

COACHES TOP TIPS

BUTTERFLY

GRAEME ANTWHISTLE – SWIM WALES

1. Soft hands on entry
 - E.g. Michael Phelps (Picture 1)
2. Release the water once hands go past the hips - do not fully extend or 'flick out'
3. Extended arms on recovery and do not lift the elbows
 - E.g. Michael Phelps (Picture 2)



PICTURE 1



PICTURE 2

JOL FINCK – NATIONAL COACH, BATH NATIONAL CENTRE

1. Line of sight is into the water when taking a breath so as to hold good body alignment
 - E.g. Caeleb Dressel (Picture 3)
2. Pull phase executed as slow movement to fast movement
3. Equal sized first and second kick to allow for continuous hip rhythm



PICTURE 3

STUART MCNARRY – NATIONAL HIGH PERFORMANCE COACH, SWANSEA UNIVERSITY

1. Be specific on kick. Butterfly kick should be done on a streamlined board with a snorkel. Butterfly kick on your back is like asking a marathon runner to run backwards in preparation for the marathon!

2. Butterfly is an undulating strokes but doing it well is about being as flat as you can and not wasting energy going up too high or down too low.
 - E.g. Alys Thomas (Picture 4)



PICTURE 4

RYAN LIVINGSTONE – HEAD COACH, NEWCASTLE SWIM TEAM

1. Entry → Finger Tips Down → Elbows Up → Apply Force
 - E.g. Emily Large (Picture 5)
2. Develop 'Forward' Undulation and keep moving the stroke forward and on a flat plain with the heels of the feet always on the surface of the water.
 - See Diagram 1 below



PICTURE 5

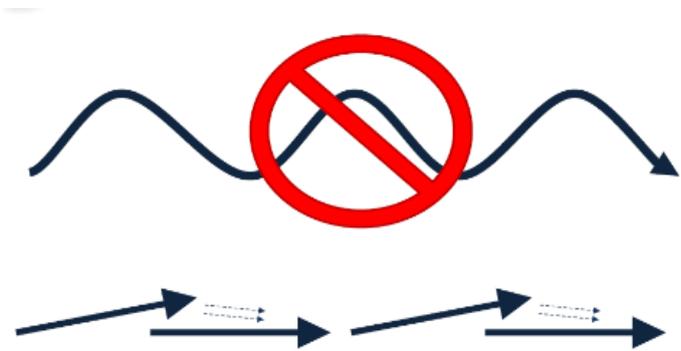


DIAGRAM 1

ANDY WALLACE – SUPPORT COACH, LOUGHBOROUGH NATIONAL CENTRE

1. Body line should remain close to the surface avoiding excessive undulation.
 - a. E.g. Sarah Sjöström (Pictures 6 & 7)
2. Two strong kicks to each stroke cycle timed with down beats occurring on entry and during final press with both kick followed immediately by forceful upbeat kicks.
3. Maintain balanced breathing mechanics between exhalation and inhalation.



PICTURE 6



PICTURE 7