

Butterfly Progression

Kick

Chest Press – face down, hands at side, undulate, press with head and chest. No kick, press water

Chest Press with kick – same as above add kick, kick from hips, press chest

Chest Press Pinkies up – same as above but arms are out in front, outside shoulders, pinkie finger up, thumb down, press your chest

Dolphin kick on back – little undulation, press lungs into water, upbeat and downbeat, use core

Sideways dolphin kick – one arm out, one arm at side

Surf kick – keep chin out of water, hands out front superman position, kick quickly to keep chin up

Underwater dolphin kick – work the up kick

Arms

Scull – face down arms out front, light flutter kick, Scull out to “wide Y” and back

Scull out to Y and add dolphin kick, undulate by pressing chest, press your lungs and you outswEEP to Y

Scull 3 times to Y and then do a full stroke of fly

Single arm – emphasize soft hands

One arm at side, breathe to stroking side, shoulders up, hands down at front of stroke, soft entry

One arm out front, relaxed recovery, breathe to side

One arm out front, breathe to front, sneak breath, lift just enough to get breath

222 Drill – 2 right, 2 left, 2 both, only breathe on one arm strokes, press chest, relax recovery, hold flat body line

Low Baby Low – 222 but pick up rhythm, only breathe on both arms, slide chin on surface to breathe, get head back down quick, keep low

Thumb drag – Swim fly and recover arms, drag thumbs along surface, keep low

Easy fly recovery – do 3-4 strokes easy with no breathing and no kick, roll over and do free or back

Timing

Work on 2 kicks per arm cycle. First kick is synched to entry of hands. Second kick as hands exit at beginning of recovery

Work on 3, 4, 5 strokes fly then stop, rest, do freestyle

Short Axis Drill – Alternate 3 strokes fly, 3 breast. Eyes down. Quick breathe, head still, hold glide

Key Points

Chest goes down and hips go up.

Chest goes down and then hands enter.

Kick hands in, kick the hands out.

Pull straight back. Elbow leads the hands.

Little fingers exit first, thumbs enter first.