

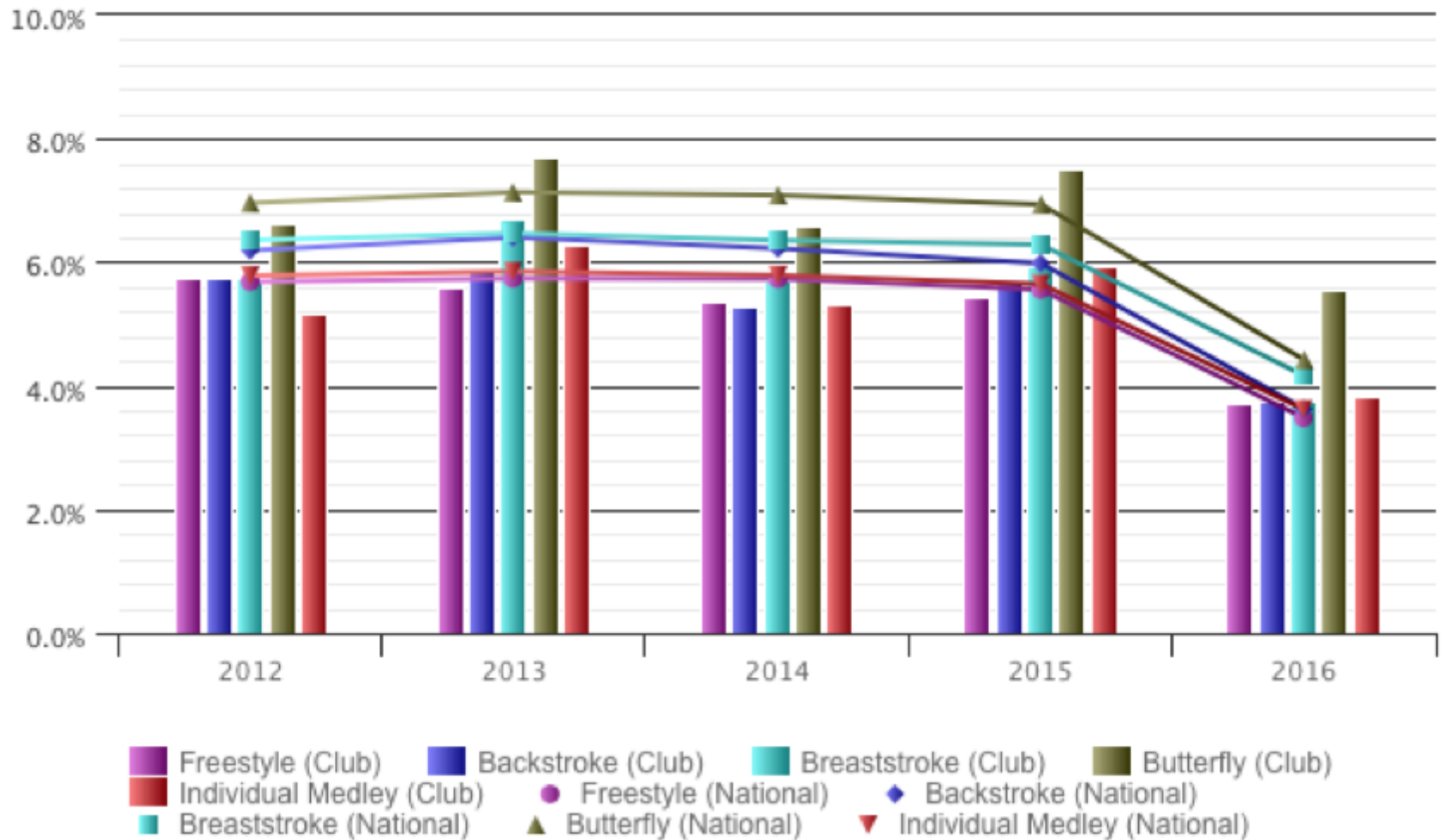


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USA Swimming Webinar 2015

# TEACHING AND TRAINING BUTTERFLY

## AVERAGE RATES OF IMPROVEMENT



# The History of Butterfly

- ◎ Butterfly is relatively modern stroke compared to freestyle, backstroke and breaststroke
- ◎ Butterfly was introduced as a variation of breaststroke in the 1930's
- ◎ Originally butterfly arms with breaststroke kick

# 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

# Teaching Butterfly Technique

## ◎ 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

# Teaching Butterfly Technique

## ◎ 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

# Teaching Butterfly Technique

## ◎ Breathing

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



# Teaching Butterfly Technique

## ○ 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

# Teaching the Basics

- ◎ Lane line games
  - Teaches to dive forward
  - Teaches to “throw thumbs”
  - Progresses to
    - Jump +1
    - Jump +2
    - Push +1
    - Push +2

# A Simple Drill Progression

- ◎ Pulse with a snorkel
  - Sets posture line and balance
  - Teaches athlete to swim from inside out

# A Simple Drill Progression

- ◎ Pulse with a snorkel and 2 buoys
  - Sets posture line and balance
  - Teaches athlete to swim from inside out
  - Teaches athlete to “pulsing” without hands/  
to pulse without sculling to generate undulation

# A Simple Drill Progression

- ◎ Stoneskipper with a snorkel
  - Correctly connect anchor (and ultimately pull) to posture, line and balance
  - Learn to generate “power” through connection

# A Simple Drill Progression

- ◎ Stoneskipper without snorkel
  - Teaches correct breath initiation and completion
  - Helps with late breath

# A Simple Drill Progression

- ◎ Rachel Drill (with or without a snorkel)
  - Allows for neural mapping of recovery
    - Recover in line with body
    - Thumbs forward as soon as possible

# A Few Other Drills

## ◎ Sky fly

- Many teaching benefits
  - Breath timing
  - Low breath
  - Extension as setting the anchor
  - Body position
  - Forward momentum



# A Few Other Drills

- ⦿ Vertical Butterfly
  - Teaches catch/ anchor; pull body past hands
- ⦿ Tennis ball under chin
  - Helps to correct a high breath
- ⦿ Tennis ball in hands
  - Helps teach athletes to lift elbows and use forearm to anchor

# Basic Corrections

- ⦿ Hands too wide at entry – Clap
- ⦿ Hands too high on recovery – Angel
  - Can also do on deck
  - Neural mapping

# Training Butterfly

- I rarely do a “main set” with a butterfly focus
- GOAL: 900 meters of butterfly in every practice
- Friday morning Senior practice is breaststroke and butterfly groups
  - Jason Turcotte does breaststroke group
  - I do butterfly group

# Training Butterfly

## ○ Breathing

- Generally I believe in breathing every other stroke
- However, if the athlete has a strong underwater presence (*12-15 meters underwater consistently*) then I believe swimmers must breath every stroke to prepare to go back underwater
- But, breathing every stroke should never compromise rhythm and mechanics

# Examples of Training Sets

16 x 100

1 – free

2 – 75 free/ 25 fly Rest :05 at 75

3 – 50 free/ 50 fly Rest :05 at 50

4 – 25 free/ 75 fly Rest :05 at 25

5 - fly

Rd #1 @ 1:20

Rd #2 @ 1:30 with :10 rest

Rd #3 @ 1:35 with :15 rest

Rd #4 @ 1:40 with :20 rest

- Fly is fast/ free is active recovery
- Can do set with fly at beginning or end

# Thank You

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