



How to Backloop

by Matt Pritchard

Back loops are what began the history of Looping. To this day, the back loop is one of the most impressive jumps out there.

The key to the back loop is all in the takeoff. You need to find a good steep wave that is going to throw you up high. The steeper the wave, the higher you are going to rocket to the sky! When you take off, you want to hold onto your speed by keeping your body tight and holding your rig in a stable position. You can even tuck yourself tight and just feel yourself get lifted to space. As you reach the top of the jump, you want to start looking over your shoulder and see just how high you are. Once you spot where you are going to land, it is time to do one of two things: 1) Open your body up and extend yourself to slow down your rotation so that you don't over rotate, 2) Hold tight if you are not very high and keep your rotation moving so that you are able to rotate around to land.

The landing is one of the most difficult things. You have to be right on or else it will be difficult to sail away from cleanly. I like to land coming in nose first. When you are on your way down, you can spot your landing and aim where you want to go. You can tuck your legs up or extend everything depending on how high you are.

The secret is to get to the top of the jump, and get yourself set up for your landing. Once you are turned around and coming down, you can slow your landing or make it happen faster as I explained above.

Tips: Sometimes it pays to hang on- you may be scared but if you can overcome that, hold on tight and extend yourself. You will find the water one way or another.

Set up:

- Sideshore wind is best
- You need a steep wave to get your self going straight up
- As you take off, push yourself in an upward direction by lifing on your front hand and really sheeting in with your back hand
- Hold your body and rig in a stable position and carve into the wind once airborne
- Let your head go back and use your upward momentum to get the board to go into the wind
- As you reach the top of the jump turn your head slowly looking down at the water- the bottom of your board should be into the eye of the wind at this stage.
- Spot your landing by looking at the water and continuing your rotation around.
- Slide your back hand forward on the boom as you start going down for landing
- If you are low to the water, you want to stay tucked and keep the momentum of your rotation going so you will land nose first
- If you are up high, you can extend your body- both legs and arms to stall out your spinning rotation so that you don't over rotate
- Landing is the most difficult part of this move- you have to hang on to your rig and try to nose dive the board.
- This is the best technique to landing as landing too flat can cause injury.



Troubleshooting:

- Not rotating far enough around- need to find a steeper wave and rotate harder
- Over rotating- throwing yourself too hard and having the sail ripped from your hands. You need to stall out at the top of the jump and spot your landing- where your head goes, your body follows

Tips:

Keep the bottom of the board going into the wind so that the wind blows the board up- it will act like you are floating with the wind.

Use your back foot as your steering wheel to make your rotation. At the top of the jump, push with your back leg to drive the board through the eye of the wind.

When coming in for landing, keep your body open and ready to adjust by staying tighter or extending itself if you are rotating too quickly.

The back loop is one of the most difficult jumps to execute properly. Be careful and make sure you are ready to take a few hits for getting started with this one.

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