

Butterfly



Covers @ FirstCovers

I FLY.

WHAT'S YOUR SUPERPOWER?

The Butterfly Stroke: Elements of a Fast Fly

WHAT AN INEFFICIENT AND DIFFICULT BUTTERFLY LOOKS LIKE...



No Loopy fly!!!

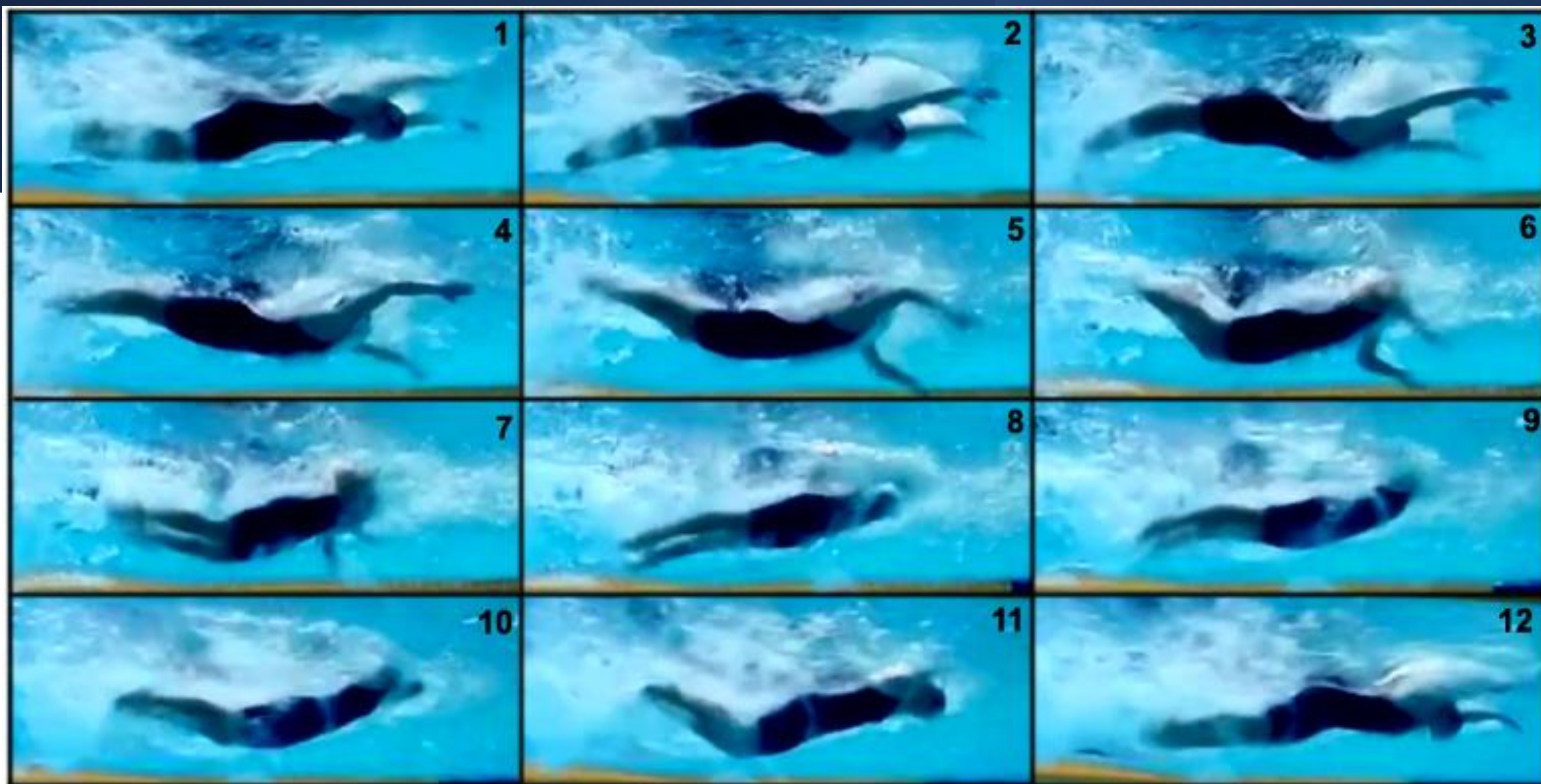
WHAT AN EFFICIENT, FAST BUTTERFLY LOOKS LIKE...



W&DSC Aims of Fly for Junior squads

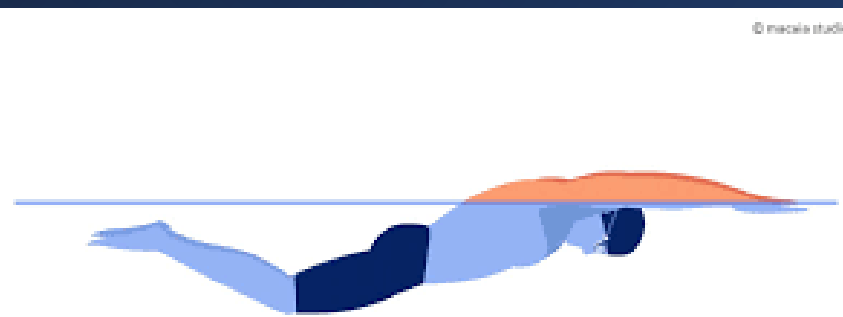
- RHYTHM!!!!!!!!!!!!!!
- Continuous kick
- Arms clearing the water
- Straight arms over the water (no bending elbows)
- Technique to hold over 25m progressing to 50m
- Race on 25m and 50m Fly
- D1/2 try 100m fly in internal racing to build confidence
- D3/D4 hold good technique on 50m towards 100m





**Dana Vollmer at 40 m of Her Gold Medal World Record 100 m Butterfly Race
at the 2012 London Olympic Games**

Body Position



On hand entry:

Hands high, chest low, hips high, feet low

On hands exit:

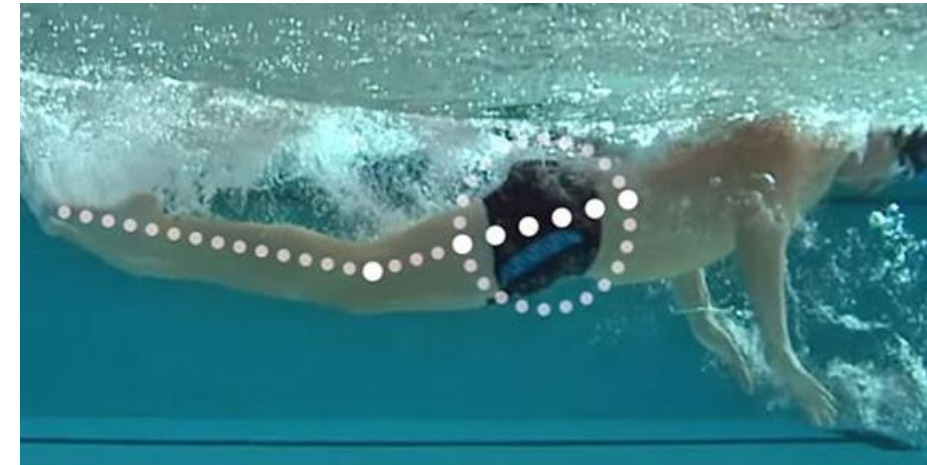
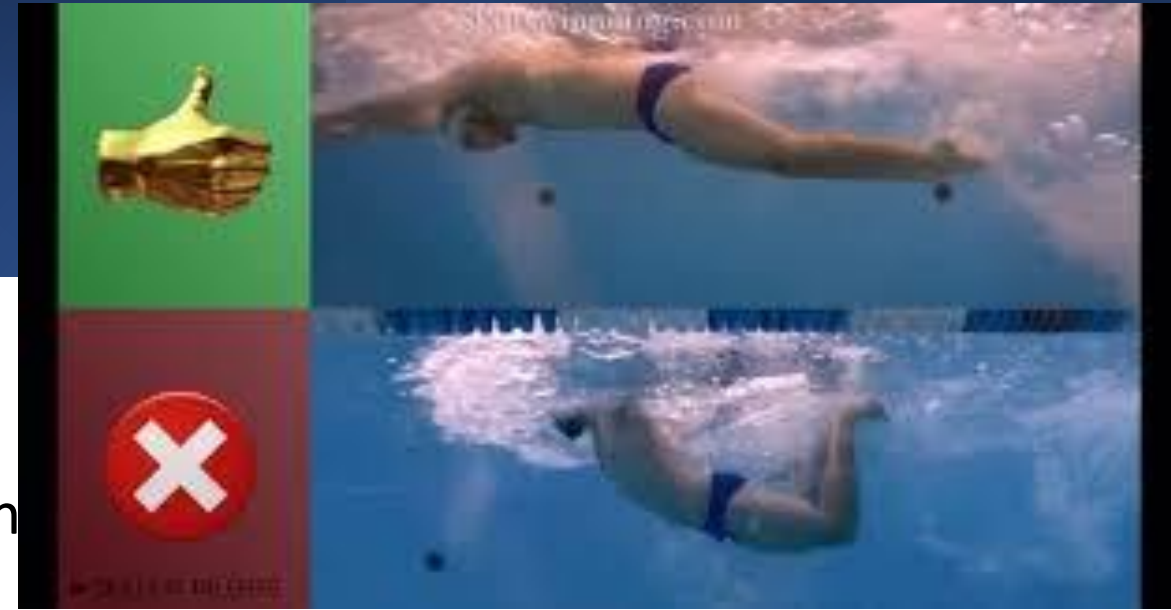
Shoulders & head on surface, hips just below surface, body stretched

- Undulation is needed for power but need to be horizontal to reduce drag
- Hips up
- 'W' position
- Head goes with undulation
- Look down / slightly forward – chin down to chest



Kick

- Very important!!!!!!!
- Kick from the chest/heart
and as a body movement not just leg action
- Up and down beat kick – even balance
- 2 downbeats per arm cycle
 - 1st down beat kick as hands enter the water
 - 2nd down beat kick as hands exit the water on press (this is the one often missed)
- Ankle flexibility
- Continuous kick



BUTTERFLY

As you complete your arm entry, straighten your arms in front of and below the shoulders.



When not breathing, keep your head motionless with the water level at the top of the head.



As you begin your pull, bend your elbows so your hands pass directly beneath your shoulders.



On the kick upbeat, keep your feet submerged so only your heels break the surface.



When breathing, keep your chin underwater.



As you complete your push phase, touch the front of your thighs with your thumbs.



As your arms recover, keep your thumbs just above the water.



As your arms recover, keep your elbows higher than your hands.



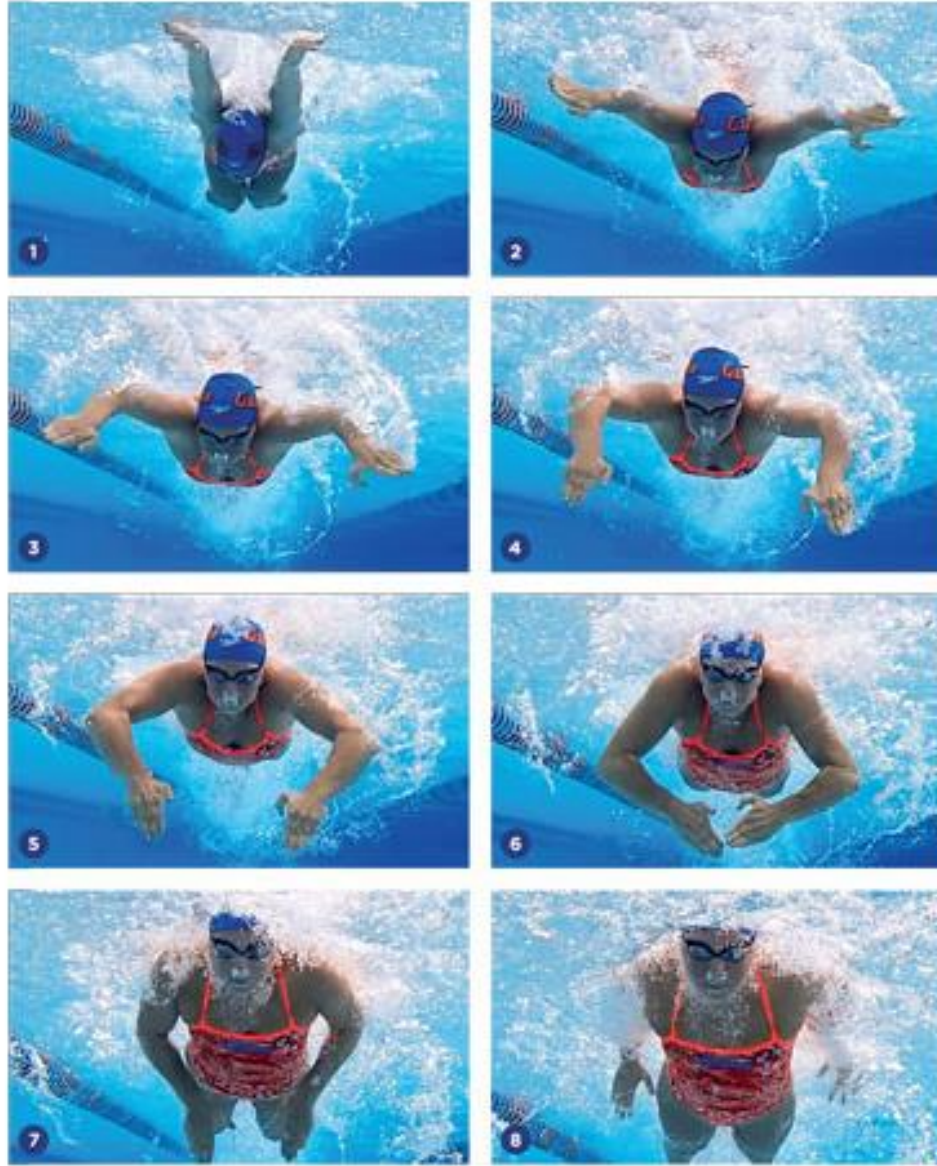


FIGURE 5.1. Elizabeth Beisel navigates a curvilinear path back during her butterfly pull.

Arms



- Entry
- Finger tips down
- Elbows up
- Apply force with forearms + hands



Arm action

- Hand entry – shoulder width
- Clean/soft hand entry – no splash
- Press with forearms, fingers point down
- High elbows underwater – after catch hands go under elbows
- Hands press past the navel

Recovery arms:

- Low straight arms over the water
- Palms up on exit and on recovery for as long as possible
 - stops elbow bend
- Length of arms for arm entry – no bending elbows or pushing forward under water





Recovery Arms

What drills do you
use in training?
If you can remember
😊

COMPETITIVE SWIMMING



WHAT MY MOM THINKS I DO



WHAT I THINK I DO



WHAT MY FRIENDS THINK I DO



WHAT I REALLY DO

Drills

Continuous kick:

- Kick arms side – focus on rhythm (snorkles if needed)
- Progress to kick with added couple of strokes per length to keep rhythm then back to kick
- Gradually increase number of full strokes per length
- Kick on side and back – no pausing

Arms:

- Biondi
- Phelps drill – Left, full, right, full – breath only full stroke
- Single arm – only if doesn't look like FC arms!



Breathing

- Chin pushes forward, not chest lifting up
- Face back in water once arms reach shoulder line
- Head is down when hands enter the water – how deep is head?
- Elbows in high position underwater as push chin forward
- Breathing patterns – every 1 or 2 or more?
- Side breathing – why?

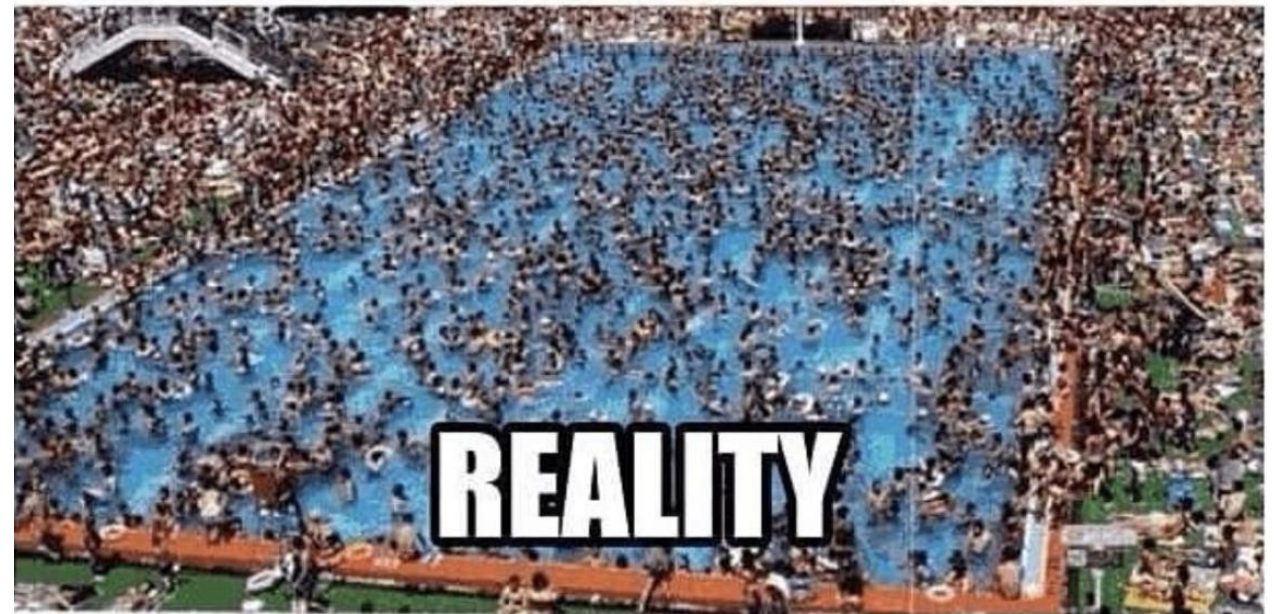


Timing

- Flow of movement through the body
- Too much snorkel work can take away timing work of breathing
- 2 kicks per arm cycle
- Body sets the rhythm and not interrupted
- Forward momentum at all times



What things can go a little wrong????



Issues that often happen!!!!

- Lifting/bending elbows in recovery
- Miss timing of arms and kick
- Only focusing on the down kick, up kick floats up
- Breathing too high
- Stopping kick to breath
- Stopping kick to do arms
- Not doing 2nd down beat drops shoulders and body into the water
- 'loopy' fly
- Dipping head too soon after breath
- Head down too late after breathing



**IF YOU ARE SWIMMING IN THE LANE
NEXT TO ME, THE ANSWER IS YES...**



WE ARE RACING