

Backstroke touch turn/ Backstroke flip turn

When a swimmer does a touch turn for backstroke it's usually because they don't know their stroke count. Before they start the actual flip turn get them to swim backstroke to the wall and count their strokes, pretend the swimmers stroke count is 9, tell them to do the same thing but instead of doing 9 strokes to the wall say that after they do 8 strokes they need to flip over onto their front and do a flip turn. A fun way to teach them their stroke count is to tell them they are a rocket ship and before they blast off the wall (do a flip turn) they need to have a countdown. If your swimmer isn't comfortable flipping from on their back to their front to do a turn tell them they are a pancake so if they don't turn over they will burn and they will taste bad. While your swimmer is doing a flip turn remind them to blow lots of bubbles so water doesn't go in their nose. The End 😊