



Presented By:

Scott Colby

Sport Performance Consultant



Since August 2007, Coach Scott Colby has been a Sport Performance Consultant for USA Swimming. Prior to that, Scott coached in Ohio, Louisiana (Bengal-Tiger Aquatic Club), Texas (Fort Worth Area Swim Team), served as an assistant at Dynamo Swim Club in Atlanta and coached for 5 years at a YMCA on Long Island. His Louisiana team placed top ten at Nationals.

His swimmers have placed in the finals at Olympic Trials, won 2 National titles and 7 Junior National titles including all four strokes, set three National Age Group Records, and won the National Meet Bob Kiphuth High Point award. Scott has also produced numerous Top 16 athletes. He holds a Masters degree in Physical Education and is an ASCA Level 5 coach.

Teaching Butterfly



With the Greatest of Ease

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**IF AT FIRST YOU DON'T
SUCCEED...**

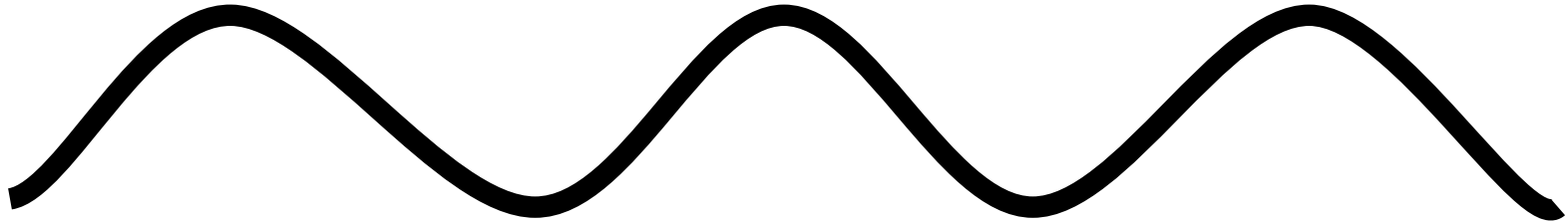
**Try doing what your
COACH**

told you to do the first time.

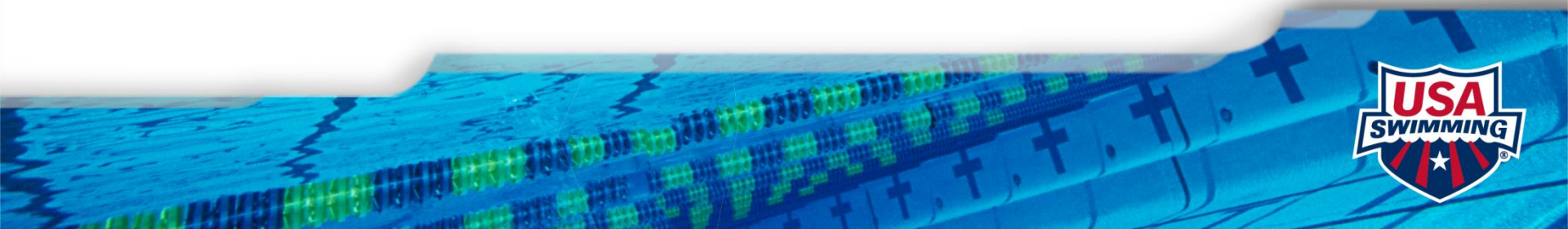
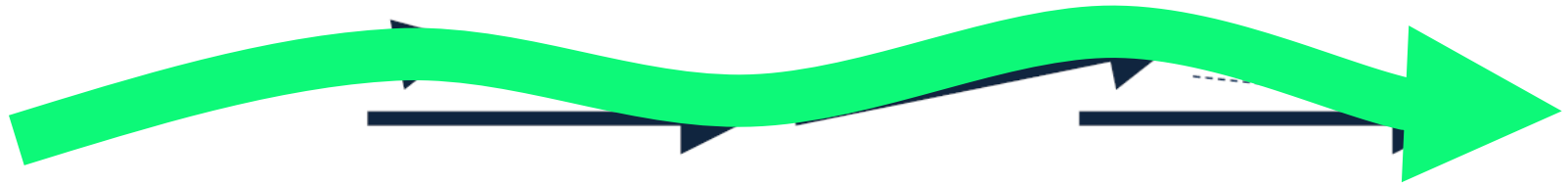
Guess Who?



Which One?



vs.



Butterfly

The Anchor

Breathing

Body Driven

Kicking

The Pull Pattern

The Entry & Finish



The Anchor (Catch)

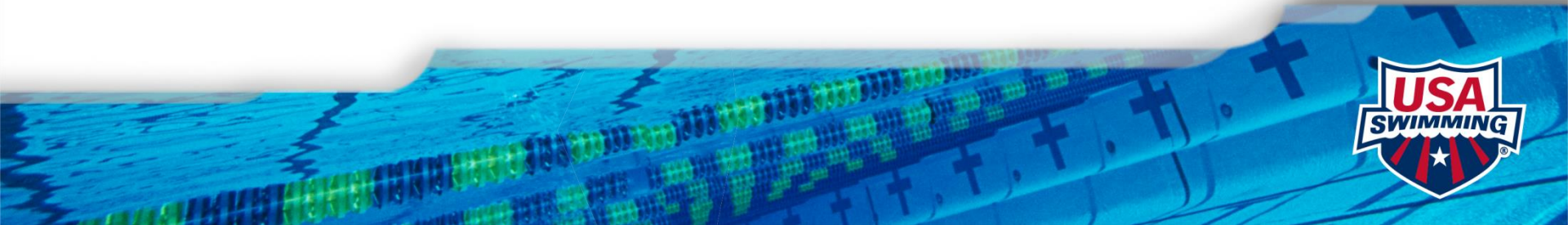


The Anchor

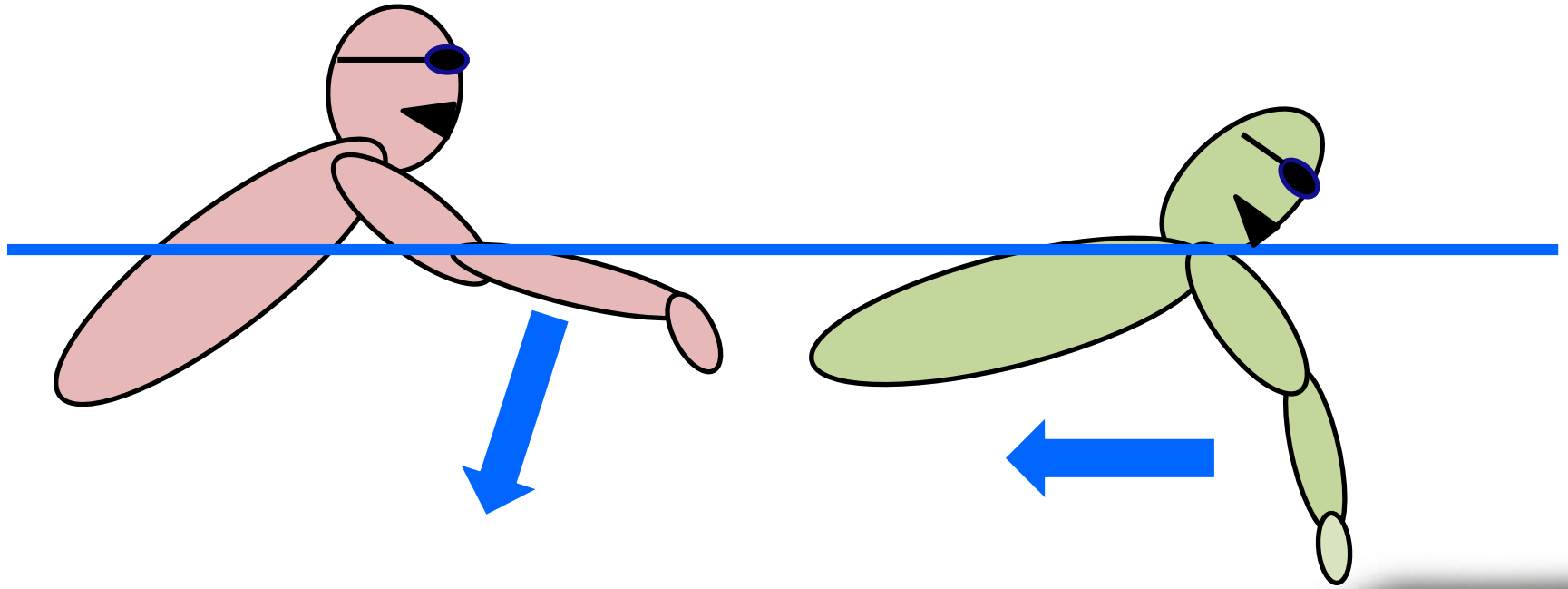
Critical for propulsion and efficiency

High elbows, palms face back, forearms 'vertical'

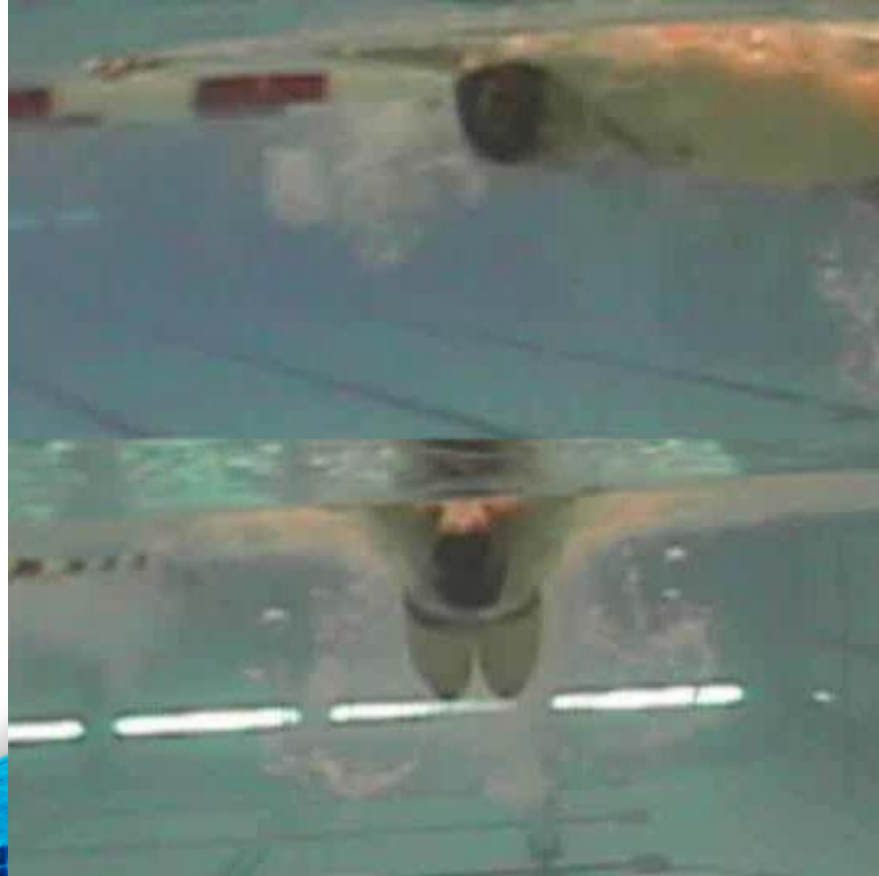
Head tilted slightly forward for the best catch



Poor vs Good



Anchor



The Breath



The Breath



The Breath



The Breath



Emily Seebohm powers through the water. Picture: Marc Robertson. Source: News Limited



The Breath



The Breath



The Breath

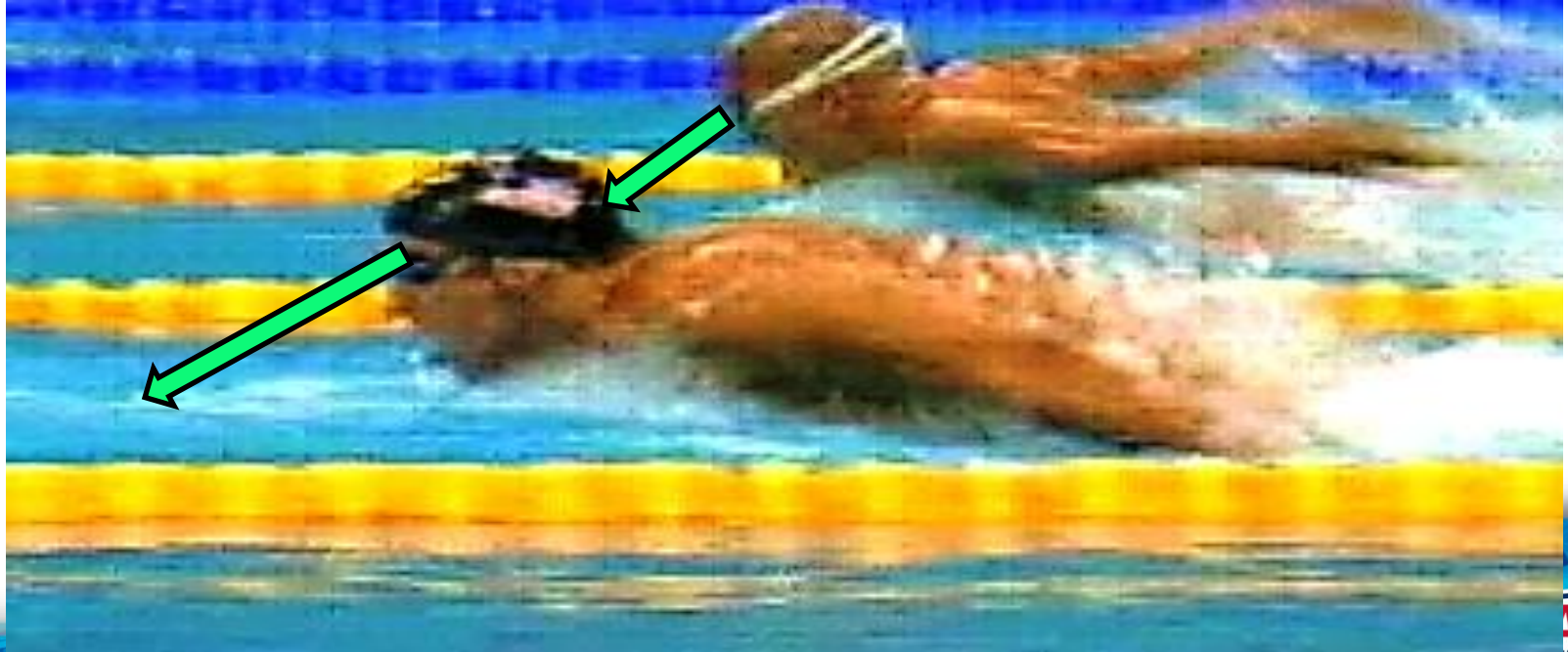
Breathe during mid-arm stroke



The Breath

Keep Chin Low

Head tilted forward



The Breath

Keep Chin Low

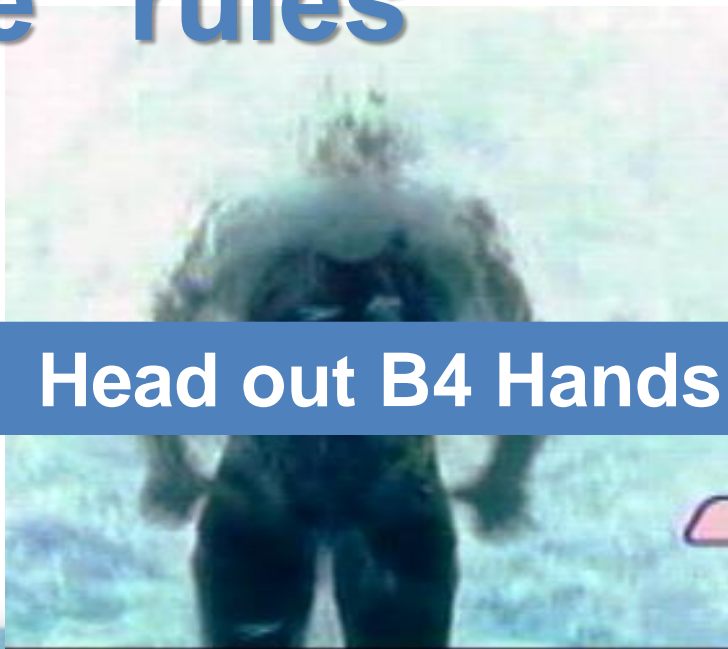
Head tilted forward



Breathing: Two “Before” rules



Head in B4 Hands



Head out B4 Hands



Body-Driven

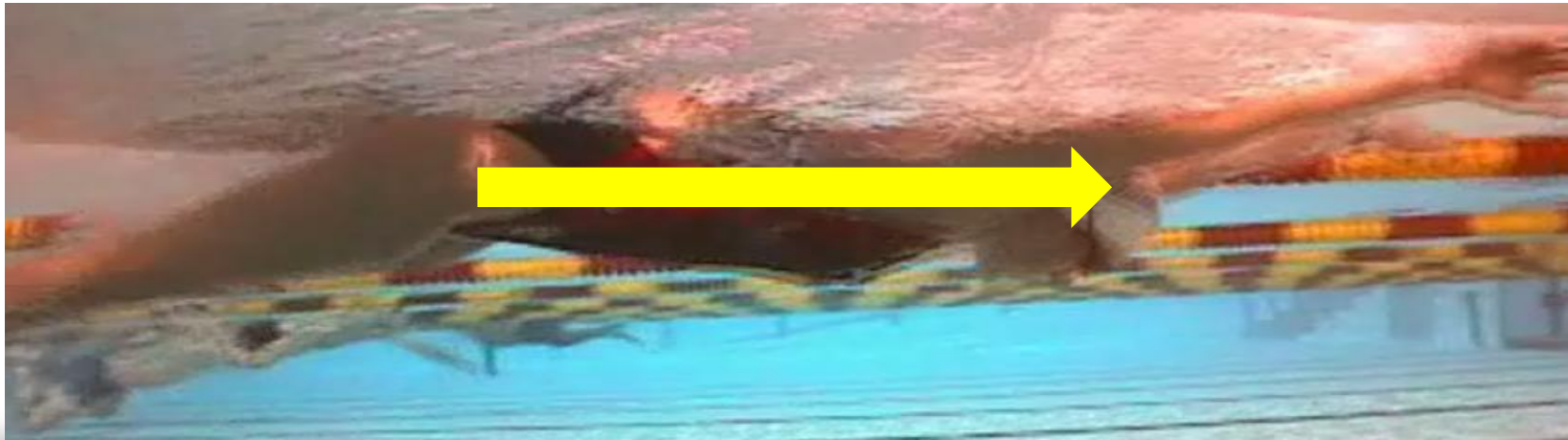


Body-Driven Stroke

Press chin & chest forward

Gently lower head

Arms extend forward like free entry



Body-Driven Stroke

Anchor press with entry kick

Eyes look slightly forward

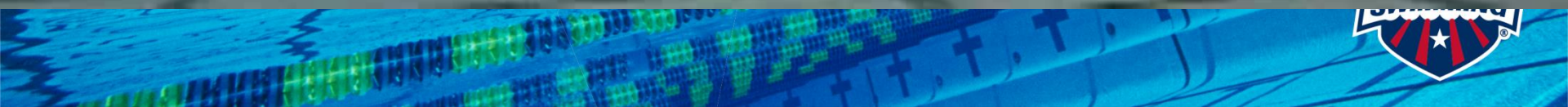
Chin is lowest point

Be aware of the depth of the press

Compromise arm position

Weak & injury-risk





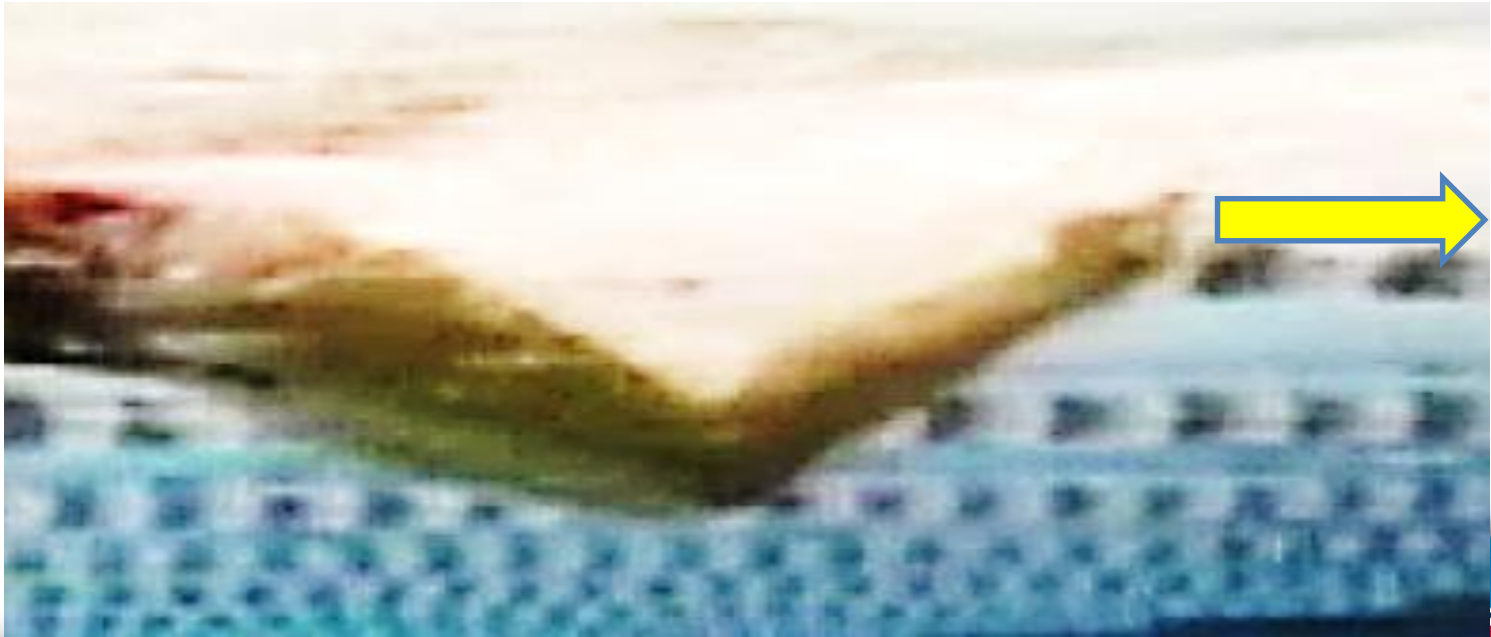
Kicking



Kicking

Curl toes

“Pigeon Toed”



Kicking

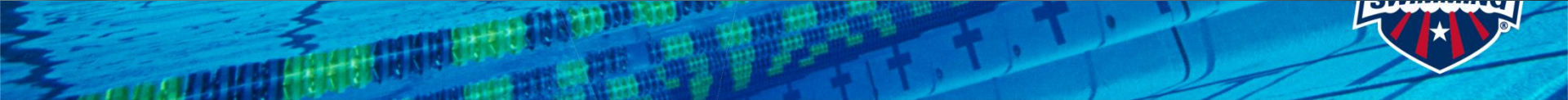
Ankle flexibility is important



Kicking

Follow Through





Kicking

Two equally powerful kicks

Arm Entry



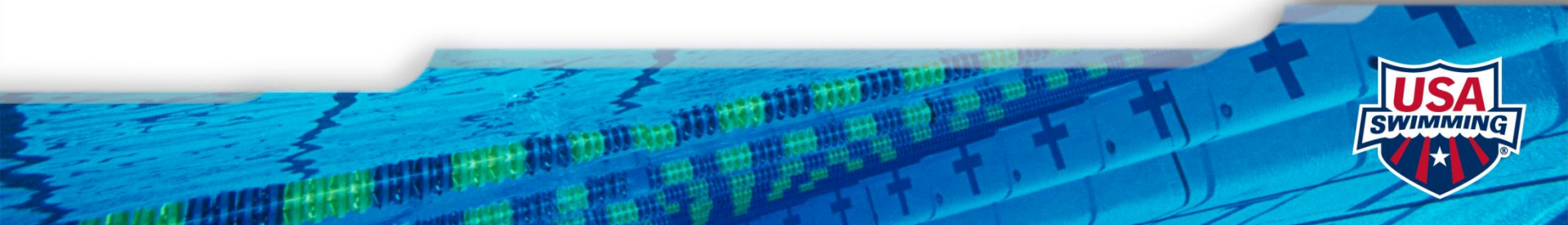
Arm Exit



A
ING



Pull Pattern



Pull Pattern

Varies! Results from body press

Good catch, palms back, use the core

Keep hands facing toward feet



Ian Crocker

Michael Phelps

Davis Tarwater



Jessalcah Schipper



Kim Vandenberg

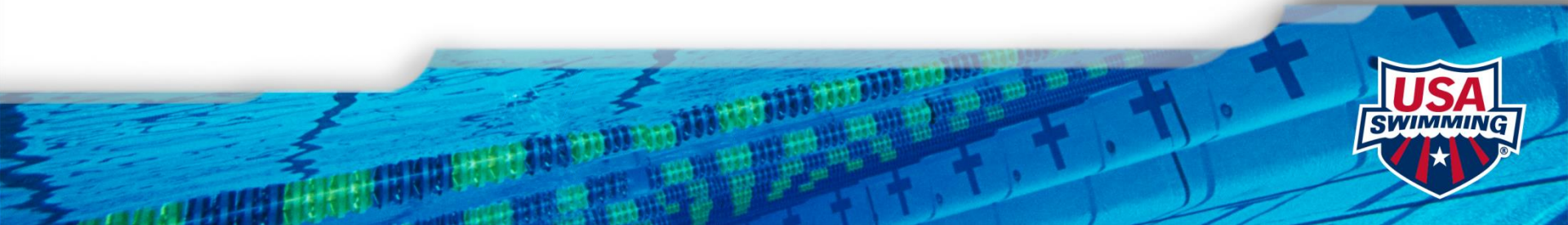


Kathleen Hersey





The Entry



Hand Entry

Hands approximately in front of shoulders

Palms downward

Soft Entry



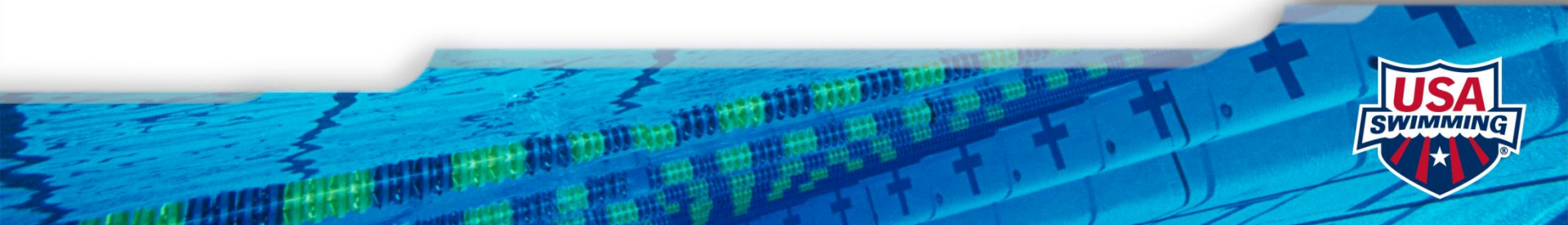
Hand Entry

Palms downward

Soft Entry



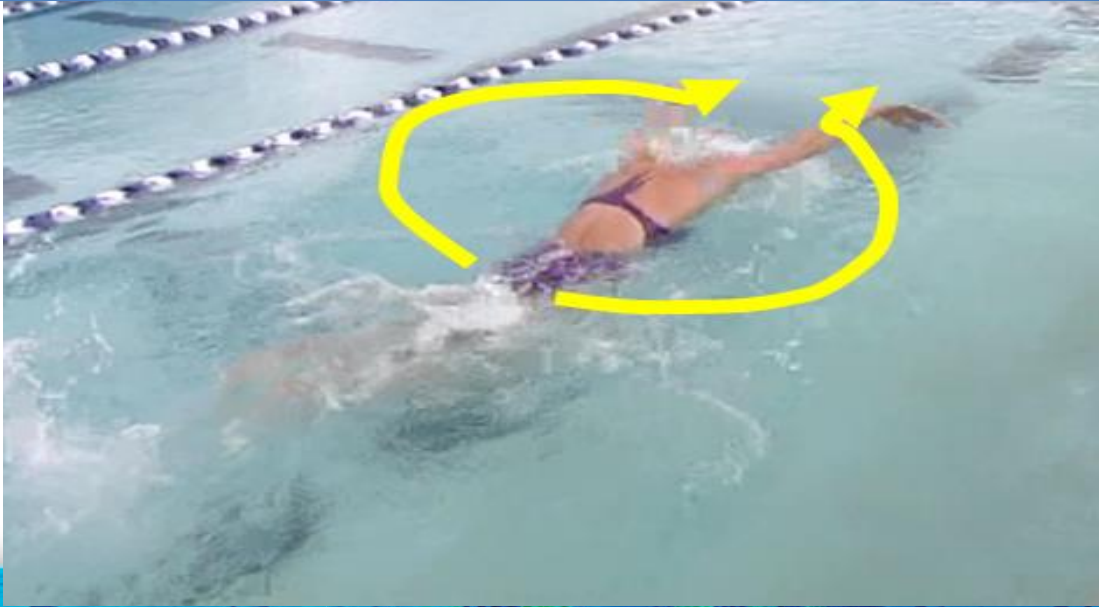
Arm Recovery



Arm Recovery

Hands sweep out to side

Not two distinct motions



Water Angels



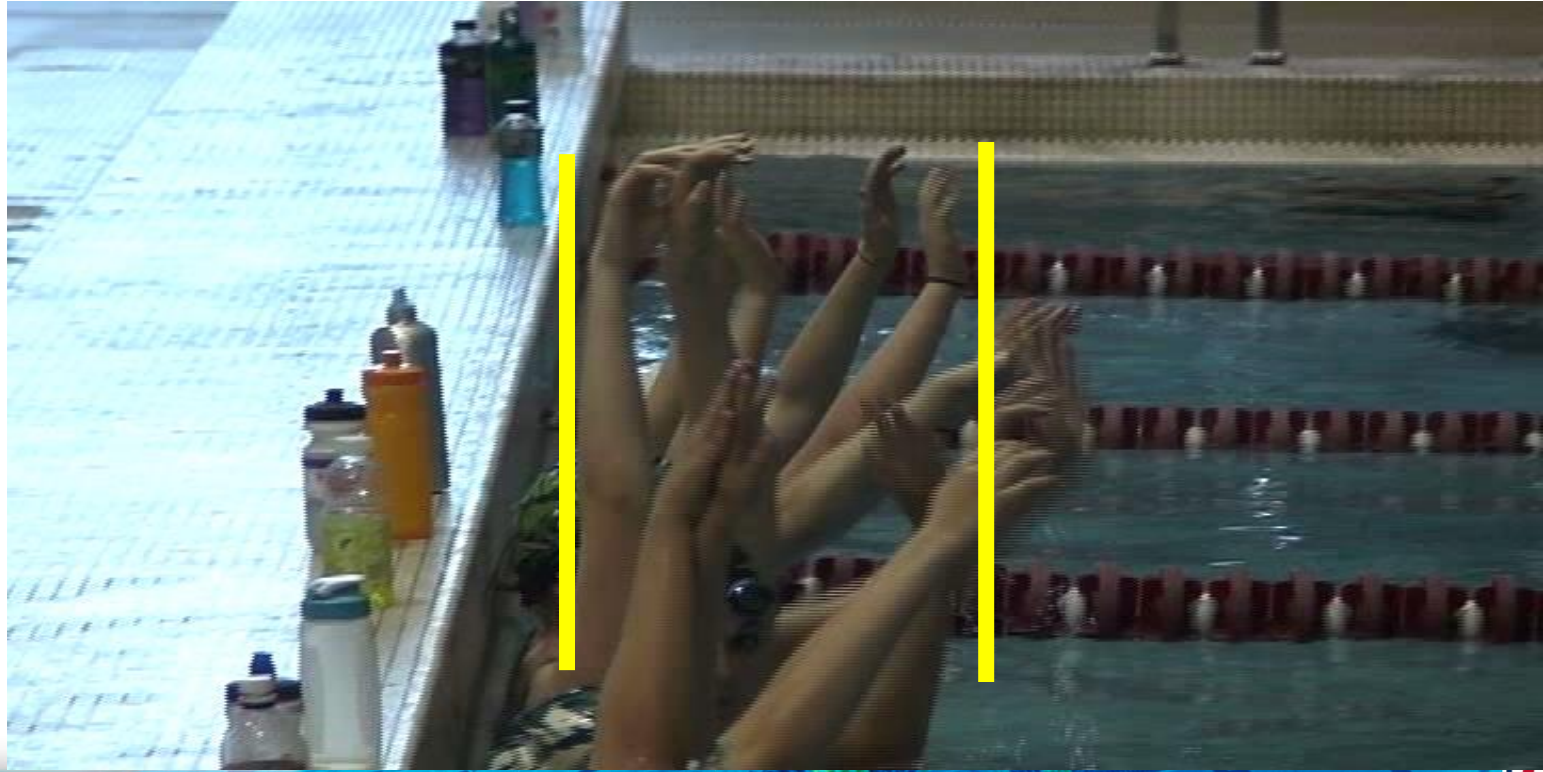
Water Angels on Board



Wall Drill 1



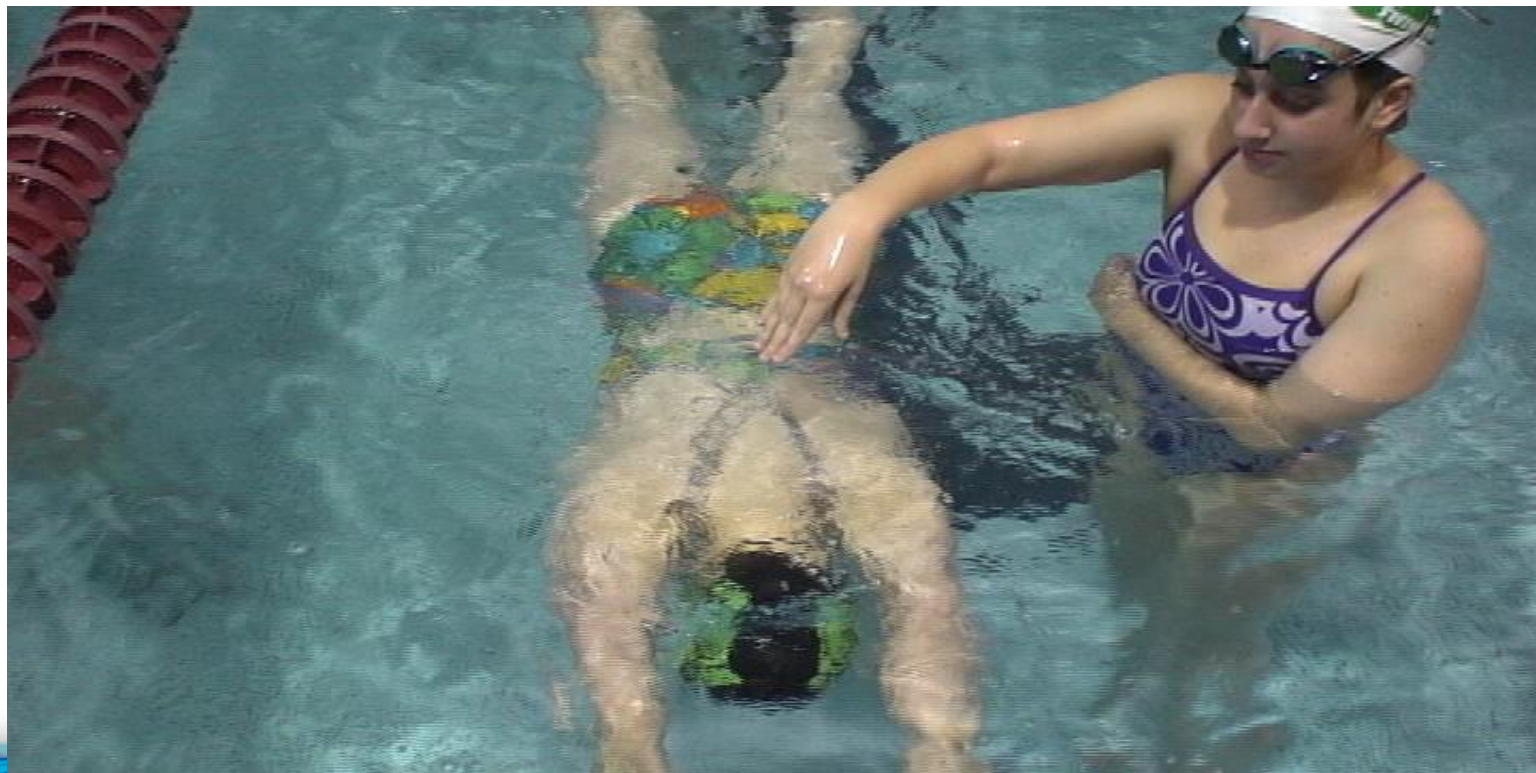
Wall Drill 2



Basketball Dribbling



Prone Dribbling



Hand Lead Body Dolphin



Hand Lead Body Dolphin



Teaching the Breath



Teaching the Breath



Stone Skipper Lead Up



Stone Skipper



Hot to “Fix” This?



Launch and Stroke



Self-Launch and Stroke



2 (3,4) Strokes and Kick



One Arm Fly



Other Drills

“Perfect Fly”

20 minutes Fly (Big Circles)

Time the breath .30-.40

Alan Lake plan

Side Breathing?



Share Your Drills

1.

2.

3.

4.

5.



“The Best Way to Improve as a Swimmer is to....”



Listen to your Coach(es)







GO USA!

Special Thanks to Russell Mark, USA Swimming