

BACK CRAWL

Stroke Rate & Maintaining Body Positioning

Level: Improver

Stroke: Back Crawl

Focus: Stroke Rate & Body Positioning

Target Age: 7-10 years

Total Distance: 400-600m

Session Time: ~25 minutes

Difficulty Rating: Medium

Part of Set	Stroke	Drill	Explanation	Set & Repetitions	Distance & Time
Warm-Up	Back Crawl	Back Kick with Noodle	Use a noodle under the arms. Focus on keeping the tummy up, head relaxed, and small, consistent kicks. Practice balancing the body on the water's surface.	4x25m	100m 5 mins
Main Set	Back Crawl	Stroke Rate with Focus on Arms	Practice arm recovery with straight arms, entering the water pinky-first. Alternate arms quickly without pausing. Goal is to keep momentum and consistent stroke rate.	4x25m	100m, 6 mins
	Back Crawl	Swim with chin on chest Repeat head back	Focus swimmers on feeling the difference that head position makes. Compare incorrect head positioning with correct body alignment to highlight the impact of head movement.	2x25m Chin down 2x25m Chin back	100m, 6 mins
	Back Crawl	One-Arm Back Crawl	One arm performs the back crawl while the other rests by the side. Focus on maintaining balance and a steady rhythm. Swap arms halfway through.	4x25m	100m 6 mins
Specialist Set	Back Crawl	Tumble Turn Progression	Swimmers practice flipping onto their front and pushing off the wall on their back. Introduce the somersault in small steps with guidance and clear explanations.	4x5m swimming into wall	5 mins
Cool Down	Back Crawl	Gentle Back Kick	Slow and relaxed backstroke kicking, using a kickboard if needed. Focus on breathing and keeping the body position steady.	2x25m	50m, 3 mins

BACK CRAWL

Stroke Rate & Maintaining Body Positioning

Level: Stroke Development

Stroke: Back Crawl

Focus: Stroke Rate & Body Positioning

Target Age: 8+ years

Total Distance: 800–1000m

Session Time: ~25 minutes

Difficulty Rating: Medium to Difficult

Part of Set	Stroke	Drill	Explanation	Set & Repetitions	Distance & Time
Warm-Up	Back Crawl	Back Kick Progression	Kick on the back with arms extended above the head. Focus on tight body alignment and consistent leg movement.	4x50m	200m 5 mins
Main Set	Back Crawl	Stroke Rate Pyramid	Gradually increase stroke rate each 25m, focusing on continuous arm movement. Reset after each length to maintain form and reduce fatigue.	4x50m	200m, 8 mins
	Back Crawl	Stroke & Kick Sync	Practice synchronising arm strokes with continuous, small kicks. Aim to create a smooth rhythm between the arms and legs.	4x50m	200m, 8 mins
	Back Crawl	Fast Arms with Steady Body	Perform back crawl at a faster-than-usual arm rate while keeping a steady head and body position. This builds endurance and focuses on maintaining alignment under pressure.	4x50m	200m, 8 mins
Specialist Set	Back Crawl	Advanced Tumble Turn with Push-Off	Full tumble turns with smooth transitions. Focus on flipping into the turn, planting feet on the wall, and pushing off into streamline position on the back.	4x25m	100m, 6 mins
Cool Down	Back Crawl	Gentle Backstroke	Swim relaxed back crawl, focusing on easy arm movement and long, relaxed kicks. Reflect on the session and enjoy a calm finish.	2x50m	100m, 5 mins



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Key Focus Points: Feedback and Corrections

1. **Body Position:** Keep the tummy up and hips close to the surface. Avoid letting the legs sink.
2. **Leg Kick:** Use small, fast kicks with a relaxed knee, avoiding rigid movements.
3. **Arms:** Enter pinky-first and avoid crossing the arms over the head mid-stroke.
4. **Breathing:** Stay relaxed, keeping the head still and the face out of the water.
5. **Timing:** Maintain a continuous rhythm, with no pauses between strokes.