

# Super Saturday: Butterfly

Some “Goal Sets” (aka it could be worse!):

<https://swimswam.com/7-butterfly-sets-to-test-your-toughness/>

Overview:

- Slides and video: <https://swimswam.com/video-easiest-way-master-butterfly/>
  - Undulation, high hips
  - Breathing pattern, (low) height, forward motion
  - Tempo (too slow → hips drop and head comes up)

Breakdown of important Butterfly elements:

- ✓ **Body Position:** look down, neutral/flat back  
[https://www.youtube.com/watch?v=GMPCgz48NOc&index=8&list=PLN1uwpFCUEh36htxss5UzqbMuEWqT\\_3fd](https://www.youtube.com/watch?v=GMPCgz48NOc&index=8&list=PLN1uwpFCUEh36htxss5UzqbMuEWqT_3fd)
- ✓ **Kick:** emphasize roll, don't overkick; quick flicking, small splash, equal size, full extension  
[https://www.youtube.com/watch?v=ebMfr7n65\\_c&list=PLN1uwpFCUEh36htxss5UzqbMuEWqT\\_3fd&index=7](https://www.youtube.com/watch?v=ebMfr7n65_c&list=PLN1uwpFCUEh36htxss5UzqbMuEWqT_3fd&index=7)
- ✓ **Stroke:** hand entry at shoulder width, high elbows, immediate catch, press with forearms, accelerate, hands in body line  
[https://www.youtube.com/watch?v=UffZn\\_IU54&list=PLN1uwpFCUEh36htxss5UzqbMuEWqT\\_3fd&index=5](https://www.youtube.com/watch?v=UffZn_IU54&list=PLN1uwpFCUEh36htxss5UzqbMuEWqT_3fd&index=5)
- ✓ **Breathing:** early, at beginning of pull; chin low, neck stretched forward, head down before hands down (try drills looking up versus down to feel the difference – should be easier when looking down)  
[https://www.youtube.com/watch?v=mSRQrZAxCUA&index=6&list=PLN1uwpFCUEh36htxss5UzqbMuEWqT\\_3fd](https://www.youtube.com/watch?v=mSRQrZAxCUA&index=6&list=PLN1uwpFCUEh36htxss5UzqbMuEWqT_3fd)
- ✓ **Recovery:** thumbs down then forward, arms close to surface, straight, relax, enter at shoulder width

Drills:

- 1) Stone-skipper drill progression: catch, undulation, timing  
<https://swimswam.com/video-get-baller-butterfly/>
- 2) Hip delay drill: catch, undulation, timing, body/head position, recovery  
<http://www.enjoy-swimming.com/swim-butterfly-4.html>
- 3) Skate drill: breathing, low profile  
<https://www.bing.com/videos/search?q=dynamo+butterfly+drills+video&&view=detail&mid=DE5FFF6673A0D82C4D80DE5FFF6673A0D82C4D80&&FORM=VDRVRV>
- 4) Right, Left, Forward: low profile while breathing  
<https://swimswam.com/step-up-your-butterfly-drills-video/>
- 5) Hammer: body position, strength of stroke and kick  
<https://swimswam.com/video-hardest-butterfly-drill-ever/>