

## **Butterfly Clinic Saturday 9<sup>th</sup> September 2023**

### **Coach: Elena Nesci**

- \* The butterfly stroke expends the most energy.
- \* It requires timing, good technique and mobility. The exercises given will help with mobility.
- \* Sequencing is critical + flow/sustainability
- \* Takes time and practice.

#### **Four main elements**

1. Undulation (it should be like radio waves not like a heartbeat)
2. Dolphin kick
3. Underwater arms
4. Above water arms.

#### **Important points to remember**

- Breathing – timing is early.
- Kick hands in/kick hands out.
- Hips up as hands in/ hips down as hands out
- Hands exit assisted by the kick - timing is synchronised.
- Flow/momentum integral to stroke – pause in glide.
- Keep head low.
- Thumbs down, back of hands forward.

#### **Floor exercises to help with mobility**

1. Knees and hands on the ground. Hands below shoulders. Head down, back up, hold for 10 secs. Head up/back down - hollow back- hold for 10 secs.
2. One knee on the ground. The opposite foot is on the ground with the knee at right angles. Tuck bottom under. You should feel stretch down the front of the leg between the groin and the knee. The arm on the down knee side is straight up in the air. Stretch away from the down knee side.
3. Lying on the stomach with arms straight out in front. Lift arms off the ground and hold. Relax and repeat. Try and keep feet and chin on the ground.
4. Lying on the stomach with arms straight out in front. Bring arms, off the ground, in an arc to the back. Bend elbows and bring hands together to meet in the small of the back. In an arc bring the arms back to the front. Ensure thumbs are down towards the floor and back of hand is facing forwards.
5. Put 2 pull buoys in front of the head a bit more than shoulder width apart. Repeat the previous exercise bringing the hands up and over the pull buoy in an arc to the back. Return the hands to the front lifting the hands over the pull buoy. Thumbs down.

#### **Drills – all practised with flippers.**

1. Arms by side. Chest down, chest up. Limited leg movement. Undulation comes from the chest. Thoracic articulation and ribs flaring out and pulling in. Try to keep head still.
2. Arms in front. As above. Bottom comes out of the water. Keep head and arms still to isolate undulation from sternum down.
3. Vertical kicking. Head still.

4. Push off the wall at surface with no kick and arms by side. Draw arms over water in passive recovery profile with thumbs down, back of hand forwards.
5. Push off the wall. Two dolphin kicks then one arms action, thumbs down.
6. Scull – Arms head out/kick. Head and arms in/kick. Thumbs down on sweep out.
7. Arms in front – 2 kicks, bring both arms back under the water then single arm – kick in, other single arm – kick out. Repeat.
8. Single arm kick in/kick out 25m. Other arm kick in/kick out 25m.

#### **Common faults**

- Kick timing is out
- Knees are bent
- Breathing timing is late
- Poor mobility
- No acceleration through the stroke
- Elbows collapsing.