

Long Axis Drills: Back

10-Beat Back

- One arm extended, hand 6" below surface, palm down
- Other arm at side, belly facing side wall
- Kick 10 times, then arm-pull, body rolls to other side, repeat

Single-Arm Back

- One arm at side while other arm strokes
- Shoulders and hips roll as one unit

3-3-3-3 Back

- 3 strokes r-arm
- 3 full strokes
- 3 strokes l-arm
- 3 full strokes

No-Arm Back

- Arms at sides (hands in pockets)
- Rotate side-to-side, 3 kicks per side

Double-Arm Back

- Stroke with both arms at same time
- Thumbs exit first, little fingers enter first
- Keep kick small and continuous