



BUTTERFLY MOBILITY SEQUENCE

Warm Up

1. Threading the needle - repeat on same side for 10 reps then change sides. Repeat both sides ie 20-30 in total on each side.

2. Sphinx –hold approx. 30-60 seconds. Can swap for lying over foam roller

3. Shoulder circles - 20 on each shoulder - 10 forwards, 10 backwards.

Main Skills

4. Lat engagement – single arm, double arm, streamline, streamline with lunge – 10 in each position.

5. "W" fly with lift - Repeat 10 times and rest. Repeat 2-3 times until you feel the burn!!

6. Superman fly- Work in sets of 8 - 10 or until fatigued. 2-3 x through each set.

7. Catch positioning - Repeat catch and release phase for 8-10 reps on each arm approx. 2 - 3 times through.

8. Catch & pull sequencing - Do one arm for 8 - 10 reps then repeat with the other arm. Alternate arms / exercise ball / balancing on one foot. 2- 3 sets.

Cool Down / Stretching

9. Round the World – 10 on each arm. 2 -3 x through.

10. Pec stretch and shoulder cool down – Hold for 2-3 minutes and relax.

Work at your own pace and take rest between sets and between exercises. You can run through skills 4 – 8 in a circuit-style program working one set of each skill through all skills and then return to the top of the main skills section.

Presenter: Elena Nesci (MSWA)

BUTTERFLY – BASICS TO BRILLIANCE

Key points to remember for swimmers and coaches:

- ✈ Butterfly is the most energy intensive of the four strokes.
- ✈ It requires precise timing, good technique & mobility.
- ✈ The technical sequencing is critical to achieving a fluid and sustainable stroke.
- ✈ Strength is only relevant once technique and timing have been established.
- ✈ It takes time and repetitive, precise practise to perfect butterfly
- ✈ RELAX – a stiff body can't 'fly!!!

Four main elements of the butterfly stroke cycle:

- ✈ #1 - Undulation
- ✈ #2 - Dolphin kick
- ✈ #3 - Underwater arms
- ✈ #4 - Above water arms

We must build these elements in order. Butterfly is a sequential stroke.

#1 – UNDULATION

- ✈ Foundation of the stroke
- ✈ Initiated from the sternum
- ✈ Powered from the hips driving up and down
- ✈ Replicate a radio wave NOT a heartbeat
- ✈ Consistent and even
- ✈ Range and flexibility through thoracic spine and hip flexors important
- ✈ Flow more important than aperture
- ✈ Streamline, alignment and control

Drills (with fins)

Vertical undulation – keep head still work from sternum down, keep length in legs, point toes down

Horizontal undulation on front – arms by side / arms extended (can use snorkel)

Horizontal undulation on back – arms by side / arms extended

Try submerged and on surface

#2 – DOLPHIN KICK

- ✈ An extension of the undulation
- ✈ Generates power through legs
- ✈ Simultaneous leg movement
- ✈ Floppy ankles + plantar flexion
- ✈ Keep length in legs – reduce knee bend
- ✈ Depth of kick to remain within lee of body – depth = drag
- ✈ Kick down / kick up – power both
- ✈ Two kicks per arm cycle
- ✈ Practise timing and even flow
- ✈ Breaststroke kick – consider for older swimmers / poor mobility

Drills (with + without fins)

Rhythmic kick – up and down / even timing – count 1,2,3,4 (with snorkel)

Work over distance and maintain rhythm – can repeat without fins when proficient

#3 – UNDERWATER ARMS

- ✈ Main propulsive element
- ✈ Hand entry at shoulder width
- ✈ Catch profile similar to freestyle but a little wider and rounder
- ✈ High elbow, lat driven keyhole
- ✈ Push water backwards with acceleration
- ✈ Transition from underwater to above water is active and dynamic
- ✈ Fluid motion from front of stroke to hand entry

Drills (with + without fins when proficient)

Scull timing with fly kick – scull out / kick + scull in / kick

Single arm timing – kick hand in, kick hand out (breathe to side and front)

Butterfly build-up – breaststroke arms with fly kick

Interrupted fly (Biondi)

#4 – ABOVE WATER ARMS

- ✈ Recovery in butterfly is ACTIVE
- ✈ Provides momentum
- ✈ Trajectory should be low, wide and flat
- ✈ Thumb down, hands soft

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🦋 Straight arms – requires shoulder mobility

Drills (with + without fins when proficient)

Passive recovery – hand position, open shoulders

4 x scull + stroke – back end timing and arm exit

Dive fly – front end entry trajectory

2-2-2 – 2 single + 2 single + 2 double arm

3 x breaststroke + 3 x fly

Speed fly – flutter kick with fly arms

FEEL THE FLOW AND 'FLY

Access videos of most of these drills at Masters Swimming Australia YouTube channel -

@MastersSwimAus <https://www.youtube.com/@MastersSwimAus/playlists>

Click on “view full playlist” and scroll to drills