

Butterfly: Making your stroke efficient

- Initiate kick from chest – pressing down on water with chest
- chin low, forward on water
- Arms sweep across water, thumbs down
- To get timing say, “Kick your hands in” or “hips up” on hand entry
- Kick: Back of knees come near surface on upbeat, down beat has flexion in knees
- Sprint fly- accelerate through pull – grab the water and pull through, hands out quick

Butterfly Drills

Drill	Why?	How
Dolphin Kick Hand-led, Head-led	Practise undulation	Hands in front. Hands by side. Hand-led 2 kicks then stroke.
Vertical Kick	Practise undulation	In deep end vertical fly kick.
Dolphin Dive	To increase undulation. Good for beginners and fun!	Shallow end of pool. 1 fly stroke then next stroke dolphin dive touch bottom with hands and push off with feet complete 1 fly stroke and repeat until water is too deep – swim fly to end.
Single Arm	To get rhythm and timing, warm –up	Do 1 arm fly for length, then change arms.
2-2-2	To get rhythm and timing, to warm up stroke	2 left, 2 right, 2 stroke. For distance- build – 223, 224, 225 etc – keep count going over turns.
Hypoxic	To practise sprint fly- fast arms	A: 1 st 25 breath every stroke, 2 nd every 2 nd , 3 rd every 3 , 4 th every 4 th stroke. B: Sprint fly: in 25’s- 1 arm, 1 arm, stroke, (get 1 breath on single arm). Fast arms.
End Of Pull (Keyhole)	To practise acceleration through pull, end of stroke	Arms in front, couple of kicks, bring arms through pull, big kick and accelerate arms out, finishing with arms outstretched out of water at end of stroke, return arms underwater to start position.