

Butterfly Technique

Butterfly Belief Systems

- Teach before you train – do not reinforce poor mechanics
- Butterfly is a rhythm stroke not a power stroke
- The longer the distance the more the stroke depends of posture, line, balance and rhythm
- GOAL: Slow down less than your opponents

Teaching Butterfly Technique

◎ Body Position

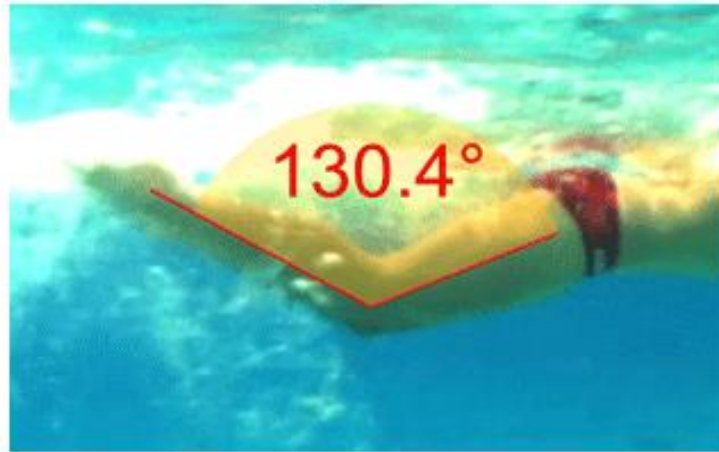
- Lead with the top of the head
- Eyes down
- Head, shoulders and spine in neutral position
- Everything moves forward not up and down

It is very important to have **two kicks of equal size and strength**, which are set up by a significant knee bend.

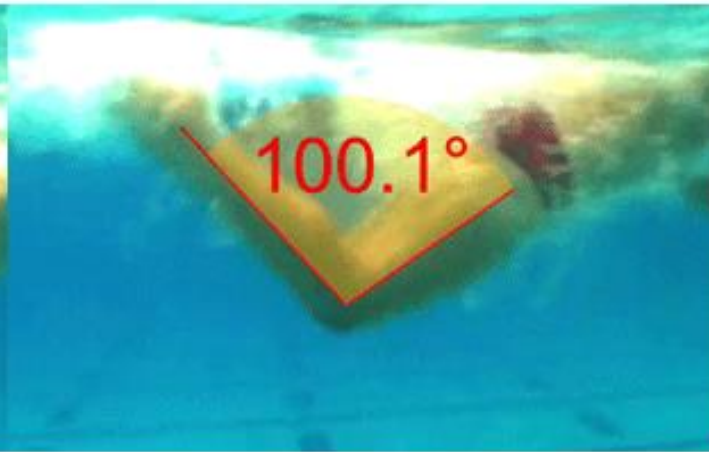
Seems simple enough, but in reality, a lot of butterflyer's have a noticeable difference between the entry kick and the exit kick.

So how do you identify this imbalance?
Look at the pictures....

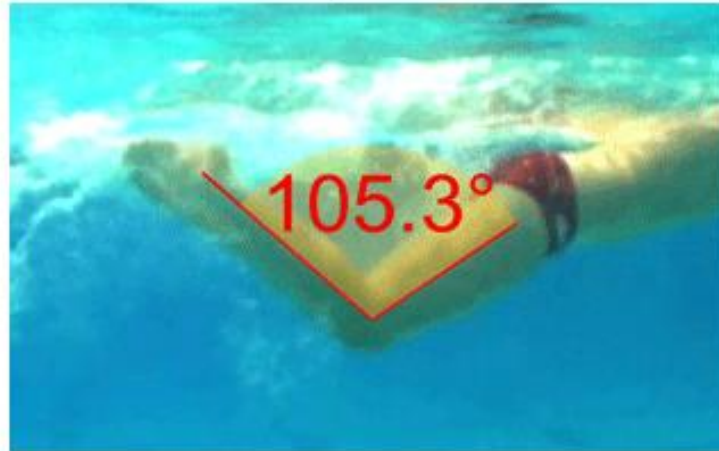
Swimmer 1 Entry Kick



Swimmer 1 Exit Kick



Swimmer 2 Entry Kick



Swimmer 2 Exit Kick



- ◆ Notice the difference in setup angle for swimmer 1. His exit kick is much larger and stronger than his entry kick, and his stroke ends up being choppy and imbalanced.
- ◆ For swimmer 2, his setup angle is almost identical for both kicks, and his stroke is much more balanced. He is better able to maintain his forward momentum throughout the stroke.

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○ Undulation

- Kicking is “body undulation with energy flowing out the legs” (Richard Quick)
- Land hands and breath forward not down
- Hips lift as hands reach forward
- Focus is on “upkick” as hands reach forward to enhance balanced horizontal body position
- KICK: don't force it – it is part of the body undulation
 - Overemphasizing down kick can pull body out of posture, line and balance

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◎ Pull Pattern

- Hands enter the water in front of the shoulders
- Reach forward (Scapular extension)
- Set anchor
 - Lift elbows
 - Point fingers at bottom
 - Slide body past where hands anchor
- Pull pattern traces outline of the body

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○ Recovery

- As pull ends at hip bone, “karate chop” to round exit
- Quick throw to front
- Recover along body line
 - Recovery above body line causes stroke to be “heavy” and increases risk of injury
- Thumbs forward as soon as possible - no later than shoulders

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● Breathing

- Hide breath within body undulation
- Neutral spine and head during breath
- Exhale during pull/ don't hold breath

Now Some Questions....

- With no definitive answers....

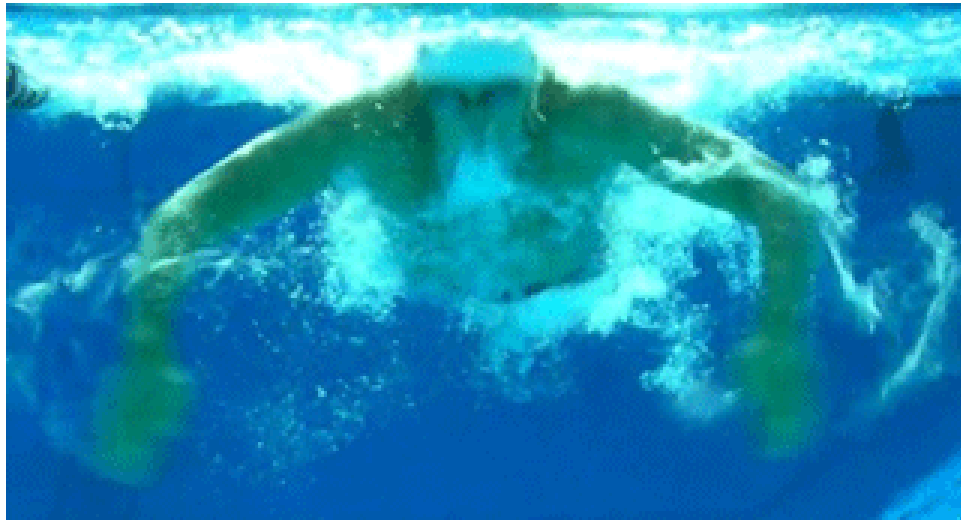
How wide should my entry be, and where should I start my catch?

In general, I advocate for a narrower entry, but swimmers with a deep press may find themselves naturally entering and catching wider. The key is not where your hands enter, but how well you establish your catch. See below for examples of two very different entry and catch positions.



What should my pull pattern look like?

Again, this is dependent on certain physical characteristics. However, regardless of your pull pattern, make sure you put yourself in position to maximize the power phase of the stroke as shown in the picture below.



How much should I bend my knees when I kick?

This will vary based on the race distance, your tempo, and the strength of your kick.

Regardless, you should have two kicks of the same size and make sure to finish each of your kicks to full extension.

