**Strengthening USA Butterfly**

**Technique Priorities**
- Movement over action
- Rhythm over force

**Forward Press**
- **Visual Result**: Hips pop up
- **Actions**:
  - Kick hands into entry
  - Chin forward
  - Hands enter in line with shoulders

**Two Kicks**
1. **Entry Kick (aka 1st kick, Top kick)**
   - Entry kick combines with forward press
   - Forced knee bend/drop
   - Bent finish deep
   - Connected to pull finish
   - Very easy to skip
2. **Exit Kick (aka 2nd kick, Bottom kick)**

**Catch**
- Some degree of allow bend
- Kick/Pop:
  - Pull your hands up and break
  - Propel upward

**The overturned key points**
- Increase pressure through shoulders
- Extend head through every phase of the kick
- Front flip wave 2
- Next step: focus on superior
- Push up - hand down - pull head - underwater - head up

**Senior Development Committee**
- Butterfly Think Tank
- USA Swimming

**Butterfly Revolution**
- Mitch Dalton & Russell Mark
- USA Swimming

**Social Media**
- Twitter: @TeamUSA
- Facebook: USA Swimming
- Instagram: @USA_Butterfly

**Butterfly Revolution A Webinar Series**
- Build - Promote - Achieve
Strengthening USA Butterfly
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Butterfly

1. Ian Crocker
2. Michael Phelps
3. Christine Magnuson
4. Dana Vollmer
Senior Development Committee

Butterfly Think Tank

Allison Beebe
Kathleen Prindle
Shawn Smith
Jason Roberts

USA Swimming Liaisons
Scott Colby
Mitch Dalton
Mark Hesse
Russell Mark
COACH EMPOWERMENT

improve attitude and culture around butterfly

CREATE CONVERSATION

Get ENTHUSIASM about stroke

grass roots

BUILD - PROMOTE - ACHIEVE

1. How do you Present Fly?
2. How do you Teach Fly?
3. How do you Train Fly?

LONG TERM GAME &
SHORT GAME

BUTTERFLY

Target Coaches to be the Leaders
1. How do you Present Fly?
2. How do you Teach Fly?
3. How do you Train Fly?
Senior Development Committee Presents:

Butterfly Revolution
A WEBINAR SERIES
Build

Promote

Achieve
Social Media

Twitter + Facebook + Instagram

#USAbutterfly

Facebook Group: "USA Butterfly Revolution"
Preserve technique through all training

Endurance is built through many reps of 100s or less

**USE YOUR LEGS ~~~~~~ SAVE THE ARMS!**

*Kick counts and Stroke counts are important!*

Second half of the stroke is key - strong finish to relax recovery

*Hips should be at highest point before/when hands enter water*

**YOUNG AGE = WHOLE STROKE....3 GREAT STROKES NO BREATH...THEN EASY FREE THE REST OF THE LAP!**
Technique Priorities

Movement rather than Position
Rhythm rather than Force
Abstract rather than Direct
1. Forward Press
2. Two Kicks
3. Catch
Forward Press

- **Visual Result:** Hips pop up
- **Actions:** Chest drives forward
  - Kick hands into entry
  - Chin forward
  - Hands enter in line w shoulders
Before the Forward Press...

• The head moves and gets in line with the body before the hands enter the water.
• The best generally don't move their head much past the body line.
Two Kicks

1. Entry Kick (aka 1st kick, Top kick)
2. Exit Kick (aka 2nd kick, Bottom kick)

**Entry kick** coincides with forward press

**Exit kick** is the critical piece

- Forced knee bend/drop
- Feet finish deep
- Connected to pull finish
- Very easy to skip
Catch

- Some degree of elbow bend
- Palms face back
- From entry, hands go wide and back
- Fingers point down
Strengthening USA Butterfly

Forward Press
- Visual Result: Hips pop up
- Actions: Chest drives forward
  - Kick hands into entry
  - Chin forward
  - Hands enter in line w/ shoulders

Two Kicks
1. Entry Kick (aka 1st kick, Top kick)
2. Exit Kick (aka 2nd kick, Bottom kick)
   - Entry kick: coincides with forward press
     - Kick in the critical place
     - Forced knee bend/drop
     - Bent finish deep
     - Connected to pull finish
     - Very easy to skip

Catch
- Some degree of elbow bend
  - Chin, if needed
  - Pull in the scapula
  - Early hands go wide and push
  - Fingertips close

Technique Priorities
- Movement rather than Motion
- Rhythm rather than Force
- Abstract rather than finite

Overarch Key Points:
- Emphasis technique through everything
- Movement through every aspect of the swim
- The swimmer must learn to respect their body

Senior Development Committee
- Butterfly Task Force
- Shana Smith
- Susan Roberts

USA Swimming
- USAInstagram
- USAFacebook
- USATwitter

Butterfly Revolution:
Mitch Dalton & Russell Mark

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