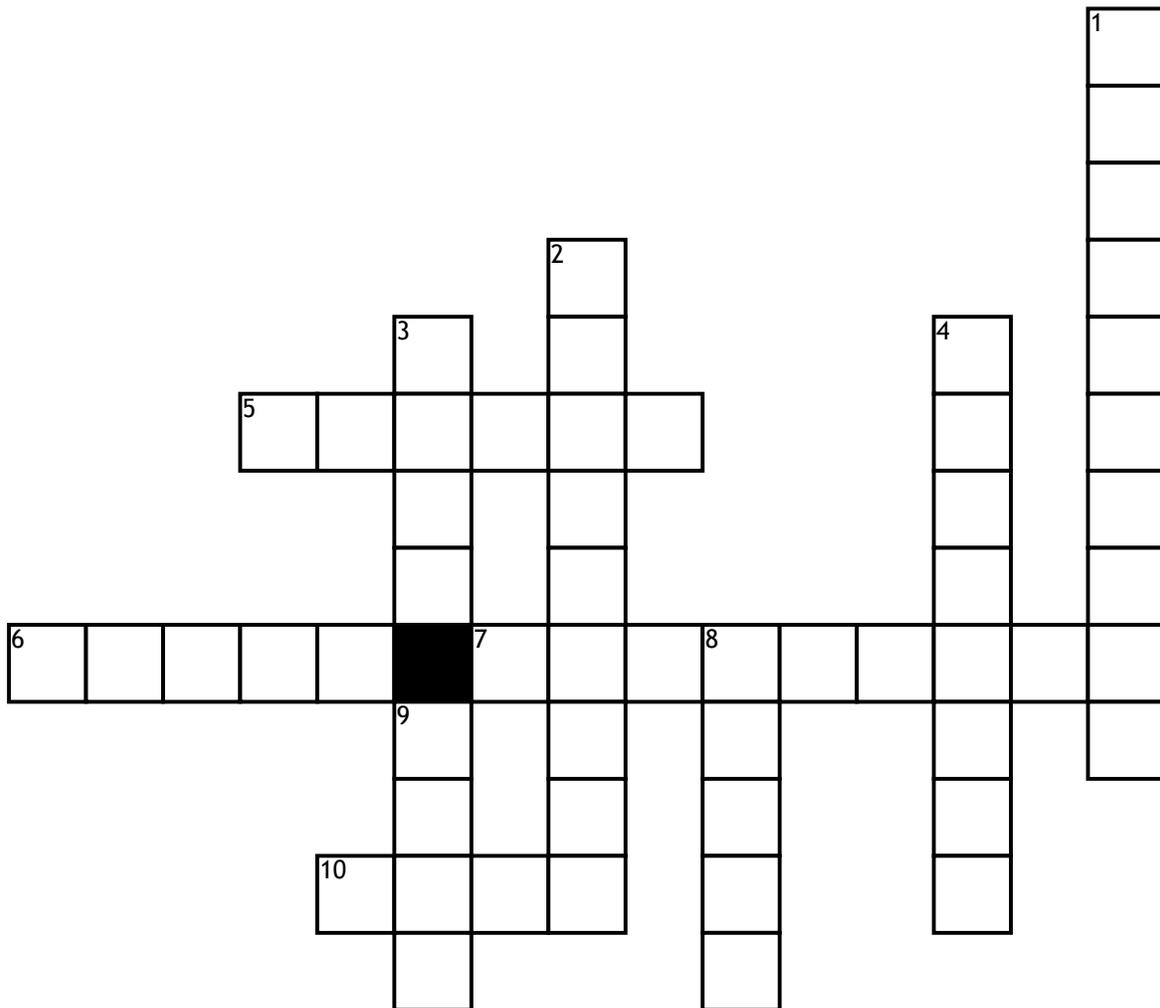


Name: \_\_\_\_\_

# backstroke



## Across

5. A fun drill for timing is a three count \_\_\_\_\_
6. backstroke entry should be \_\_\_\_\_ first
7. The degree of angle we want to roll to on our entry
10. This body part should remain still at all times

## Down

1. We can often modify our head position to look here to check our stroke

2. Holding a \_\_\_\_\_ over your knees is a good self-critique for backstroke kick
3. We want to initiate our kick from these \_\_\_\_\_
4. Backstroke recovery should be done with this type of arm
8. The \_\_\_\_\_ should exit first
9. During the pull portion of the stroke your palms should face toward your \_\_\_\_\_