

Long Axis Drill Set - Backstroke

300 Drill

25 per drill

Basic Balance On Back

Basic Balance Hand Lead On Back

Sweet Spot

Sweet Spot Roll Looking Up

Sweet Spot Roll Looking Down

Sweet Spot Skate

Slide & Glide One Count

Slide & Glide Two Count

Slide & Glide Three Count

Single Arm Backstroke

Alternating Single Arm

Full Stroke Backstroke