

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!!!

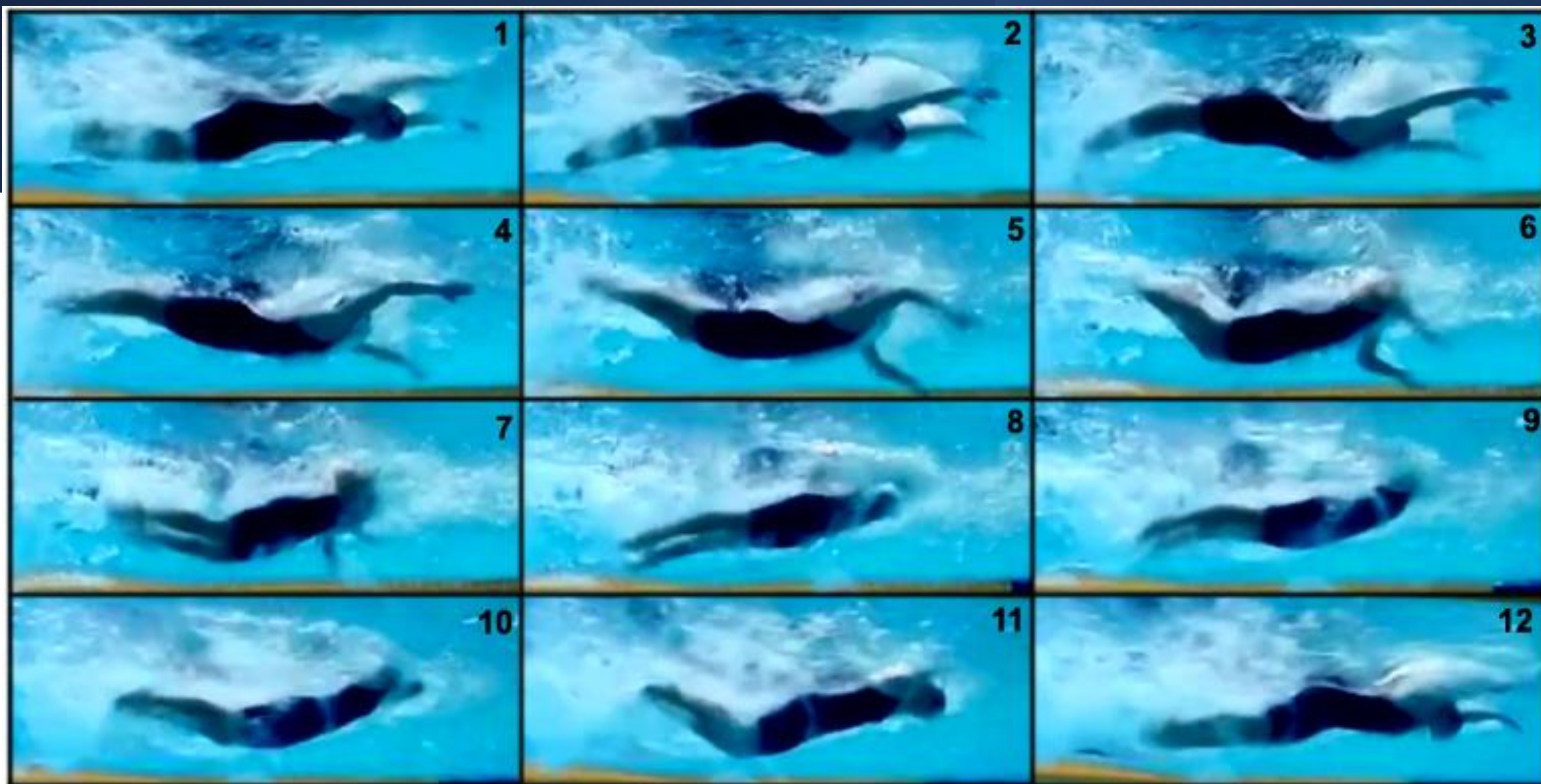
WHAT AN EFFICIENT, FAST BUTTERFLY LOOKS LIKE...



W&DSC Aims of Fly for Senior squads

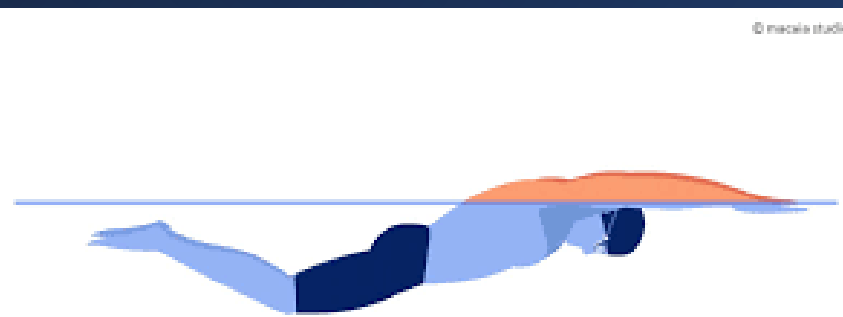
- RHYTHM!!!!!!!!!!!!!!
- Continuous kick on kick sets, drill sets and full strokes
- Understanding drills to work on own areas of improvements
- Smooth strokes that look efficient
- Positive attitude to fly sets
- Quality of technique over speed
- Quality of technique with fatigue
- All senior swimmers are to race 100m Fly at least twice throughout the year – summer/winter
- Ideally swimmers do race at least one 200m Fly per season e.g. club champs
- Strong pacing of Fly on IM races and IM sets





**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:

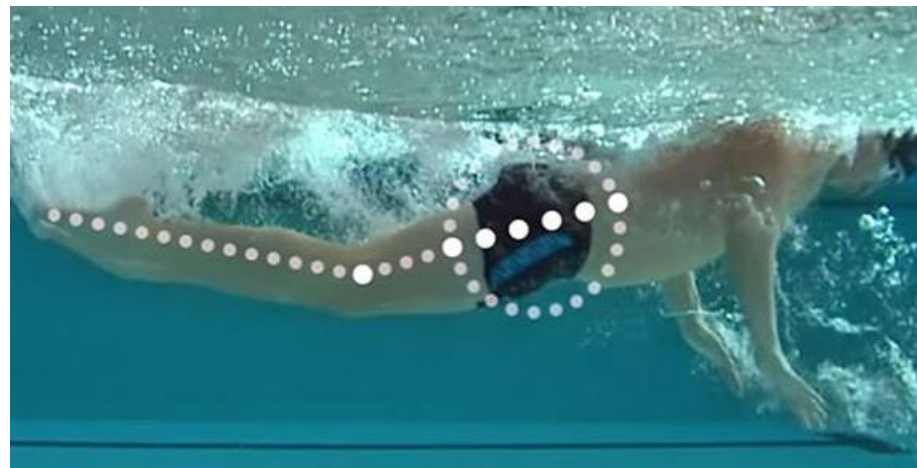
Shoulders & head on surface, hips just below surface, body stretched

- Undulation is needed for power but need to be horizontal to reduce drag
- Hips stay up high – focus on when tired
- Need flexibility in lower back
- Stability of body with movement
- 'W' position but not massive!
- 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
- No dead zones of power – if kick down too hard then up beat has no power



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.



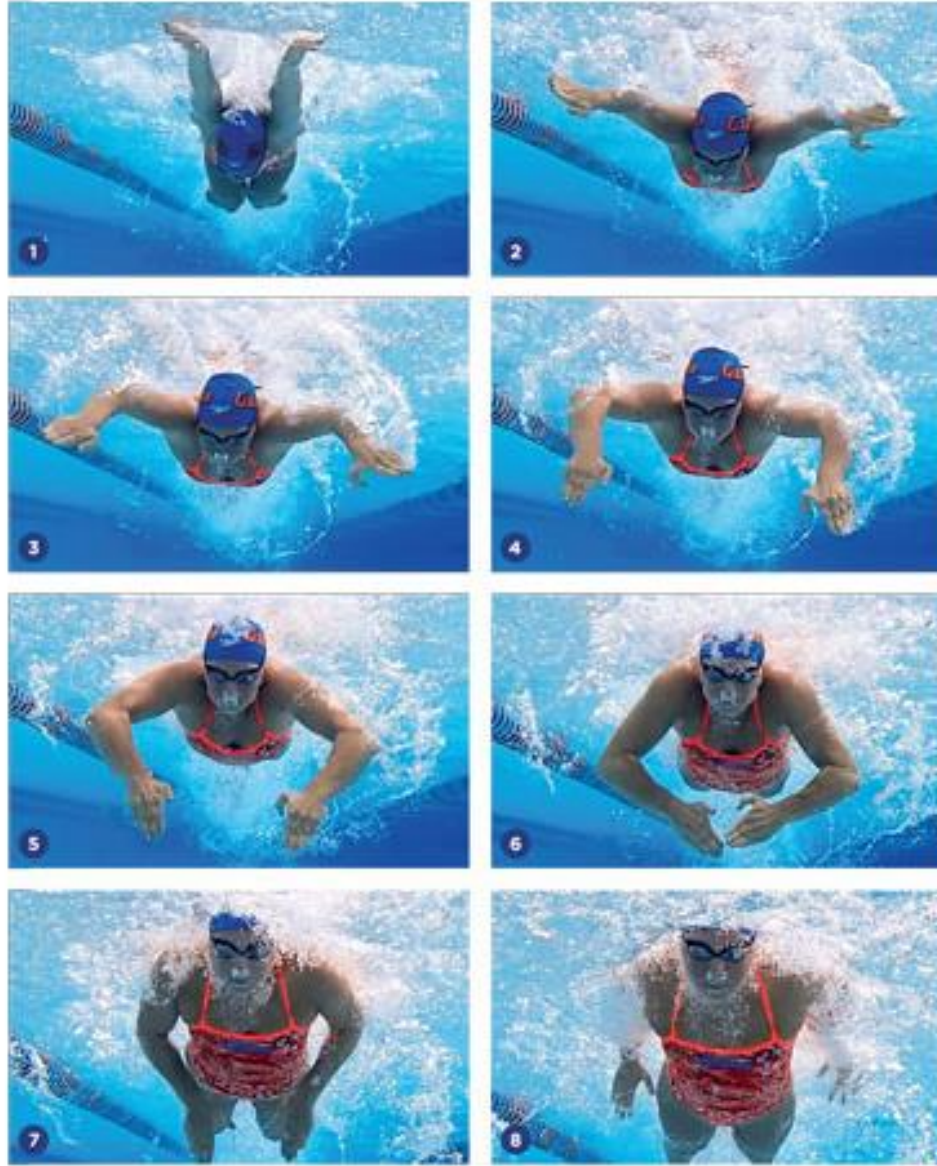


FIGURE 5.1. Elizabeth Beisel navigates a curvilinear path back during her butterfly pull.

Arms



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



Arm action

- Keep weight forward – power in first part of pull and accelerate through to exit
- Hand entry – shoulder width
- Fingers (slight angle) entry
- 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 for
kick and arms?
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 for kick and arms

Continuous kick:

- Kick arms side – focus on rhythm
- Vertical kick
- Kick on back and side
- Single kick and breath
- Kick with hands on lower back, crossed in front, single arm out front and above the water



Arms:

- Sculling – catch, press, accelerate
- Biondi
- Single arm – arm by side or in front. Can use a sinker to hold
- Fly arms and FC kick
- Fly power pull
- Finger paddles



Sculling

- Catch only
- Biondi
- Back end Biondi



Wrists fixed in line with forearm

Hands catch / slight out sweep / catch again /
in & down sweep back into body line



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
- Continuous leg and arm action
- Can have slight pause on catch
- Body sets the rhythm and not interrupted
- Forward momentum at all times – no dead zones



What drills do you
use in training for
timing and
breathing?

If you can remember
😊

COMPETITIVE SWIMMING



WHAT MY MOM THINKS I DO



WHAT MY FRIENDS THINK I DO



WHAT I THINK I DO



WHAT I REALLY DO

Drills for breathing and timing

Breathing:

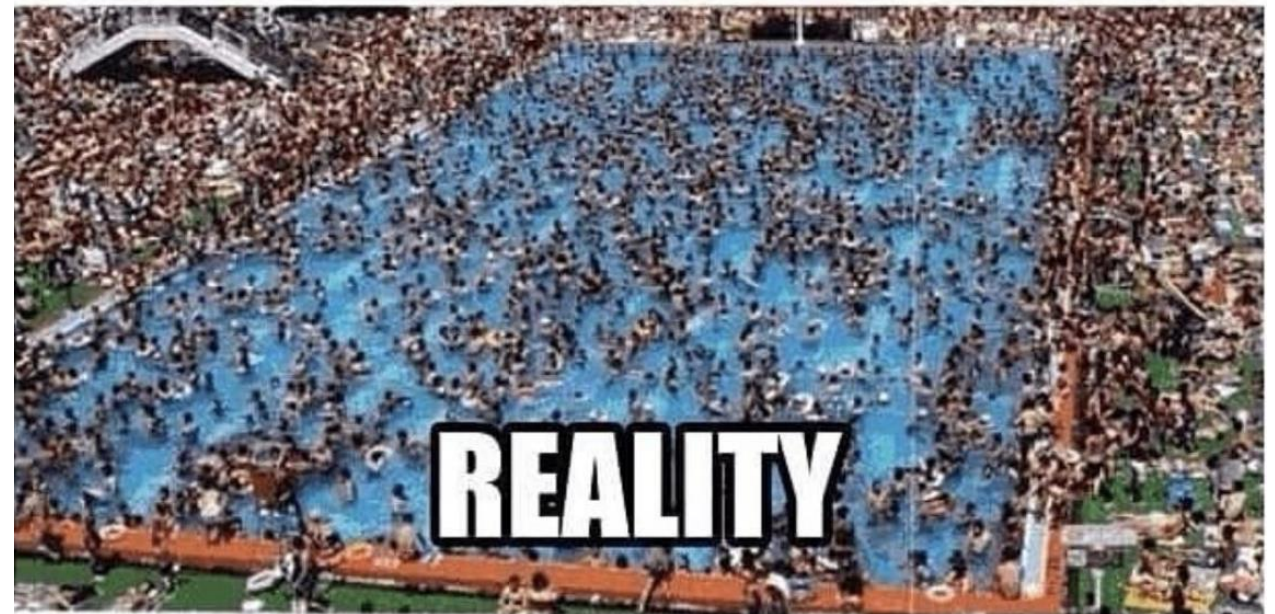
- Kick and breathing
- Side ways breathing on drill and full
- Practice different breathing patterns
- Breathing every stroke keeping hips up
- Blowing out in water focus

Timing:

- Mix of drills – R,R,L,L,2,2, / R,2,L,2 /phelps drill
- Scull into full
- 2 BRS stroke / 2 Fly strokes
- Fly arms with FC kick



What things can go a little wrong????



Issues that often happen!!!!

- Only focusing on the down kick, up kick floats up
- Breathing too high
- Stopping kick to breath
- Not doing 2nd down beat drops shoulders and body into the water
- 'loopy' fly
- Head down too late after breathing
- Negative attitude to fly sets
- Lack of confidence
- Lack of understanding of pacing



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



WE ARE RACING



What are you going to do to become more efficient in butterfly???

Keep all your options open!!

Progress is progress no matter the stroke!