Strengthening USA Butterfly

Technique Priorities

Movement rather than Position
Rhythm rather than Force
Abstract rather than Direct

1. Forward Press
2. Two Kicks
3. Catch

Forward Press

- **Visual Result**: Hips pop up
- **Actions**: Chest drives forward
  - Kick hands into entry
  - Chin forward
  - Hands enter in line w shoulders

Before the Forward Press...

- The head moves and gets in line with the body before the hands enter the water.
- The best generally don't move their head much past the body line.

Two Kicks

1. **Entry Kick (aka 1st kick, Top kick)**
2. **Exit Kick (aka 2nd kick, Bottom kick)**

Entry kick coincides with forward press
Exit kick is the critical piece

- Forced knee bend/drop
- Feet finish deep
- Connected to pull finish
- Very easy to skip

Catch

- Some degree of elbow bend
- Palms face back
- From entry, hands go wide and back
- Fingers point down

Bob Bowman Key Points:

Preserve technique through all training
Endurance is built through many reps of 100s or less
USE YOUR LEGS ******* RAISE THE ARMS!
Kick counts and Stroke counts are important!
Second half of the stroke is key - strong finish to relax recovery
Hips should be at highest point before/when hands enter water
YOUNG AGE = WHOLE STROKE....2 BREAST STROKE NO BREATH...THEN EASY FREE THE REST OF THE LAP!

Senior Development Committee

Butterfly Think Tank

Allison Beebe
Kathleen Prindle
Shawn Smith
Jason Roberts

USA Swimming Liaisons
Scott Colby
Mitch Dalton
Mark Hesse
Russell Mark

Butterfly Opportunities

CULTURE
TECHNIQUE
TRAINING

SOCIAL MEDIA

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COACH EMPOWERMENT

Improve attitude and culture around butterfly
Target Coaches to be the Leaders

CREATE CONVERSATION

Get ENTHUSIASM about stroke

grass roots

LONG TERM GAME & SHORT GAME

BUILD - PROMOTE- ACHIEVE

BUTTERFLY

1. How do you Present Fly?
2. How do you Teach Fly?
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Medalists by Stroke

Athens 2004-Rio 2016

Backstroke

1. Kathleen Baker
2. Elizabeth Beisel
3. Tyler Clary
4. Natalie Coughlin
5. Maya DiRado
6. Missy Franklin
7. Matt Grevers
8. Margaret Hoelzer
9. Ryan Lochte
10. Ryan Murphy
11. Aaron Peirsol
12. David Plummer
13. Nick Thoman

Individual Medley

1. Amanda Beard
2. Elizabeth Beisel
3. Natalie Coughlin
4. Maya DiRado
5. Katie Hoff
6. Chase Kalisz
7. Caitlin Leverenz
8. Ryan Lochte
9. Michael Phelps
10. Kaitlin Sandeno
11. Erik Vendt

Distance (800/1500/10K)

1. Haley Anderson
2. Connor Jaeger
3. Larsen Jensen
4. Katie Ledecky
5. Diana Munz

Mid Free (200/400)

1. Conor Dwyer
2. Katie Hoff
3. Larsen Jensen
4. Klete Keller
5. Katie Ledecky
6. Michael Phelps
7. Kaitlin Sandeno
8. Allison Schmitt
9. Leah Smith
10. Peter Vanderkaay

Sprint (50/100)

1. Nathan Adrian
2. Natalie Coughlin
3. Anthony Ervin
4. Gary Hall Jr.
5. Cullen Jones
6. Jason Lezak
7. Simone Manuel
8. Dara Torres

Breaststroke

1. Amanda Beard
2. Brendan Hansen
3. Lilly King
4. Katie Meili
5. Cody Miller
6. Josh Prenot
7. Rebecca Soni

Butterfly

1. Ian Crocker
2. Michael Phelps
3. Christine Magnuson
4. Dana Vollmer

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&

SHORT GAME

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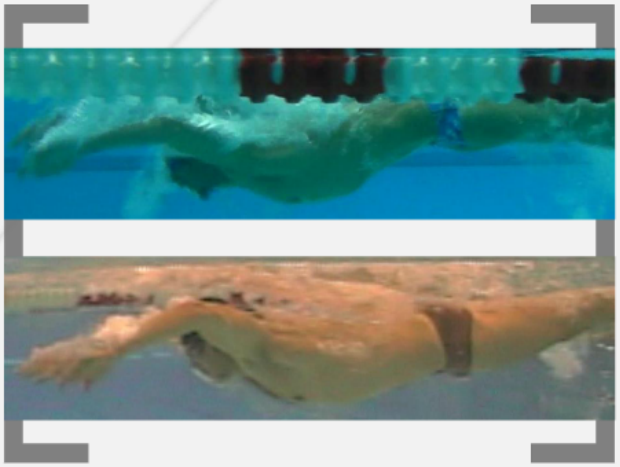

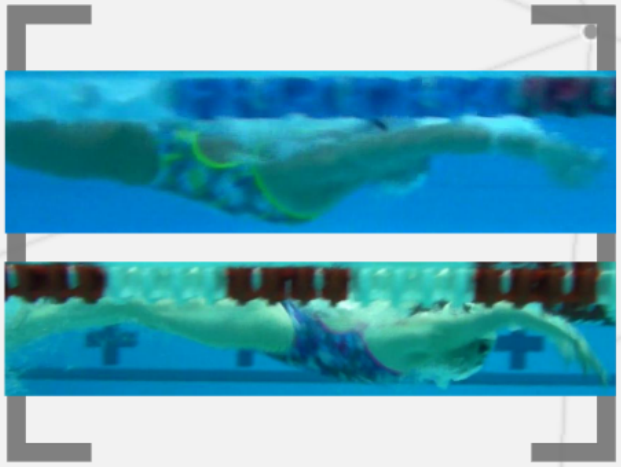

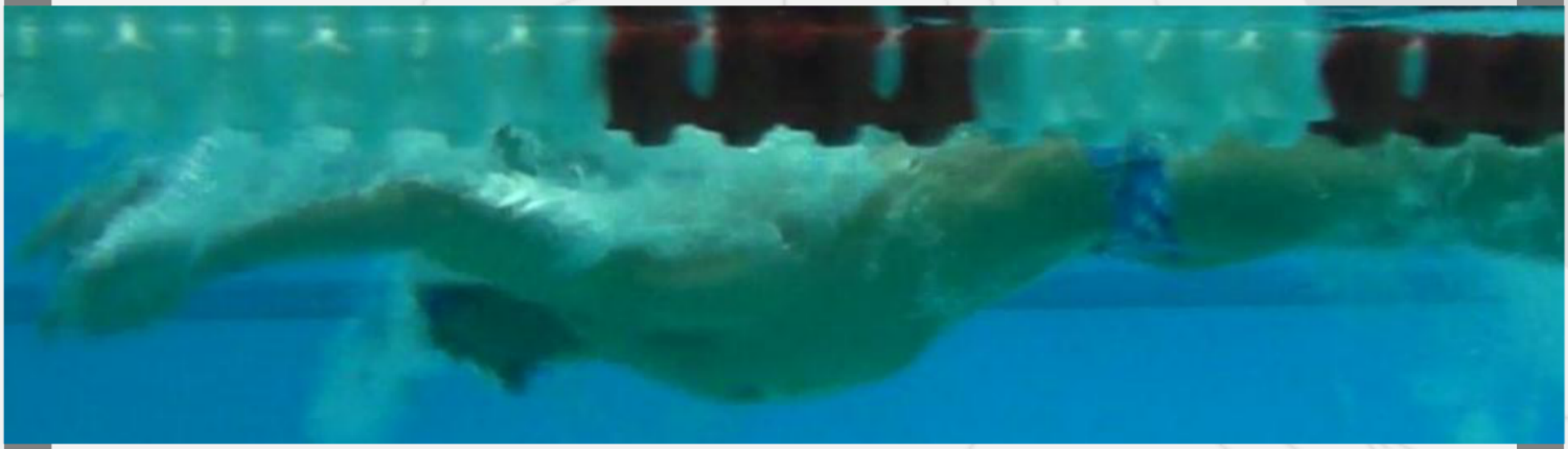

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