

Butterfly

Key Areas

- High elbows on the under water pull phase
- Strong Power Push
- Straight Arm Recovery
- Lean into your breath
- Rhythm, Coordination and Timing

ARMS – Pulling, Pushing and Recovery

Pull Phase begins as the hands enter the water and ends at the shoulders. Begin the pull phase by turning the thumbs down then pressing outward, putting pressure on the palm of your hand and forearm. At just slightly outside shoulder width begin to press downward and scull inward. Very important that during the pull phase the elbows remain high up on the water surface. The elbows should not move until the hands pass the elbows. Let the hands lead the way.

Push Phase begins as the hands past the shoulders. This phase is characterized by increased velocity. With the hands under your body, drive in toward your belly button and past the hips down to your thighs. Use your hands and forearms as one unit. The hands should explode through the power push phase exiting the water right up against your thighs. This will create the necessary momentum to take a breath and prepare to recover.

Be sure that you remain completely relaxed with your hands and forearms trying to enhance your feel for the water.

Arm Recovery. Keep the elbows straight throughout the recovery phase. (*TIP:* Turn the palms up, let the thumbs trail.) This will keep the arms low to the water and allow you lay your arms in the water at the end of the recovery as to opposed to slamming them in. Emphasizes should be on forward momentum. Hand entry should be just inside of your shoulders.

BREATHING

You will begin to take a breath at the beginning of the push phase of the stroke. When taking a breath you want to *lunge/lean* forward as opposed to lifting your head. The chin should remain in the water during the entire breathing cycle. Finish breathing during the first phase of the arm recovery.

KICK

A dolphin kick is used in butterfly. It is essential that you put pressure on the water on both the upbeat and the downbeat when using the dolphin kick. Your kick comes from the stomach, not the hips or knees. There are two kicks per stroke cycle – *major & minor*. You deliver a minor kick when the hands enter the water. A

major kick occurs when the hands explode out of the water during the power push phase. “*Kick the arms in, kick the arms out*”. The feet and ankles remain relaxed keeping the toes pointed inward. Your heels and lower legs should not come out of the water.

BUTTERFLY DRILLS

- *Power-Push Fly Drill.*
- *4/2 Drill.* 4 kicks underwater followed by 2 full strokes on the surface.
- *3-D Kicking.* 2 kicks on your stomach, 2 on your side, 2 on your back and 2 on your remaining side. Minimize upper body movement.
- *Single-Arm Fly w/ a Kickboard.* Hold the kickboard w/ one arm & pull w/ the other arm. The board will add stability and help avoid undulating.
- *Snap Drill.* Take 3 explosive kicks off the wall followed by 3 explosive strokes. Repeat.