

Stroke Worksheet: Butterfly

Kick:

- Body dolphin
 - The only way to swim butterfly right is if it's wavy. Body dolphin means that your entire body, from your shoulders to your toes, is following itself in a roll. It should require little to no effort, and is part of 'intense relaxation'. The rest of the stroke 'fits' into the body dolphin.
- Two kick butterfly
 - There are two kicks to each fly pull. The big kick helps get the arm out of the water, and the small kick just fits in with the body wave.
- Long legs/fin
 - Butterfly knees should never come apart, otherwise it will become breaststroke. Fins will help with this.
- WALLS, WALLS, WALLS!!!!
 - The less you swim, THE LESS YOU SWIM. Use the push off the walls to try and cut down on yards.

Pull:

- Keyhole pulling
 - A full butterfly stroke consists of a small circle, followed by a triangle (making a keyhole shape)
 - This must fit in with the kick

Breathing:

- Sneaky breaths
 - Like breaststroke, raising your head in butterfly only slows you down and ruins the body wave that you've so beautifully established. Breaths should be QUICK and SNEAKY. The chin shoots forward quickly (you're more PUSHING your chin out than you are PICKING your chin up), allowing the breath to happen just above water surface. Sneaky breaths drill.

Butterfly Drills:

- No-energy body wave
 - Just use the undulation of the arms and legs to get yourself down the pool—don't actually put effort into kicking, rather, put it into wiggling shoulders
 - Work on body placement
- Body wave with sneaky breaths
 - Above with the addition of proper breath placement
 - We want to breathe very quickly right as the pull BEGINS
- Dolphin kick on back
 - Work on hip strength
 - Make sure your knees don't break the surface
- Streamline dolphin kick on back
 - Advanced form of above drill
 - Difficult because the streamline position makes it more difficult to float
- Freestyle kick with butterfly pull
 - Teaches better body position
 - Helps develop smaller pull
- One-armed fly
 - Keep arms low to the water surface with thumb down
 - Practice pull shape
 - Make SURE this does not end up turning into a poor man's freestyle
- Thumb drag
 - Keep thumbs in with the fingers
 - Drag thumb across the surface
 - Teaches thumb down recovery
- Angel drill
 - Flutter kick
 - Swimmers move arms up and down on the surface of the water making an angel wing shape
 - Teaches relaxation
- Chest press
 - Arms are at the side
 - Eyes are down
 - No purposeful kicking
 - Press chest toward bottom and allow the body to flow
 - Teaches the chest movement in butterfly