

USA Butterfly Revolution

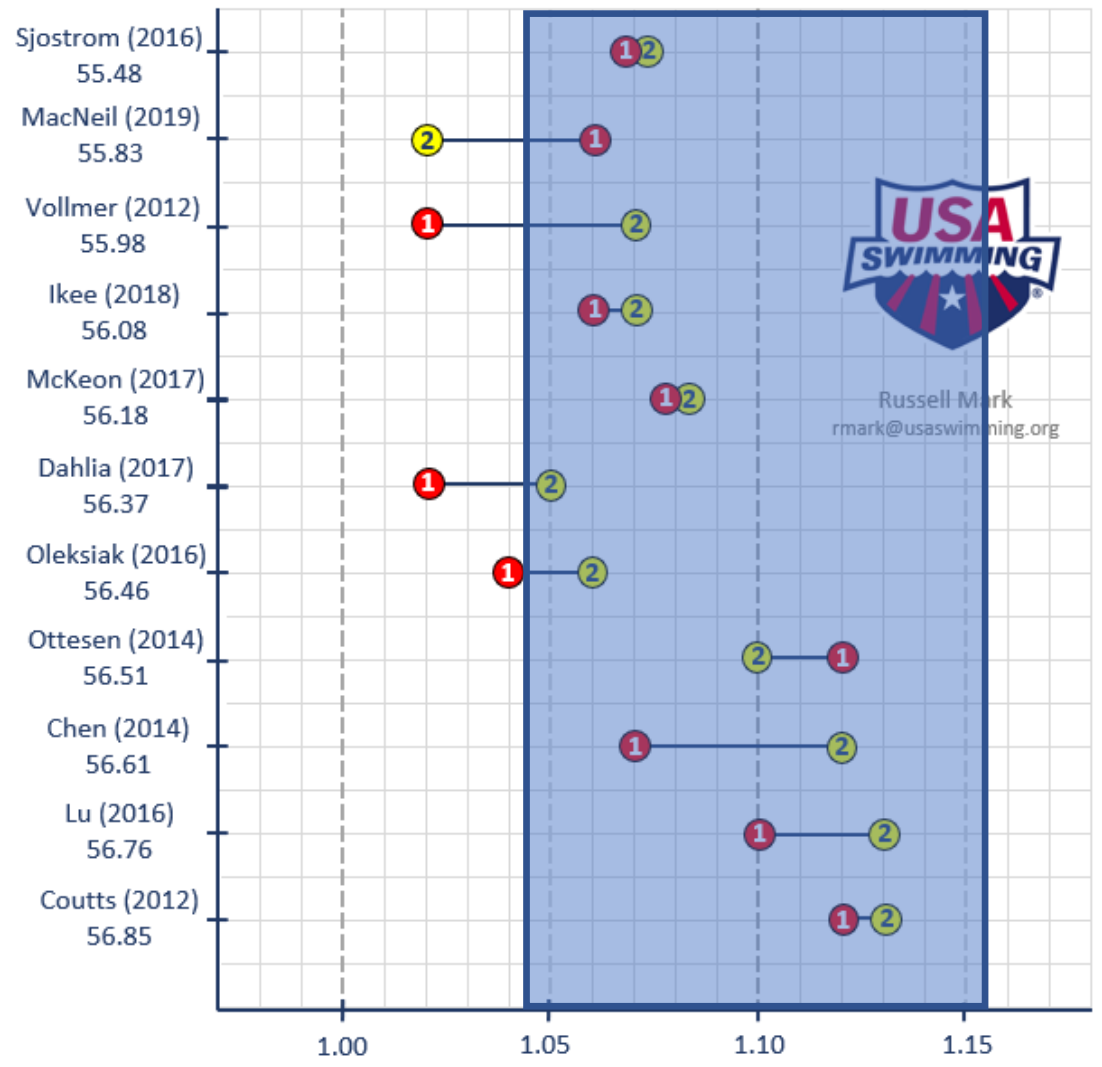
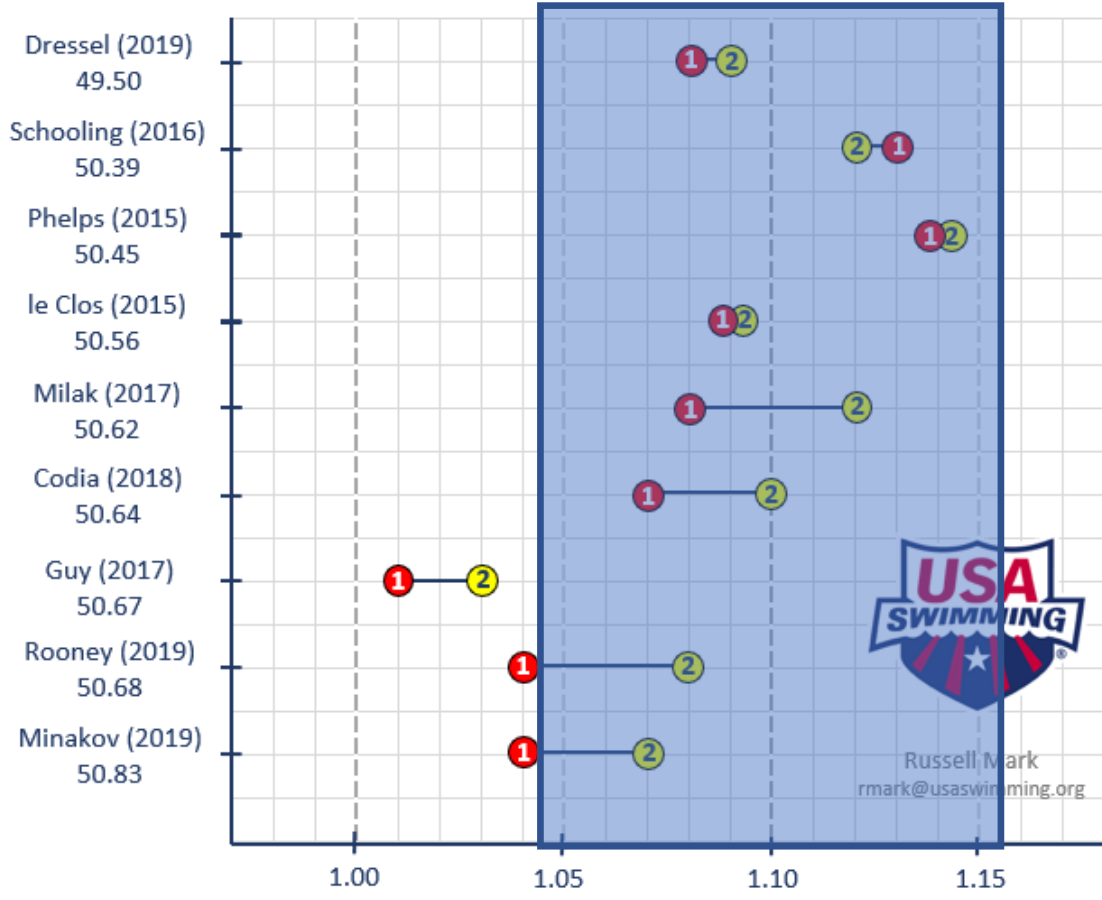


Butterfly Performance Technique

- Fly has the smallest range of racing tempos of all strokes
- 100 fly : Mostly 1.05 to 1.15 seconds per stroke
- 200 fly : Mostly 1.10 to 1.30 seconds per stroke
- The best 18 & Under athletes have similar tempos as pros
- Athletes improve by reducing stroke count as they get older
- Possible training benefit for a tired lagging fly stroke, but not directly race relevant (or technically effective)

100 fly

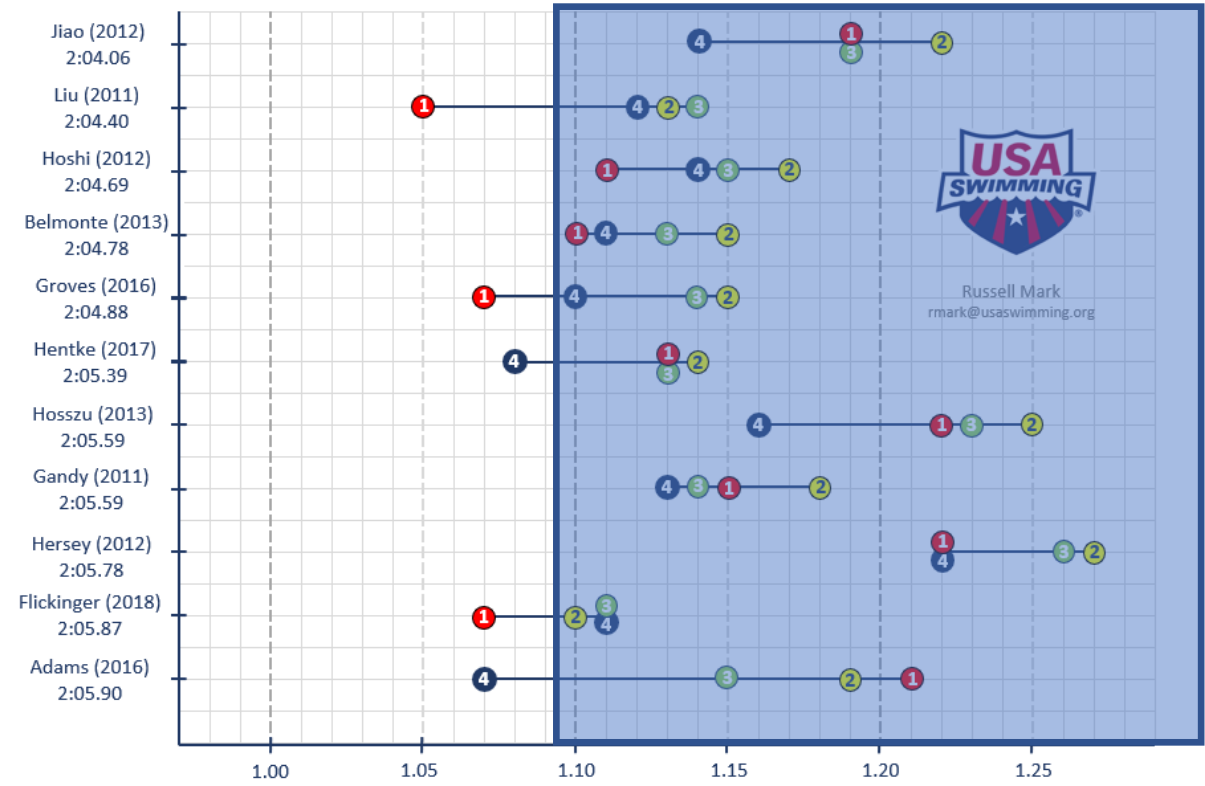
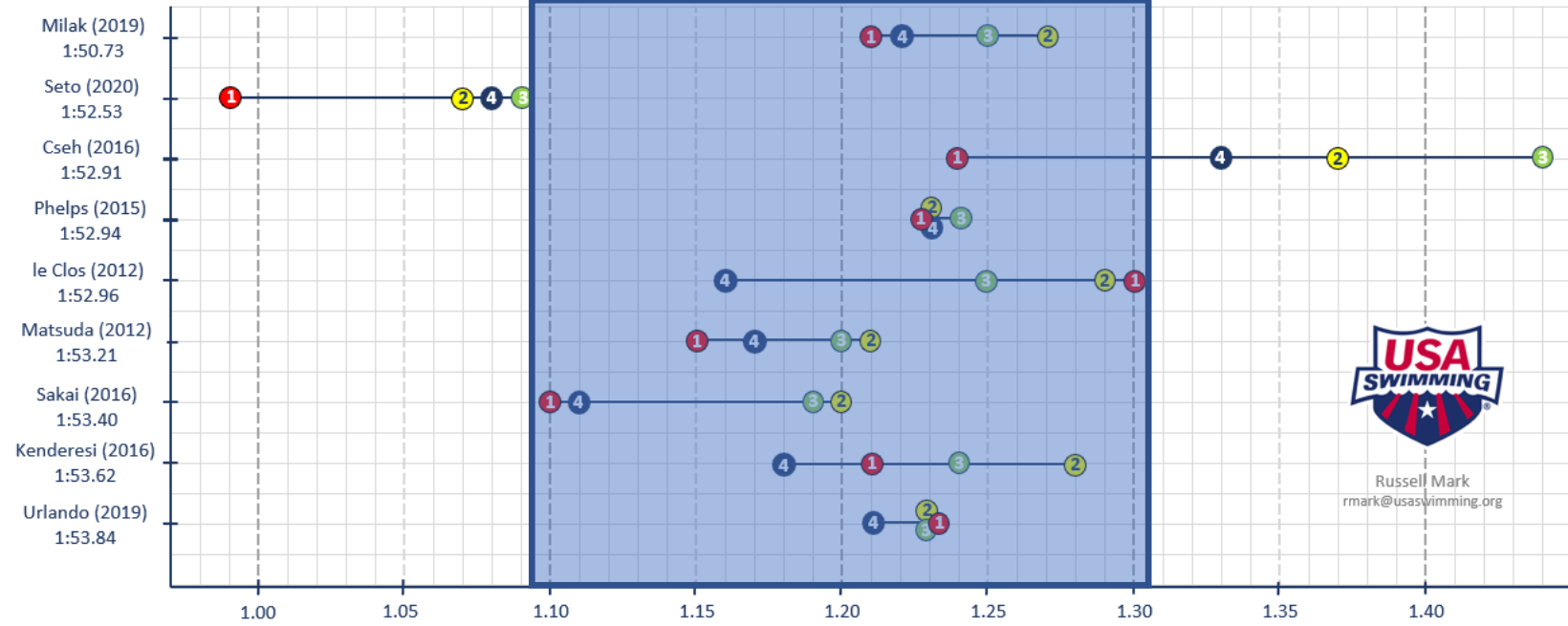
Average Tempo by 50



90% of 50s from 1.05-1.15



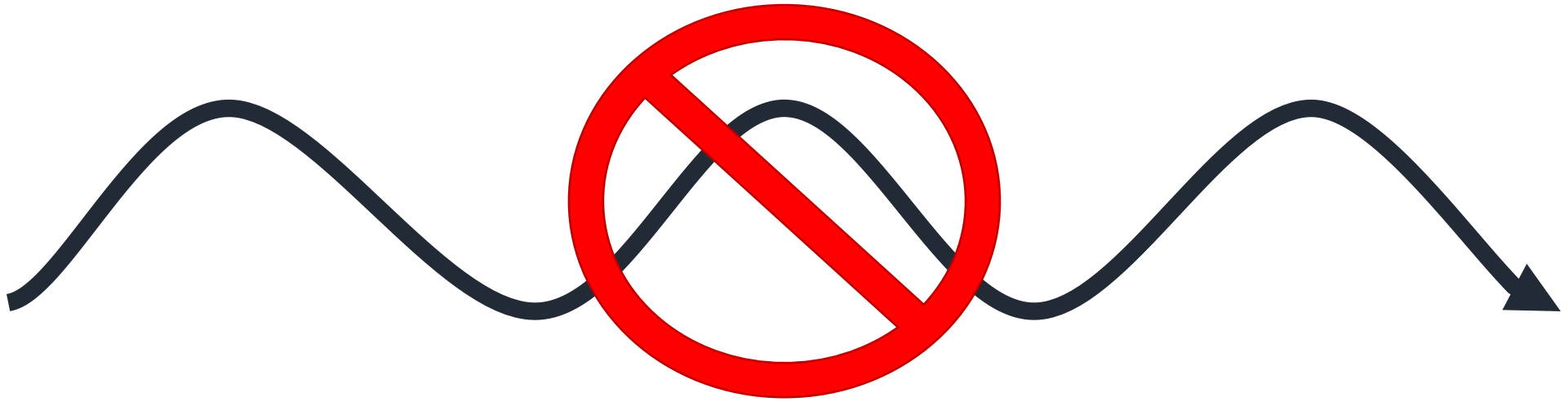
200 fly Avg Tempo by 50



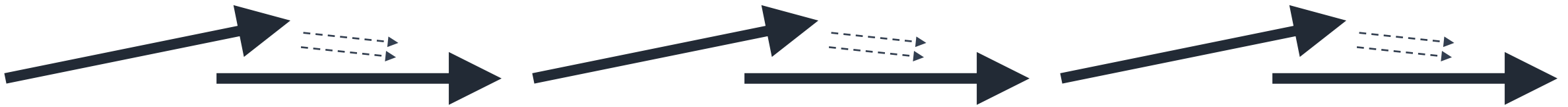
85% of 50s
from 1.1-1.3



The Motion



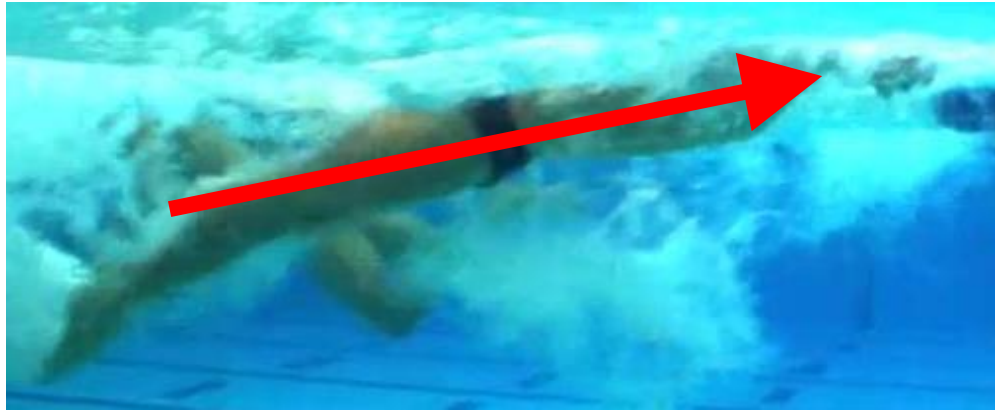
Not a big undulating motion



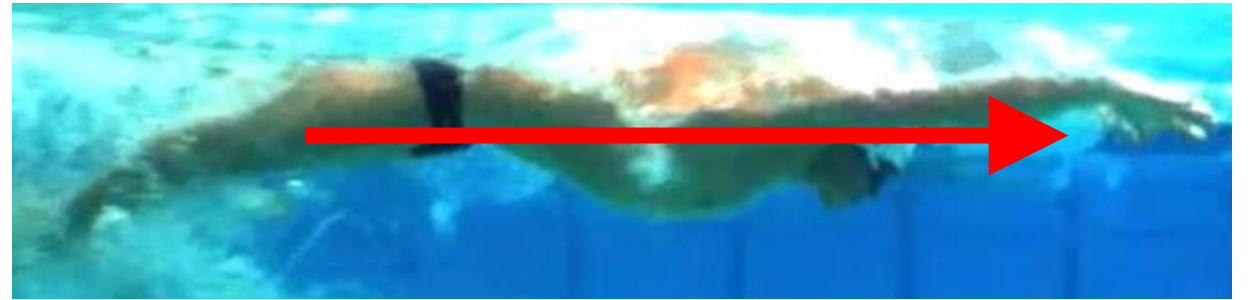
Focus is FORWARD

Pull+Kick Forward – Crash+Press Forward

The Motion

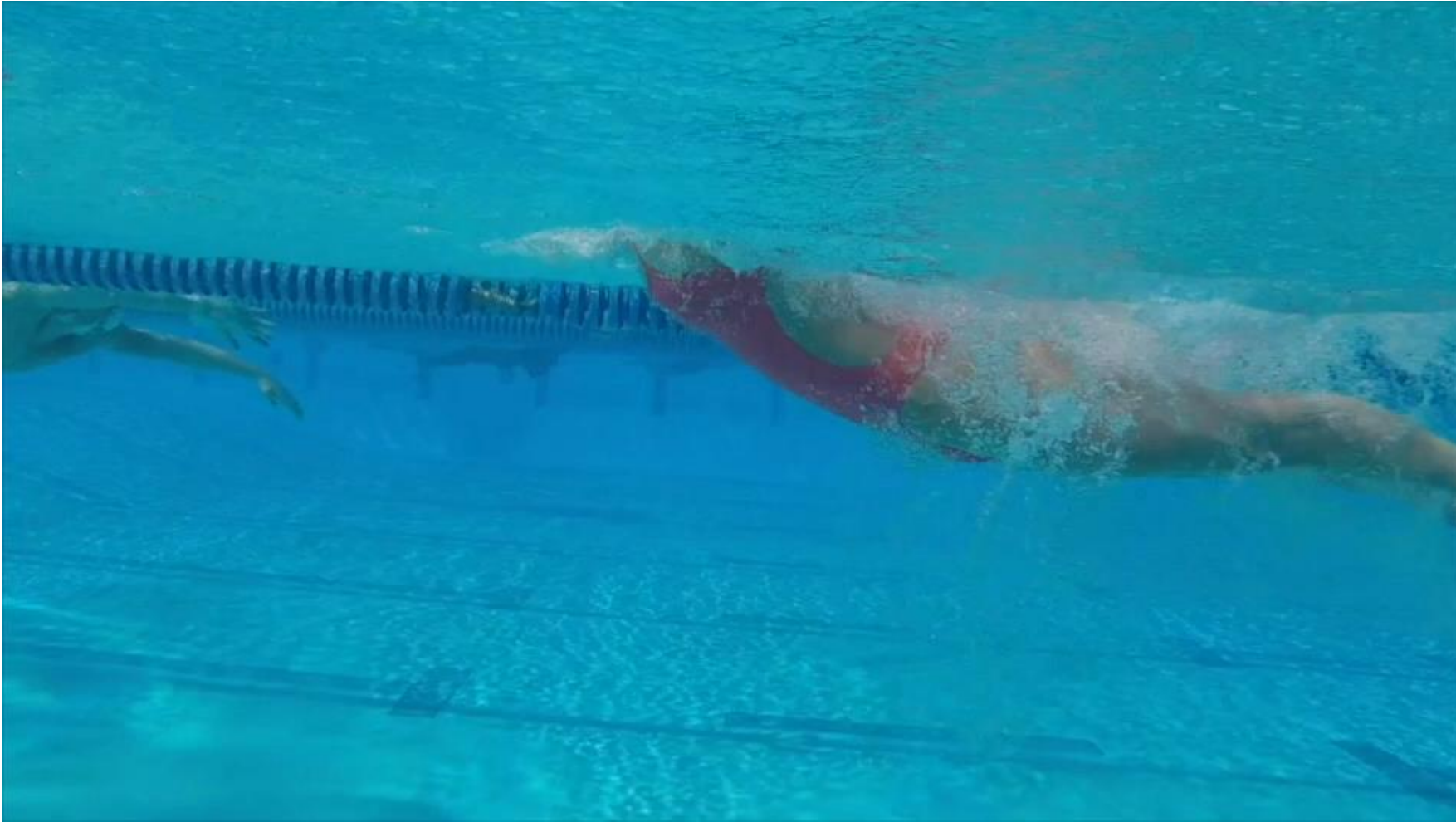


Pull + Kick Forward



Crash + Press Forward

Press Forward



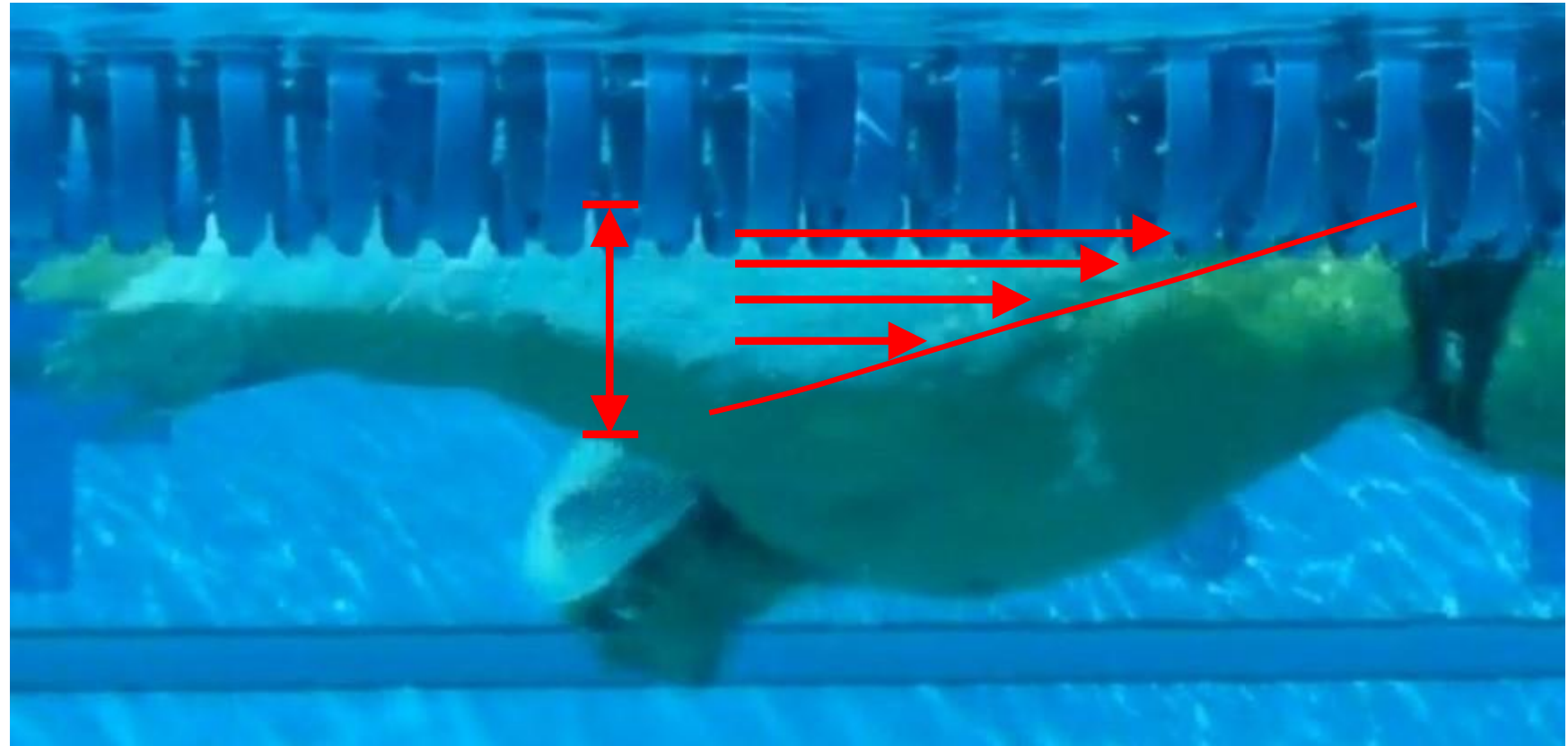
- Head & torso lead way
- Kick the hands forward
- Head stays in line w body
- Eyes looking down or slightly forward
- Chin is NOT tucked
- Forehead NOT leading the way
- Your face sets direction
- High hips come from this

Beware of Pressing Deep

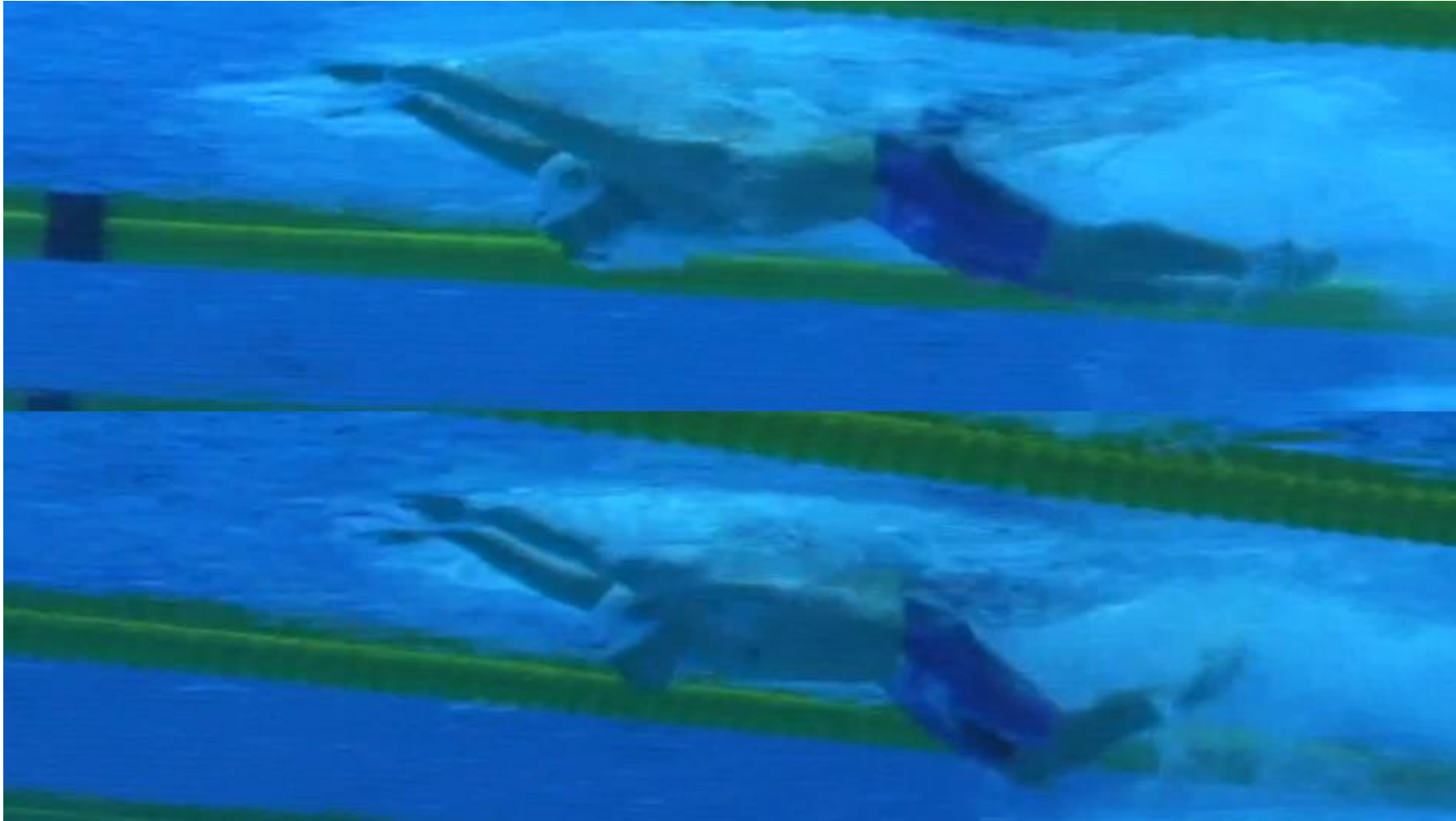


Beware of Pressing Deep

- Only athletes with flexible shoulders and large range of motion have a chance to be effective in this
- Large distance to rise up for the breath
- A lot of resistance



Pull + Kick Forward

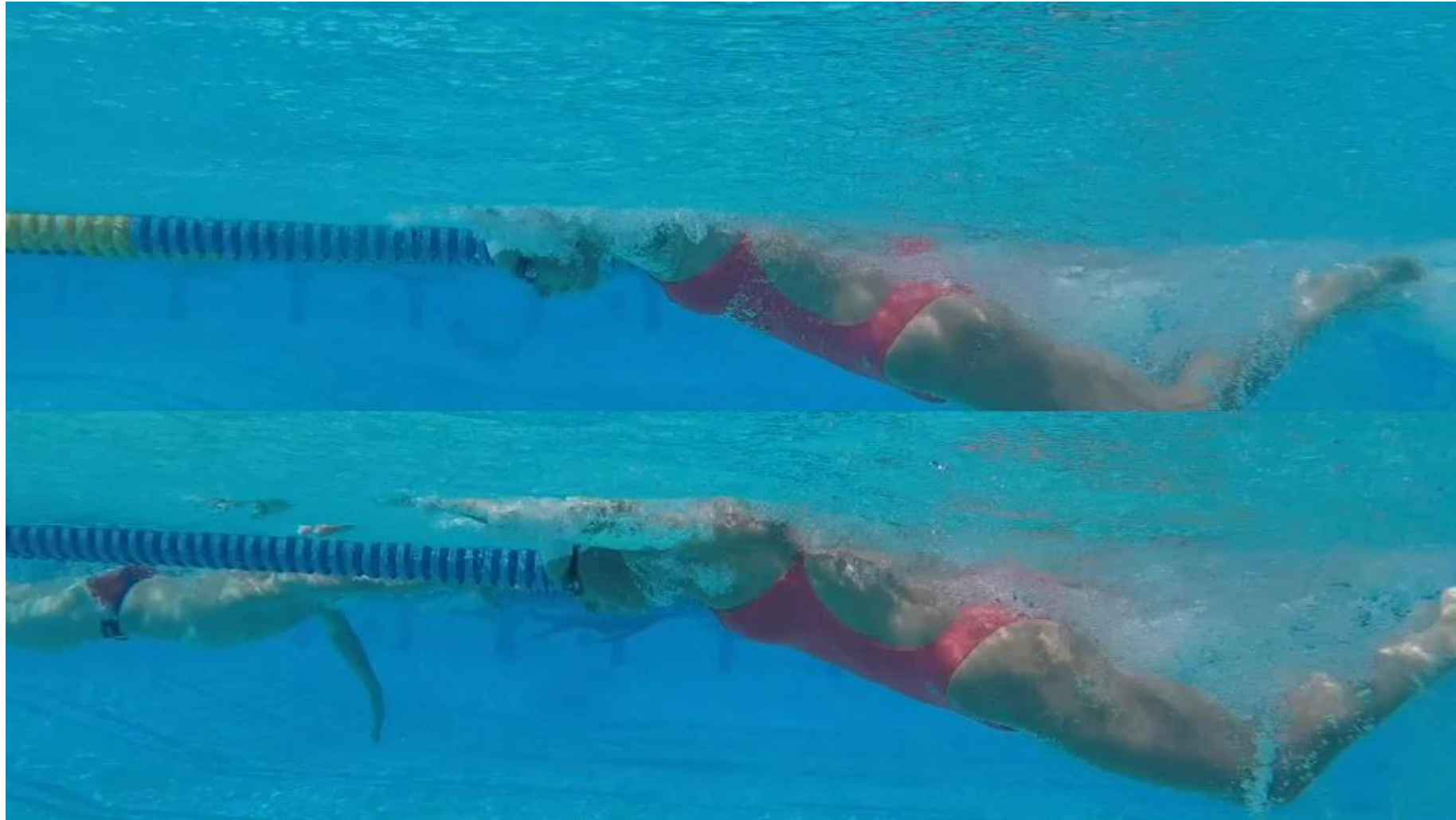


Starting from hands at shoulder width:

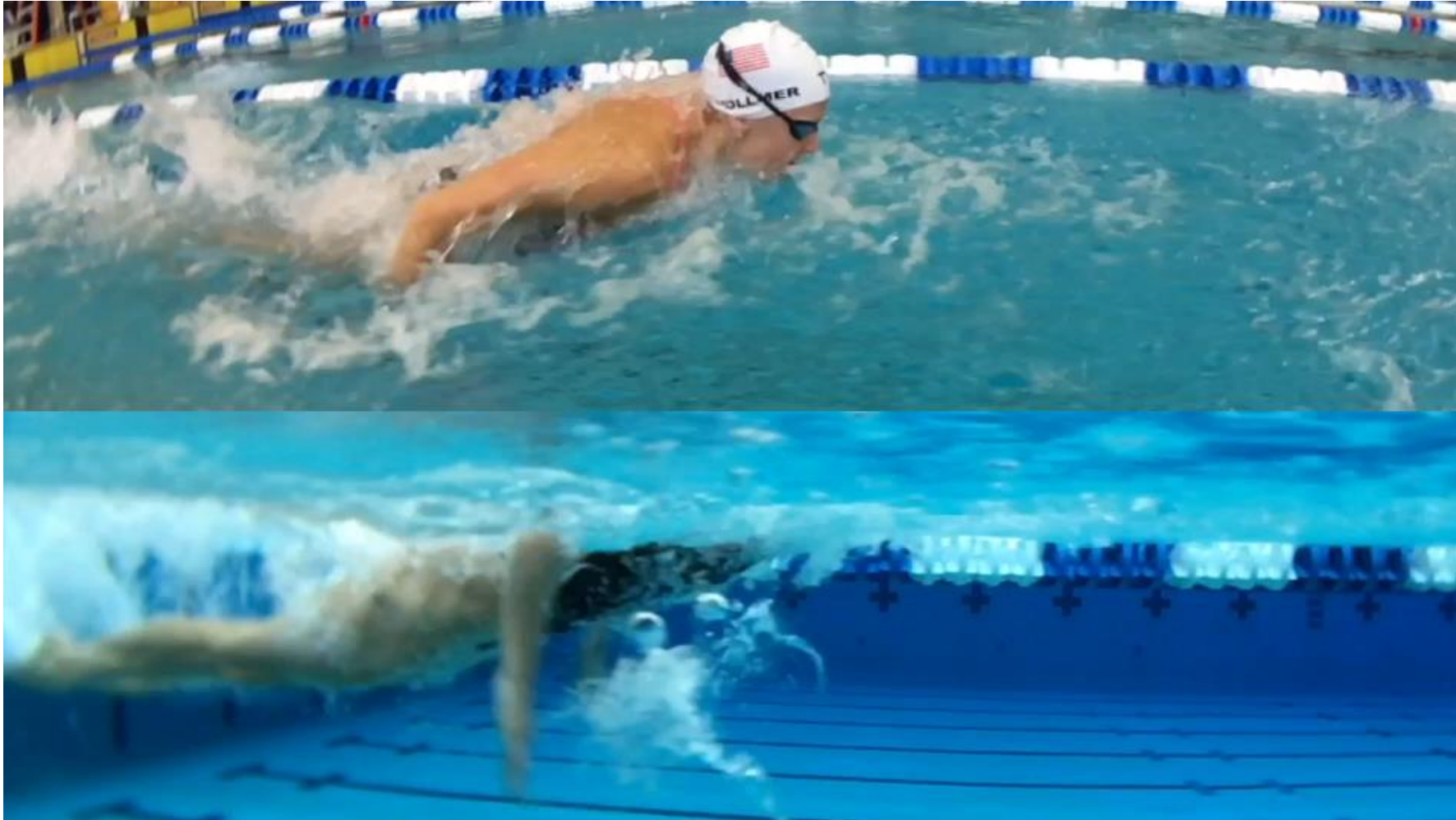
- Focus on pushing water back with your palms
- Hands will initially go wider
- Easier to have a good catch with a forward press (not a deep press)
- Move head as little as possible to prepare for breath

Pull + Kick Forward

- Head will naturally rise with the pull
- Head breaks the surface as the hands pass the shoulders
- KICK with the pull!!!
- Bend the knees to setup
- Often, athletes will miss this kick during a breath

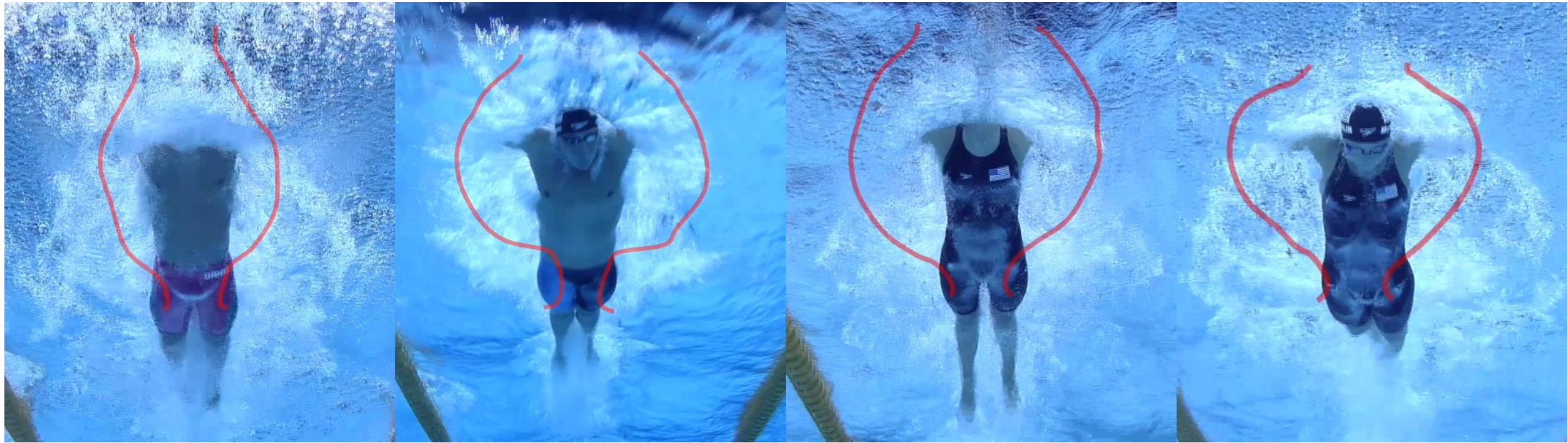


Crash Forward



- Finish the pull with a rounded sweeping motion to smoothly transition into recovery
- Do NOT over-emphasize the finish
- Head leads the way into the water
- Head gets in line but goes no further
- Crash hands forward

Pull Pattern



- There will be some natural roundness to the hand path, but focus on pushing water back
- A finish underneath the body can help generate that kick

Questions?