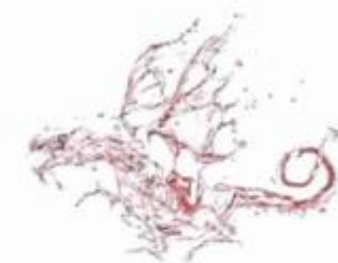
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BACKSTROKE DRILL PROGRESSIONS FRAMEWORK

6.

SINGLE ARM KICK & CATCH







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# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK – PART 7

## BACKGROUND PURPOSE

- To promote skill development.
- Help swimmers and parents understand the need for greater efficiency of technique as a primary consideration
- To assist the swimming community in understanding land conditioning and how it directly impacts upon performance

## KEY GOALS

- Develop body awareness during land work that can translate to the pool environment, leading to a smoother progression route for swimmers
- Create consistency of standards across Wales during the development pathway
- Allow other coaches to share their thoughts on stroke development and focus swimmers to train on drills that will directly impact on their performance



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# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK – PART 7

## BUTTERFLY STROKE SKILLS

In order to develop your foundational skills and specific movement patterns for each stroke, please watch the video carefully (see link below). After the specific pool based skill has been presented there are key land based exercises prescribed to directly impact this skill in the water

### EQUIPMENT NEEDED

- Foam Roller
- Floor mat / floor space

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Respect your rest and recovery between sessions.

[CLICK HERE FOR BUTTERFLY DRILL VIDEO](#)

[www.swimwales.org](http://www.swimwales.org)

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BUTTERFLY DRILL PROGRESSIONS FRAMEWORK

7.

SINGLE ARM VARIATIONS  
(1-1-1 / 2-2-2)

just  
**BE** Be inquisitive be prepared be relentless be passionate believe





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# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK – PART 7

## BACKSTROKE SKILLS

In order to develop your foundational skills and specific movement patterns for each stroke, please watch the video carefully (see link below). After the specific pool based skill has been presented there are key land based exercises prescribed to directly impact this skill in the water

### EQUIPMENT NEEDED

- Floor mat / floor space

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[CLICK HERE FOR BACKSTROKE DRILL VIDEO](#)

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### BACKSTROKE DRILL PROGRESSIONS FRAMEWORK

7.

½ RECOVERY DRILL  
(FINGERS TO CEILING)





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# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK – PART 8

## BACKSTROKE SKILLS

In order to develop your foundational skills and specific movement patterns for each stroke, please watch the video carefully (see link below). After the specific pool based skill has been presented there are key land based exercises prescribed to directly impact this skill in the water

### EQUIPMENT NEEDED

- Floor mat / floor space
- Bench/raised level
- Stick

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Respect your rest and recovery between sessions.

[CLICK HERE FOR BACKSTROKE DRILL VIDEO](#)

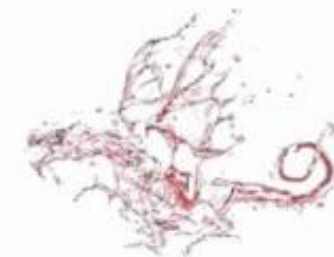
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BACKSTROKE DRILL PROGRESSIONS FRAMEWORK

8.

SINGLE ARM







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# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK – PART 9

## BACKSTROKE SKILLS

In order to develop your foundational skills and specific movement patterns for each stroke, please watch the video carefully (see link below). After the specific pool based skill has been presented there are key land based exercises prescribed to directly impact this skill in the water

### EQUIPMENT NEEDED

- Floor mat / floor space
- Bench / raised level
- Stick

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Do the work on alternate days until you can tolerate a daily dose.  
Respect your rest and recovery between sessions.

[CLICK HERE FOR BACKSTROKE DRILL VIDEO](#)

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BACKSTROKE DRILL PROGRESSIONS FRAMEWORK

### 9. CATCHUP AT HIPS (HIPS/SHOULDER/HAND)





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# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK – PART 10

## BACKSTROKE SKILLS

In order to develop your foundational skills and specific movement patterns for each stroke, please watch the video carefully (see link below). After the specific pool based skill has been presented there are key land based exercises prescribed to directly impact this skill in the water

### EQUIPMENT NEEDED

- Floor mat/ floor space

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Respect your rest and recovery between sessions.

[CLICK HERE FOR BACKSTROKE DRILL VIDEO](#)

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BACKSTROKE DRILL PROGRESSIONS FRAMEWORK

10.

VERTICAL CATCHUP  
(FINS)







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# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK – PART 11

## BACKSTROKE SKILLS

In order to develop your foundational skills and specific movement patterns for each stroke, please watch the video carefully (see link below). After the specific pool based skill has been presented there are key land based exercises prescribed to directly impact this skill in the water

### EQUIPMENT NEEDED

- Floor mat / floor space
- Hard Ball
- Bench/ raised level
- Stick

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Do the work on alternate days until you can tolerate a daily dose.  
Respect your rest and recovery between sessions.

[CLICK HERE FOR BACKSTROKE DRILL VIDEO](#)

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BACKSTROKE DRILL PROGRESSIONS FRAMEWORK

11.

SLOW MOTION





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# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK – PART 12

## BACKSTROKE SKILLS

In order to develop your foundational skills and specific movement patterns for each stroke, please watch the video carefully (see link below). After the specific pool based skill has been presented there are key land based exercises prescribed to directly impact this skill in the water

### EQUIPMENT NEEDED

- Floor mat / floor space
- Fixed hand anchor point
- Hard Ball
- Resistance band/cord

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[CLICK HERE FOR BACKSTROKE DRILL VIDEO](#)

[www.swimwales.org](http://www.swimwales.org)



BACKSTROKE DRILL PROGRESSIONS FRAMEWORK

12.

POWER DRILL

(ON / OFF)

