

Use Ipad/Phone for Pool End  
Video  
And Pool Side Video of Each  
Swimmer

Replay video on deck or on TV in  
Conference room, Kids Center or  
Gymnastics Center

# Things to Think About

1. The swimmers featured are Olympians and or NCAA College level swimmers. Focus on what they are doing. Be in awe of how fast they are but focus on what they are doing.
2. This is a safe place. When viewing videos other swimmers on our team, be supportive. No one should be made fun of or made to feel badly. If so, tell a coach.
3. Just because you are not doing all of the things we talk about does not mean that you are not a good or great swimmer. Not all things work for all swimmers. You are you.

Start at 10:47 stop at end

<https://www.youtube.com/watch?v=dYBTV9d9Yoo>



# Coach Comments

- Continuous pull and recovery—This is a hard stroke, easy to get tired, but keep the arms moving
- Be sure to kick up and down
- Remember the “S” Shape pull—see slides later
- Good streamlining at dive and off wall combined with good kicking—save the arms!

Start at the beginning stop at 10:47

<https://www.youtube.com/watch?v=dYBTV9d9Yoo>



# Review

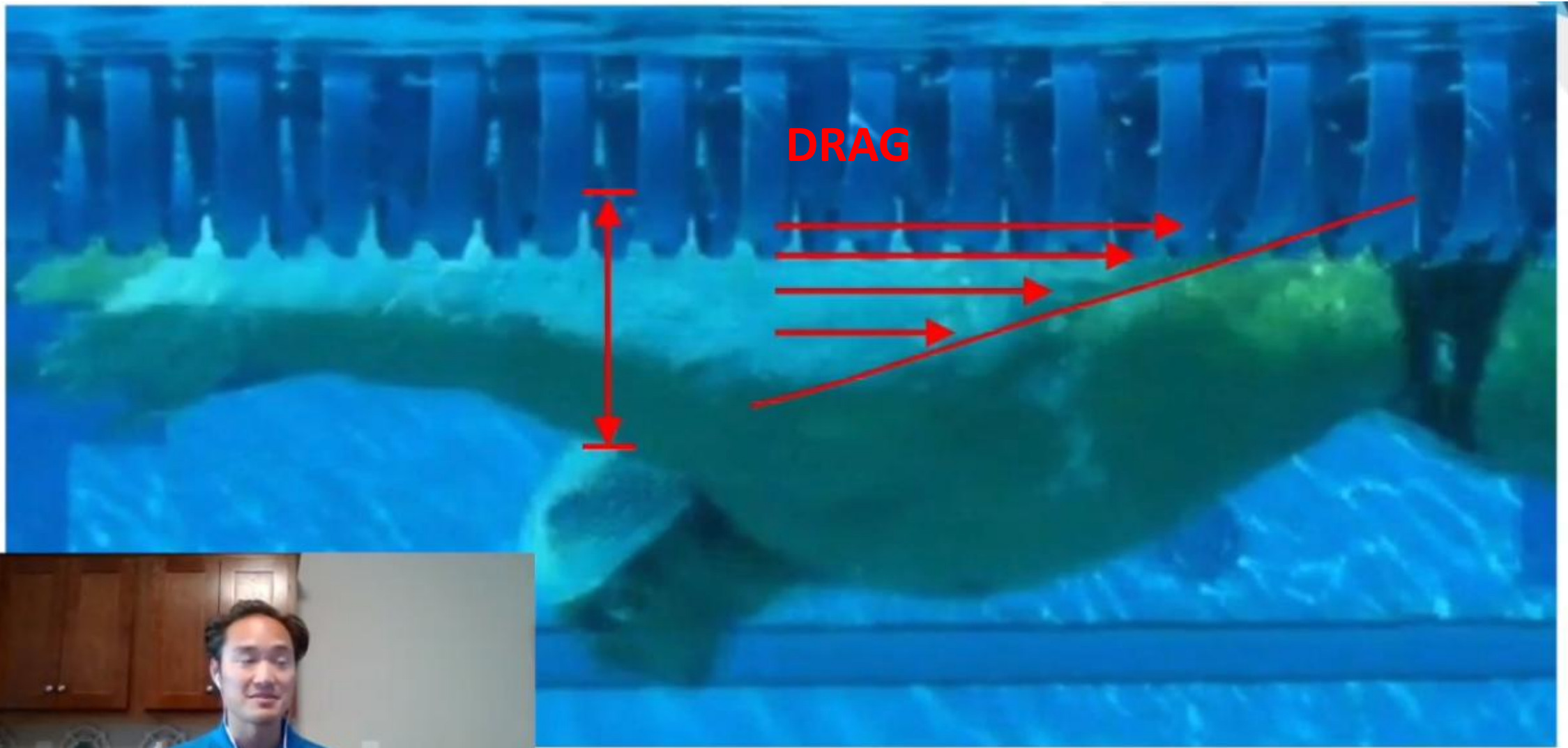
## Compare Your Swim to Chloe Sutton's Video

- What do you see that is different?
- Arm Positions?
- Kicking?
- Timing?
- Name a butterfly drill

# The Motion



Not a big undulating motion



# 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

# The Focus is FORWARD



Pull+Kick Forward - Crash+Press Forward

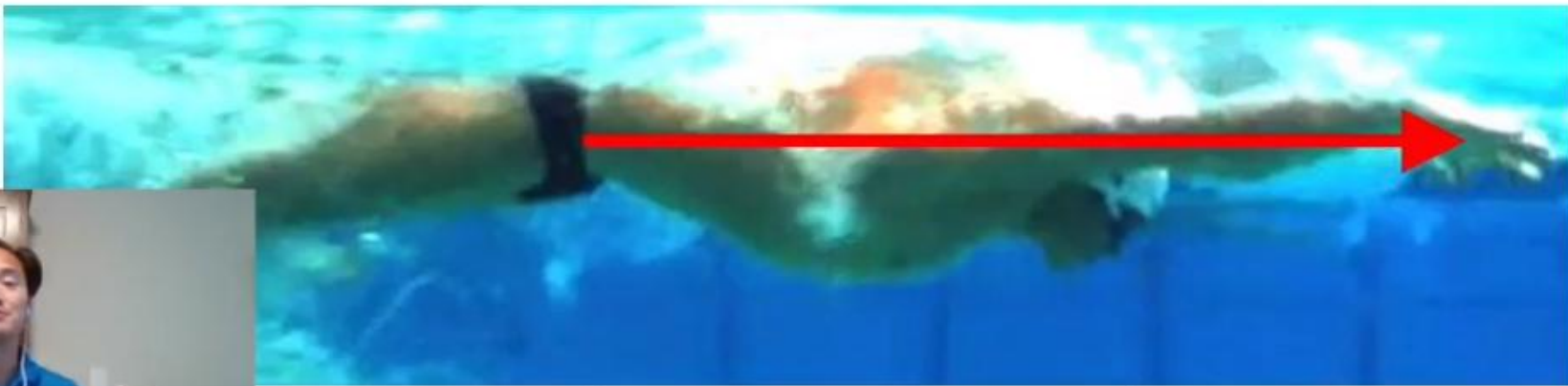


# Press Forward

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



Pull + Kick Forward



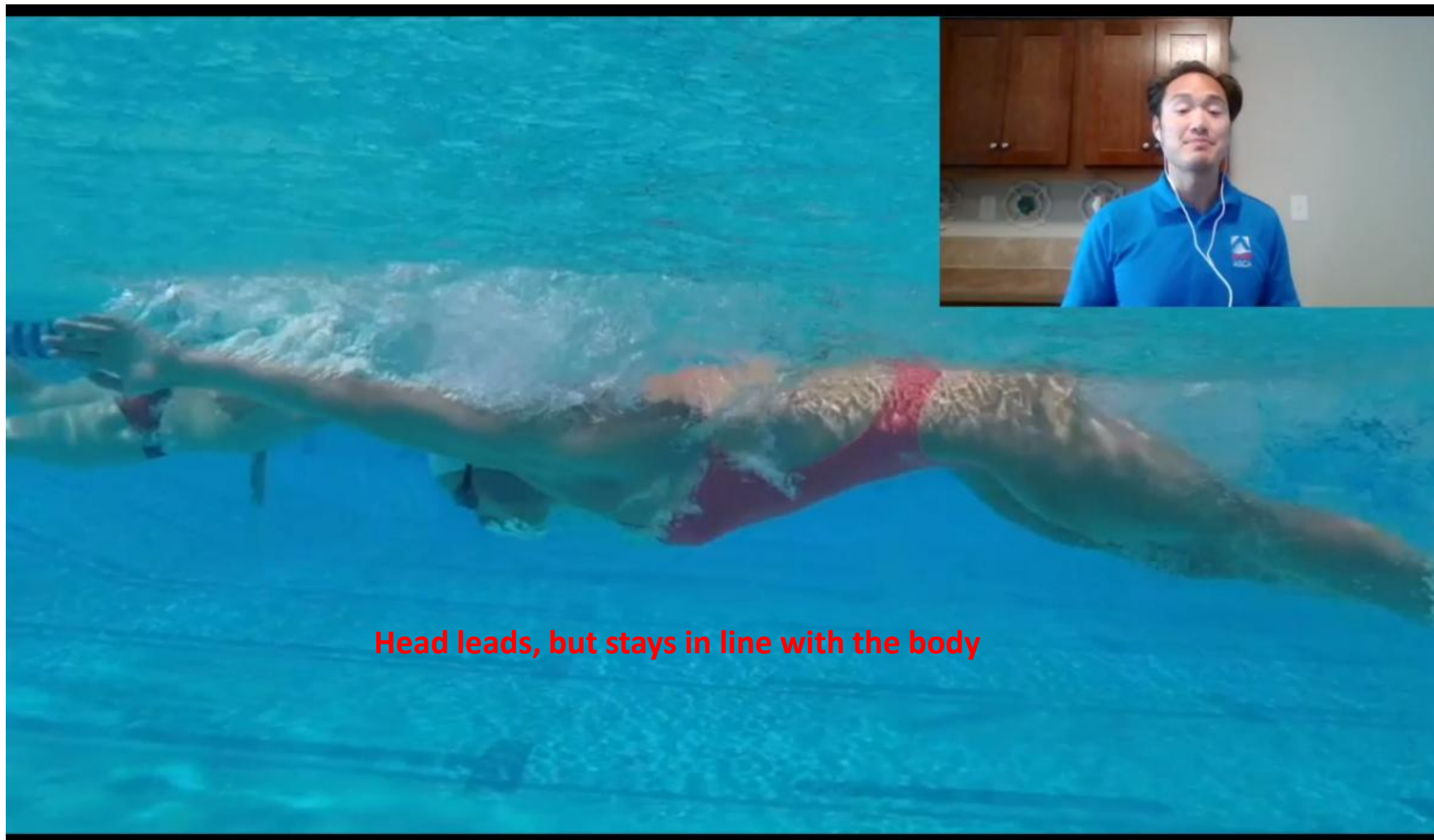
Crash + Press Forward



Return to the pool for the remainder  
of practice

# Session 2

# Short Review



Head leads, but stays in line with the body

# Pull + Kick Forward

Kick during the pull! The kick finishes as the hands finish.

The Pull – 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

Press Esc to exit full screen

# Butterfly Cycle Forward Movements

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**Press**



**Crash**



**Pull + Kick**

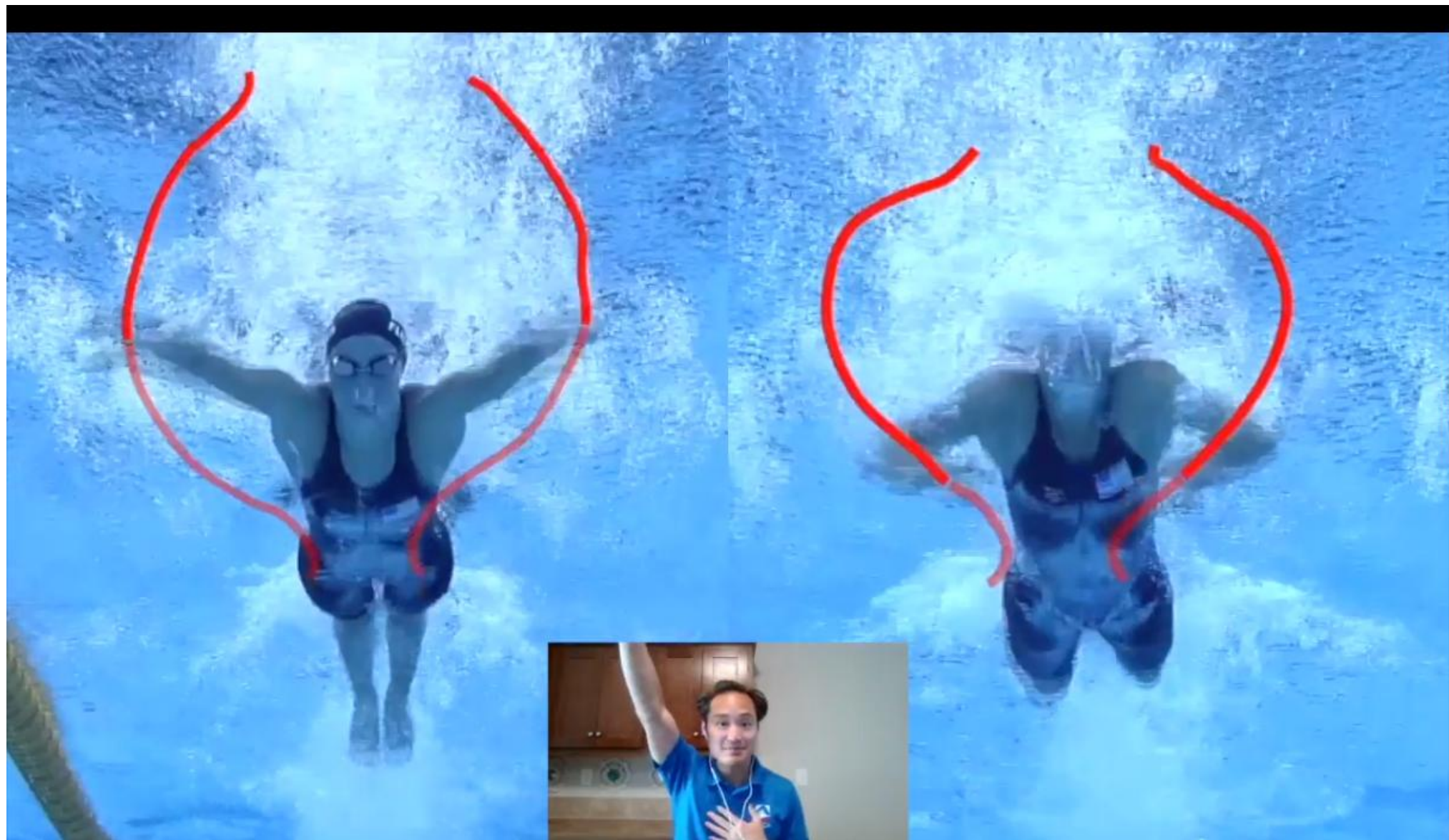


# Crash Forward

- The finish rounds out to the side and smoothly sweeps into the recovery
- Head leads the way into the water
- Head gets in line but goes no further
- Crash hands forward!!
- All of this leads to hand entry at shoulder-width

# Pull Pattern

- Focus on pushing water toward your feet
- Hands will naturally move outward, then inward
- The inward 2<sup>nd</sup> half of the pull is the strongest and can help generate that kick (the 2<sup>nd</sup> kick / the kick at the exit of the hands)



Timing at 5:20-8:56

<https://www.youtube.com/watch?v=dYBTV9d9Yoo>



**Butterfly Timing**

At start of video focus on the above  
water stroking. Then look at the  
underwater.

Stop video at 1:35

<https://www.youtube.com/watch?v=dgRSwsKMON8>

Play to watch the above and below stroking and kicking—repeat of prior video, but should reinforce stroke and kick

## Caleb Dressel Underwater Kick and Pull

<https://www.youtube.com/watch?v=ADF2u9h9fIY>

## Open Turns

Move video to 21 minute mark Stop at 31:00

<https://www.youtube.com/watch?v=9mNJOT41kQk>

<https://www.youtube.com/watch?v=ywgLoeSGu5Y>



Drills—One Arm and Mix at 7:07 to 8:54

<https://www.youtube.com/watch?v=dYBTV9d9Yoo>



<https://www.youtube.com/watch?v=fOuj8xq7i7U>

# OPEN TURNS

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## WITH CHLOE SUTTON

# Session 3 Rules, Turns and Diving

## 101.3 BUTTERFLY

- .1 **Start** — The forward start shall be used.
- .2 **Stroke** — After the start and after each turn, the swimmer's shoulders must be at or past the vertical toward the breast. The swimmer is permitted one or more leg kicks, but only one arm pull under water, which must bring the swimmer to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 meters (16.4 yards) after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish. From the beginning of the first arm pull, the body shall be kept on the breast except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall. Both arms must be brought forward simultaneously over the water and pulled back simultaneously under the water throughout the race.

- .3 **Kick** — All up and down movements of the legs and feet must be simultaneous. The position of the legs or the feet need not be on the same level, but they shall not alternate in relation to each other. A scissors or breaststroke kicking movement is not permitted.
- .4 **Turns** — At each turn the body shall be on the breast. The touch shall be made with both hands separated and simultaneously at, above, or below the water surface. Once a touch has been made, the swimmer may turn in any manner desired. The shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall.

## 101.3

- .5 **Finish** — At the finish, the body shall be on the breast and the touch shall be made with both hands separated and simultaneously at, above, or below the water surface.

The End

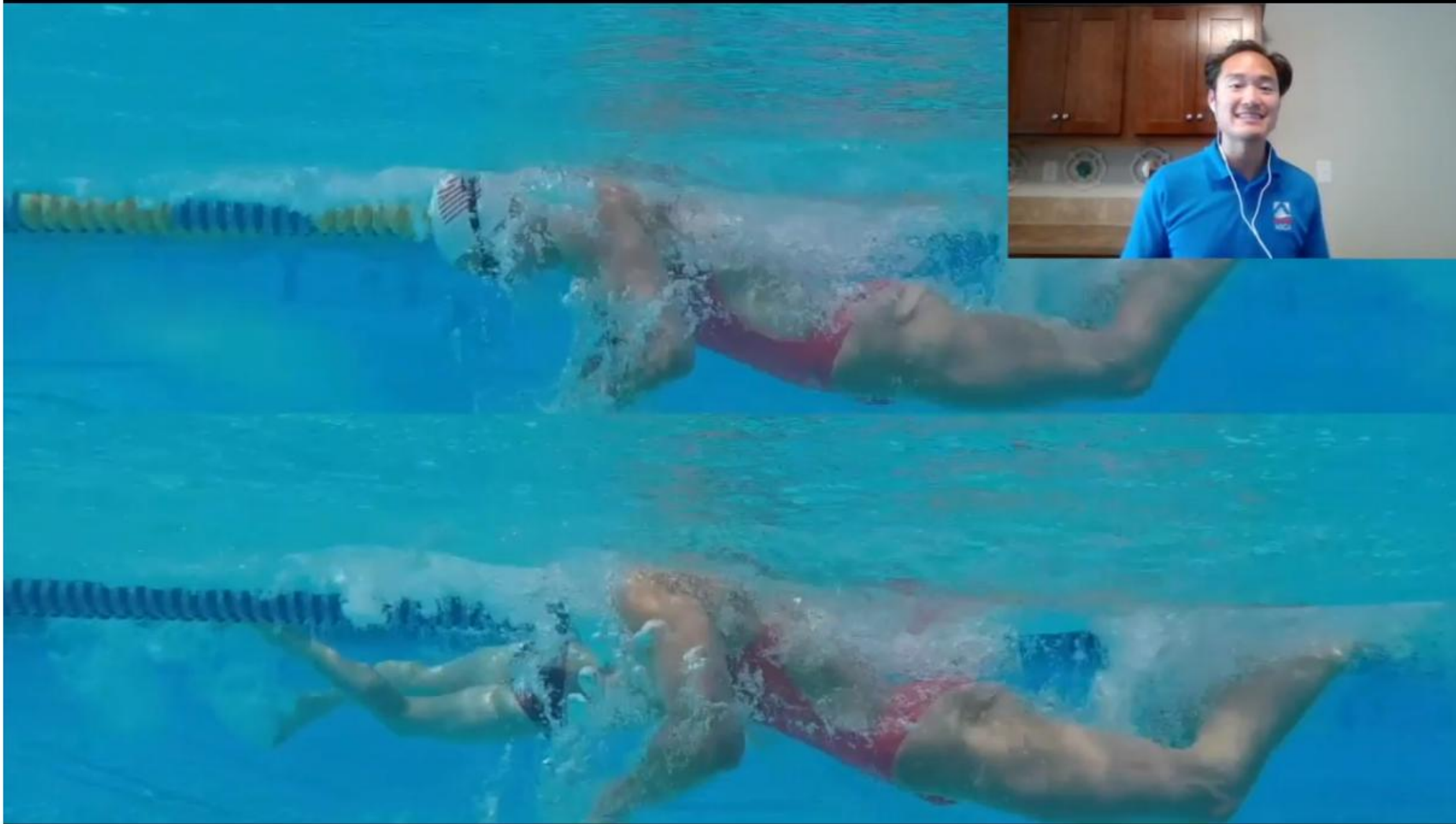
Extra Slides Not needed

# 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
- Athletes often miss this kick, especially during a breath

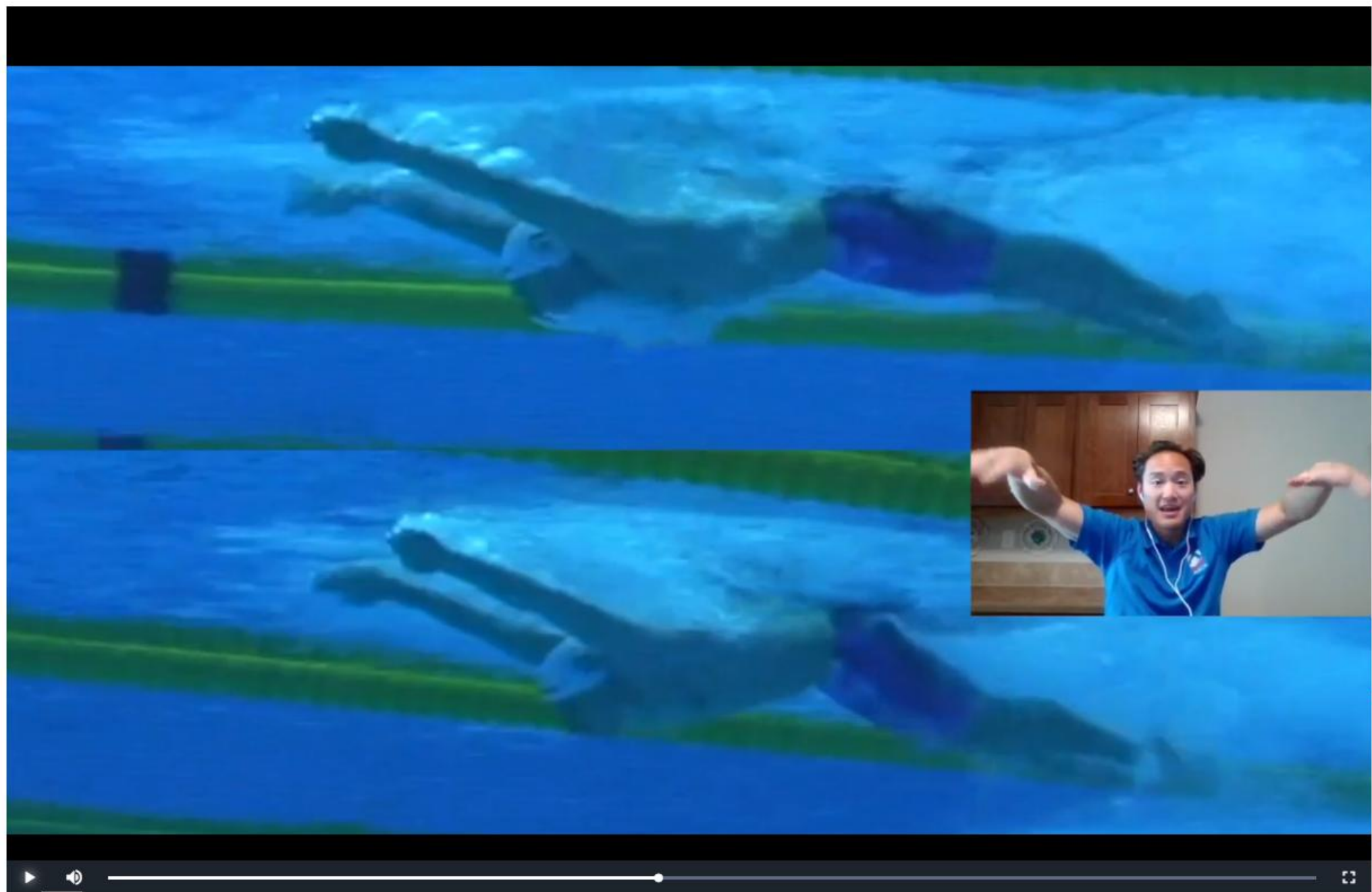
# Butterfly

- Flat stroke
- Forward press
  - How do you pull, kick, and recover to enable a great forward press?
  - How can you train an athlete so that the forward press remains an effective part of their stroke?



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Presentation Learning Resources

# Crash Forward

- The finish rounds out to the side and smoothly sweeps into the recovery

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Chapters Bookmarks Credit Submission

|                                           |       |
|-------------------------------------------|-------|
| Pull + Kick forward                       | 08:23 |
| Kick forward (2nd kick / Exit kick video) | 08:54 |
| Pull forward                              | 09:02 |
| The breath (video)                        | 12:03 |
| Kick forward (2nd kick / exit kick video) | 13:10 |
| The butterfly cycle                       | 17:26 |
| Crash forward / Recovery                  | 17:41 |
| Crash forward                             | 19:01 |
| Pull pattern                              | 19:43 |
| Summary                                   | 22:21 |

Stream

