

# SWIM WALES DRILL PROGRESSIONS FRAMEWORK- BUTTERFLY

NO	DRILL TITLE	COACHING EXPLANATION	TOOLS
1	<b>CHEST PRESS (UNDERWATER)</b>	Push off underwater at a mid-pool depth. Whilst maintaining a neutral head position, press the chest downwards to lift the hips. Use the shoulders to pull backwards to promote an exaggerated undulation lowering the hips again and flowing through to the toes. Please ask the swimmers not to kick throughout this exercise with an upper body focus.	Soft fins can help generate forward momentum.
2	<b>CHEST PRESS (ON SURFACE)</b>	Push off on the surface. Whilst maintaining a neutral head position keeping the top of the cap on the surface, press the chest downwards to lift the hips, use the shoulders to push forwards and backwards to promote an exaggerated undulation through to the toes. Please ask the swimmers not to kick throughout this exercise with an upper body focus.	Snorkels and fins are useful allowing thought to be on body movement
3	<b>CHEST PRESS (WITH EXTENDED SCULL)</b>	This drill can best be practiced starting the length on drill 2 then slowly bring the arms to the front. Try to maintain the hands close to the surface, without sculling too hard maintain momentum of undulation from the chest.	Can progress to finger paddles
4	<b>CHEST PRESS (WITH HIGH ELBOW SCULL)</b>	This drill uses the above coaching explanations, whilst bringing the hands towards the body to the start of the propulsive phase. At this point keep the elbows high and palms facing towards the feet whilst making sure the shoulders do not elevate towards the head.	All of the above. To enhance a high elbow try anti resistance paddles
5	<b>FLAT FLY PULL (Head, hips &amp; heels at the surface)</b>	Starting in a streamlined position, follow a direct pattern with the hands from front to back generating the biggest glide and forward movement possible (Press with the fingers, maintaining a high elbow throughout). Whilst engaging the propulsive phase maintain a neutral head position and pull the tummy button into the spine, promoting a flat back on the surface of the water. Finish with the hands relaxed at the side of the thigh without lifting hands out of the water. Slowly bring hands back over the surface to regain the streamlined position maintain flat position on the surface.	Always start using a Pullbouy between the thighs
6	<b>FLY PULL</b>	Start with an early catch pulling as in Drill 5 without flicking the fingers out of the water or lifting from the elbows to disrupt the flow. Maintain the undulating body momentum whilst introducing the arms, (any leg movement should be flowing from the chest but not kicking)	Pullbouy & snorkel, finger paddles & hand paddles
7	<b>RIGHT / LEFT / FULL VARIATIONS</b>	This drill is designed to allow the swimmer to practice individual arm patterns easier. Swimmers should maintain the other arm out in front to stabilise the body and prevent rotation. The recovering arm should always remain close to the water's surface and travel round to the side, straight but relaxed. Only ever breathe to the front on a full stroke.	Any equipment
8	<b>6 KICKS / 1 PULL TIMING DRILL</b>	Try to maintain the kick as a whip from the upper body movement. Only the heels and the tip of the toes should break the surface not the full foot. When introducing the kick, the timing is critical at two points on fly firstly kicking down to assist the recovery as the hands exit the water then to assist the forward momentum on hand entry.	Harder fins for propulsion
9	<b>FINGER TRAIL</b>	The hands should aim to exit the water at a full arm's length and immediately remain on the surface. Keeping the hands low create an angel wings pattern from exiting at the back all the way around to the front. Aim for a full stretched streamline with the hands inside shoulder width whilst the back is still on the surface.	Snorkels allow body position to remain flat but should practice breathing also.
10	<b>FLIGHT TIME</b>	The hands should remain in the recovery position as long as possible as if the swimmer is actually flying over the water whilst still travelling forwards. This drill requires an acceleration throughout the propulsive phase and should promote the timing of the kick on the hand exit enhancing a relaxed recovery.	Any equipment can be used but fins can add lots of recovery time.
11	<b>SOFT HANDS</b>	The swimmer must place their hands softly into the water thumb and forefinger first, with a flat palm facing the water. No splash must occur and no bubbles should surround the hands as the swimmer catches the water.	Fins, no paddles
12	<b>POWER DRILLS ON / OFF</b>	Throughout this drill the swimmer has to say the word ON once the fingers have entered the water and OFF when the fingers exit the water. Promoting the delivery of effort into the right sequence of movement.	Paddles