

UKCC LEVEL 1 CERTIFICATE

Unit 2

Teaching Aquatics - Techniques

Part 3 – The Strokes

d) Butterfly



**Scottish
Swimming**

Butterfly

Study the stroke systematically:-

B L A B T

- **B**ody Position.
- **L**eg Action.
- **A**rm Action.
- **B**reathing.
- **T**iming / coordination



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General Description

- Prone.
- Simultaneous.
- Undulating motion.
- Newest of the 4 competitive strokes.
- Governed by rules (ASA / FINA) regarding technique.

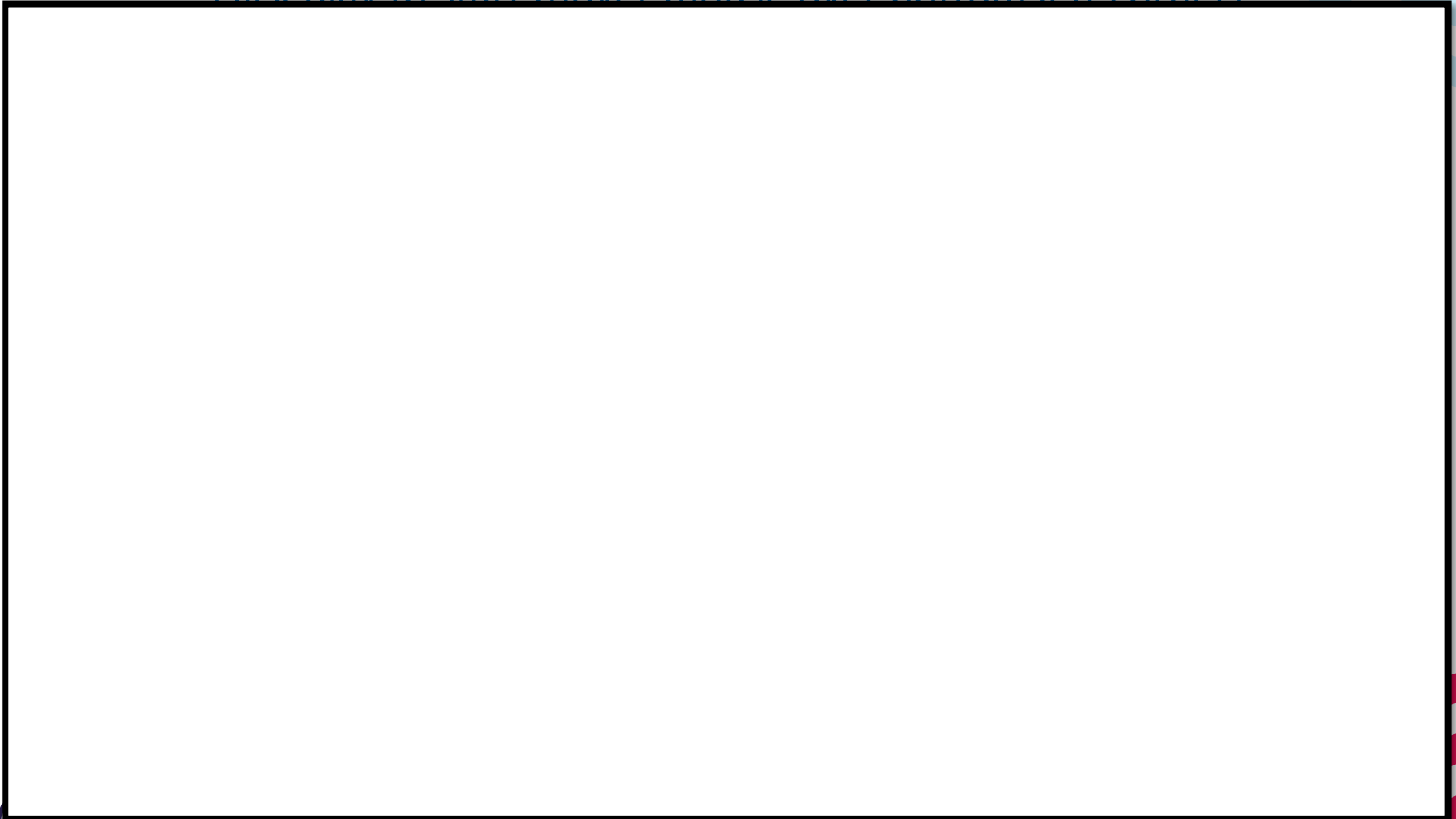
Note: Due to the physically strenuous nature of getting the double arm action to clear the water in the recovery, full stroke fly is not recommended until competence in other strokes is achieved. The undulation and kick elements can however be taught in the early stages.



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Butterfly Video

click play to start (hover mouse over bottom left corner)



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Butterfly – Body Position cont.

- The body should be streamlined and (within the norms of butterfly i.e. the undulation involved) at the surface in a horizontal position.
- Shoulders require to be level.
- Hips require to be level.



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Butterfly – Body Position cont.

- The stroke has an element of undulation due to the up / down components:-
 - the forward breathing position, raising head lowers the tail end of the body.
 - the drive down of the lower legs in the kick raises the hips.
 - both arms coming out and over the water gives added weight out of the water which has a sinking effect.



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Butterfly – Leg Action cont.

Function:-

- To maintain the body position.
- Propulsion.



General:-

- Legs kick simultaneously.
- Legs should be together with the ankles plantar flexed / toes pointed / feet in-toeing.
- Leg kick is a continuous upbeat and downbeat action.



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Butterfly – Leg Action cont.

Upbeat:-

- The legs travel upwards straight.
- The upbeat is initiated from the hips.
- As the legs near the surface the knees start to bend bringing the feet closer to the surface ready for the downbeat.
- The ankles should be plantar flexed / toes pointed.



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Butterfly – Leg Action cont.

Downbeat

- As the downbeat starts the knees bend further.
- Then there is a strong downbeat which extends the knee driving the feet (ankle plantar flexed / toes pointed) downwards – this is the major force of the kick.
- Whipping the legs down to straight drives the hips upwards helping to maintain the body position.



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Butterfly – Arm Action

Think of the arm action as:-

- Entry.
- 'Catch'.
- Propulsive phase (pulling under the water).
- Recovery phase (the arm moving forward over the water).

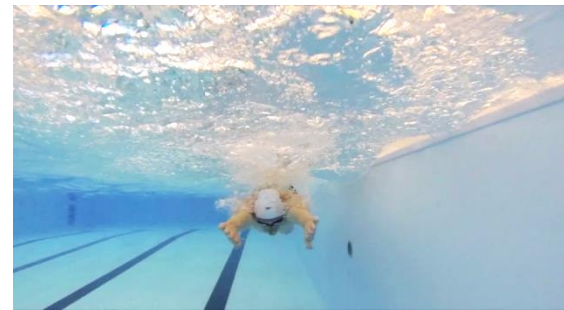
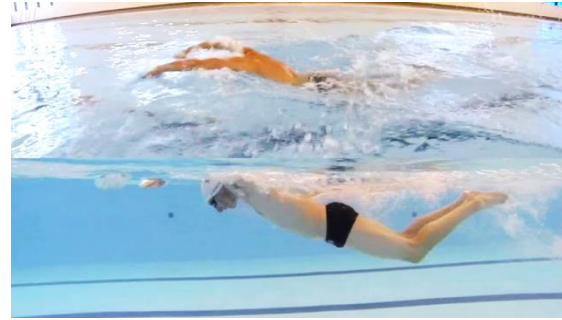


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Butterfly – Arm Action

Entry:-

- The hands enter the water shoulder width apart with the elbows slightly bent.
- Thumb / first finger enters first with the palms turned slightly out.

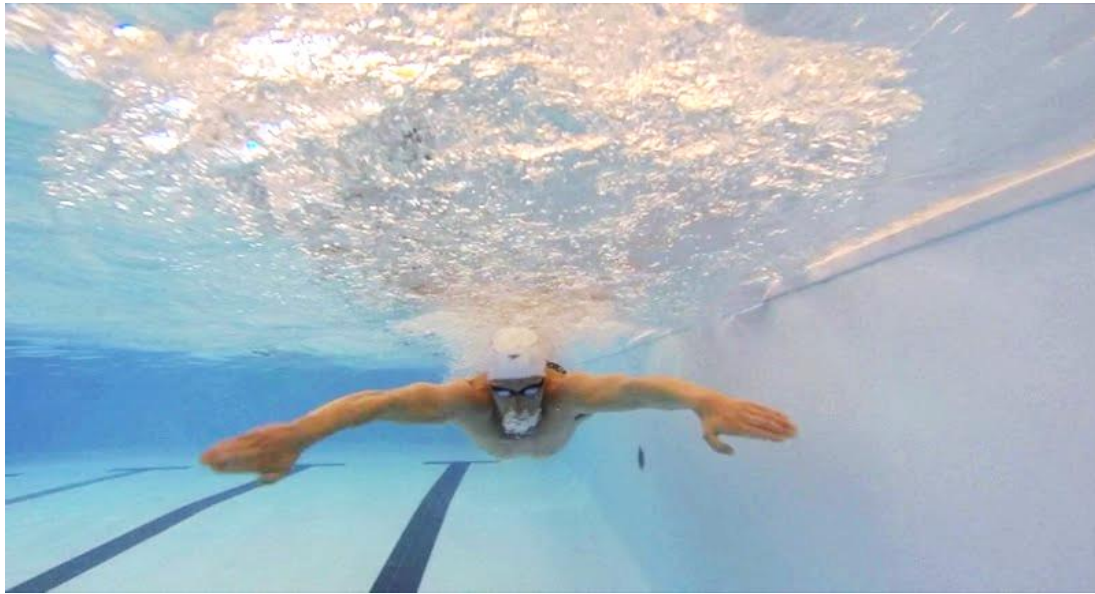


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Butterfly – Arm Action cont.

Outsweep to catch:-

- Hands stretch forwards under the surface.
- Hands scull outwards and slightly down to the 'CATCH'.
- Elbows remain high in relation to the hand.



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Butterfly – Arm Action cont.

Downsweep:-

- Hands travel back and down with the palm facing back and down.
- Elbow bend increases and the elbows remain high.



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Butterfly – Arm Action cont.

Insweep:-

- The palms of the hands are now pitched backwards and inwards.
- The hands and arms go backwards and inwards with the hands coming close together under the lower chest / abdomen.
- The fingers should point down and towards each other with the thumbs uppermost.
- Elbows should be high and reach a maximum bend of 90°.
- Hands accelerate through the sweeps.



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Butterfly – Arm Action cont.

2nd outswEEP and upsweep:-

- The outswEEP and upsweep starts when the hands are close together under the chest.
- The hands push out and back as they move upwards towards the thighs.
- This requires to be a vigorous action with the hands accelerating in order to give the arms the momentum to exit the water.

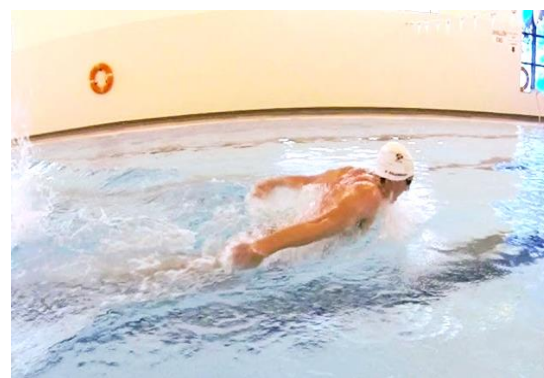


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Butterfly – Arm Action cont.

Exit and Recovery:-

- The elbows lift and the hands slide out of the water little finger edge leading.
- The arms should be relatively straight / elbow high / very slight bow shape.
- The arms swing round low over the water, simultaneously.



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Butterfly - Breathing

- The head begins to rise as the hands push through to the thigh.
- The chin should be at the surface ready for breathing in / inhaling.
- Breathing in continues through the first part of the arm recovery.
- The face must be back in the water before the arm recovery is completed.



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Butterfly - Timing

- **Two kicks per arm cycle:-**
 - One kick as arms move from entry to catch.
 - One kick as arms push through to the thighs in the outswEEP / upswEEP.



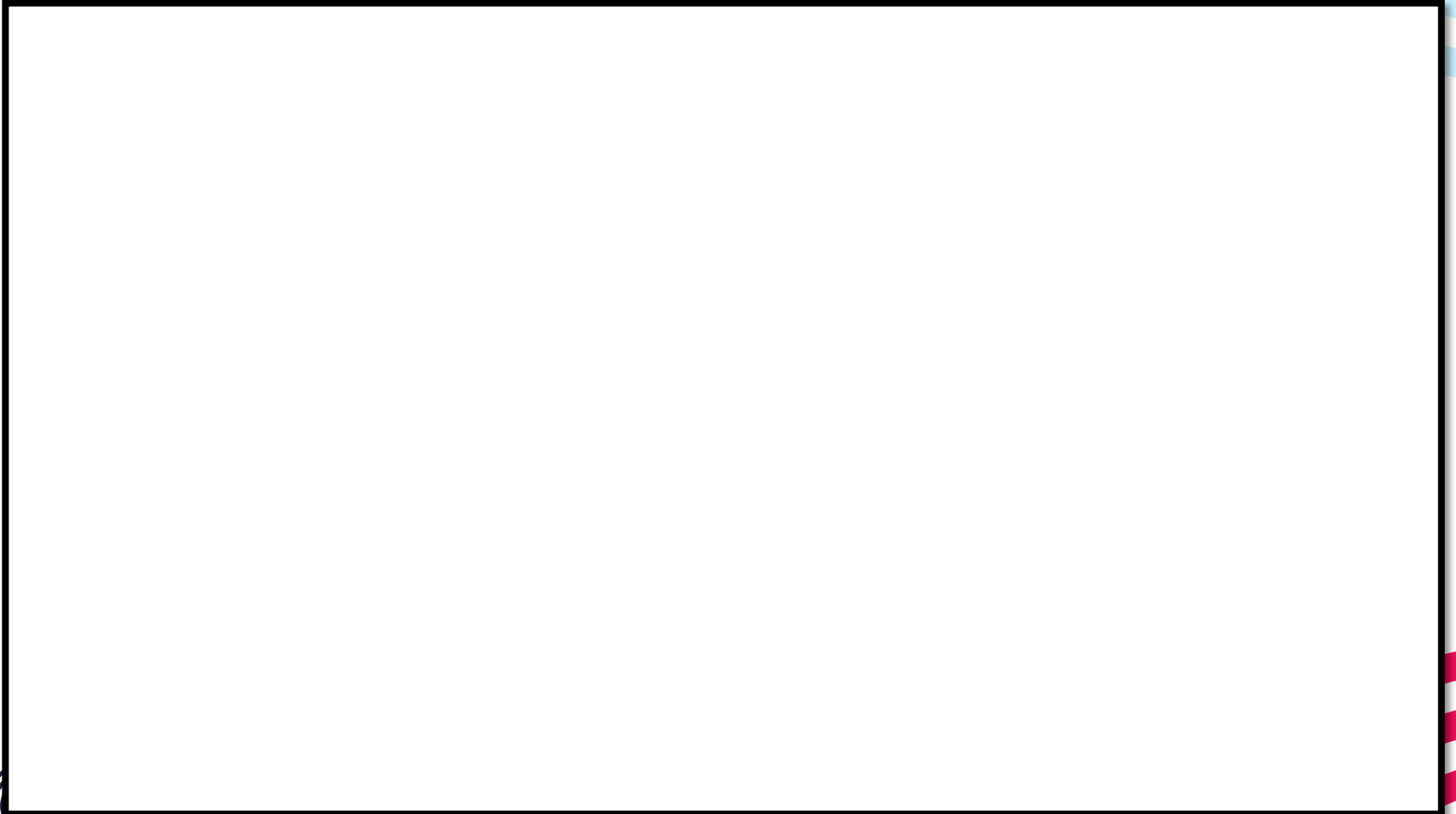
- **Breathe every 2 arm cycles to maintain the body position.**



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Butterfly Video

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Practices and teaching points

While reading in the text book about the stroke and the teaching of it it is important to be very clear about the difference between:-

- **Practices** – these are listed in the text book and are essentially **WHAT to do** e.g. a width butterfly leg kick with the arms by the sides.
- **Teaching points** – these are essentially about **HOW to do the skill** involved in the practice e.g. (butterfly leg kick)
 - Kick with pointed toes and the legs together.
 - As the legs kick down the hips rise.



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Butterfly

Reading:-

- Text book – Read Chapter 2.6 for Butterfly technique and practices.

Also:-

- Re-read all the power points on Butterfly
- Do the tasks relating to Butterfly in the text book
- Look at the Butterfly lesson plan that you will be teaching



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