

# Stroke Analysis Sheet(With Action Plan)

**Date**

**Stroke - Back**

**General Impression**

**Body Position**

**Leg Action**

**Arm Action**

**Breathing**

**Timing**

## Action Plan

**Evaluation**(Comment on what changes, if any, are required)

**Plan**

Your plan should show specific work work relating to your evaluation

**Feedback**(Information to be fed back to swimmer)

Signature : Swimmer

Coach