

Butterfly, Breaststroke

(courtesy of North Baltimore Aquatic Club and Coach Rick Stacy, Lake Erie Silver Dolphins)

North Baltimore Aquatic Club

BUTTERFLY

Line-Rhythm-Energy

Line (Body position)

1. Neutral (Natural) head position
2. Straight arms on recovery
3. Hip position is critical (Stroke is core driven)
4. Hands (Arms) ride FORWARD upon entry (watch shoulder to elbow)
5. Kick provides timing and balance

Rhythm (Coordination)

1. Kicking/undulation/breathing drills
 - a. Hands at side/in line breathing
 - b. Add underwater arms
 - c. Side/reverse kicking
2. Single arm drills
 - a. Non-pulling arm forward/at side
 - b. Breathing to side/forward
3. Combination drills
 - a. Single-double
 - b. Best balance and distance
4. Whole stroke drills

Energy (Training)

1. Short repetitions at high energy levels
2. Stroke and Time
3. Over-distance repeats (be careful!)
4. Emphasize consistent rhythm/stroking patterns

BREASTSTROKE

Line-Rhythm-Energy

Line (Body Position)

1. Neutral (Natural) head position
2. Return to the fundamental position each cycle
3. Control angle between shoulder and knees (hip)
4. Understand the balance between momentum and resistance

Rhythm (Coordination)

1. Kicking drills
 - a. Hands at side
 - b. Point kick
 - c. Single leg/eggbeater
 - d. On back

2. Pulling/Coordination drills

- a. Y-front
- b. KKKP and variations
- c. Seashores/dolphin pull
- d. 3 high-3 long
- e. Single-double
- f. Breast-fly combinations

Energy (Training)

1. Component training
2. Mix drills and swimming in training mode
3. Balance conditioning benefit with stroke integrity
4. Underwater work
5. Resistance

Drills – Rick Stacey

Rick Stacy said that he is not infallible or original.

- More than one way to do things.
- Reinforce ideas.

Philosophy of Lake Erie Silver Dolphins

- First priority is stroke mechanics
- Ultimate potential of swimmer is controlled by stroke mechanics
 - Try to achieve maximum propulsion with minimum resistance

Teaching Principles

- Great coaches are great teachers
- Enthusiastic
- Passionate about subject and athlete
- Simplify the subject
 - No need to impress anymore
 - Increase sophistication with the age of the swimmer
 - Over-simplify or exaggerate it necessary
- Patience, patience, patience
- Every day in practice is another day in paradise
- Kids don't know how to do the strokes well
- Kids do things with their strokes for strange reasons

Technique for teaching proper stroke mechanics

- Have to use drills with age group swimmers
 - They do not always understand what you are trying to communicate
 - They are not all auditory learners
 - The whole stroke takes a lot of coordination and strength to do well

continued on page 32 »

- They think they are doing the stroke perfectly

Advantages of stroke drills

- Isolate required movement
- Compel the swimmer to swim properly
- Put the swimmers in unnatural positions
 - Improve coordination
 - Improve feel for the water
 - Improve balance in the water

Must have a model of the stroke in your mind

- Remember that swimmers vary thus there are always modifications for the stroke
- Know the difference between a modified and an incorrect stroke
- Teach the principles of the stroke, not the overall vision
- Avoid being superstitious – blindly copying all Olympians or accepting science without questioning
- Do not focus on any specific swimmer as a model for the stroke
- Look at programs that produce multiple swimmers who achieve success

How to do it!

- Single drill for 25
- Feedback
- Repeat multiple times
- Perform drill in progression
- Different drill each 25
- 50-75 are more interactive than long repeats
- 12 and under swimmers belong in a short course pool for training to receive the proper feedback
- Always use ten seconds rest so they can focus on the drill not the sendoff time
 - Optimal time for feedback – must be concise
 - Allow them to think and ask questions

Advantages to this style

- Able to put in additional yards – just keep drilling for half-hour
- Adds variety and defeats boredom
- Imposes significant mental training
 - Mistakes are not accepted
 - When mistakes are made, they are allowed to repeat the drill/set
 - Not too hard and not too easy
- Be as positive in language as can be (You GET to do . . .)
- Offers sequential learning versus block learning, therefore swimmers learn better
- Build on strengths and compensate for weaknesses
- Use a small core of drills for each stroke
- Add an occasional drill for variety or to concentrate on a specific problem
- Plan with some care, have a reason for everything

EVERYTHING STARTS WITH STREAMLINE

All drills stress legs and kicking so kick sets can be cut back later in practice

#1 Freestyle Drills (start with freestyle)

- Less stressful on the joints
- Not a lot of kicking
- Long legs, relaxed ankles
- To stress kick, pick the head up
- Harder kick is faster kick, not deeper kick
- Begin with head position and catch
 - Dog paddle
 - Tarzan down to an alligator (high head free)
 - High head for better rotation and easier breathing
 - Swimmers can see the front end of the stroke
 - Put hand in front of ear to avoid crossover
 - Hole in water where fingertips enter and the rest of the arm follows
 - Careful with cue word – knife hand versus place hand
 - Flex and press on water with hand
 - Don't talk about outswEEP
 - Press and sweep under the body
 - Press through with the hand
 - Head up forces acceleration
 - Forces poor body position
- Recovery drills next
 - Relax the arm, lift with the elbow, and reach hand forward
- Drag drill
 - Touch armpit
 - Touch shoulder
 - Touch head
 - Double and triple touches
 - Teaches to relax in the water
 - Rotate body better
 - Downside – tend to drop the head and shorten the back end of stroke
- Finish drills next
 - Catch-up stroke
 - Exaggerate finish
 - Acceleration drill
 - Downside – swim flat
- Rotation drills next
 - Kick on side
 - Can do with fingertip drag
 - 3 strokes then kick on side
 - Single arm swimming with free arm at side
 - Reach, rotate, breathe properly, improved balance
 - Downside – swing arms, breathing changes, and hesitation in stroke

- Whole stroke next

#2 Butterfly drills

- Do second once body is well warmed up
- Isolate kick first
 - Kick with hips, bend knees slightly and snap
 - Continuous kick
 - Some streamline kick on stomach
 - Kicking on side with hands down for better balance
 - Kick on back with streamline
 - Uses streamline arms so that swimmers don't crash heads
- Occasional Tarzan drills next
 - Improves acceleration of stroke
 - Can see the stroke
 - Downside – terrible body position
- Body position drills next
 - 1 stroke plus 3 kicks
 - Promote chest press toward bottom of pool
 - Downside – stroke hesitation
- Timing drills next
 - Single arm drills with free arm in front
 - Kick hands in and kick hands out
 - No hesitation
 - 1 left, 1 right, 1 both, breathing on both, not on single arm pulls
- Whole stroke next

#3 Breaststroke drills

- Done later in workout to protect knees
- More drills for breaststroke because one of the most difficult strokes
- Isolate kick first
 - Life heels
 - Do not drop knees
 - Snap feet around
 - Knees should be hip width apart
 - Underwater streamline kicking
 - Hands on butt kicking
 - Kick on back keeping knees underwater
 - When the kick is mastered, then add speed
- Speed kicking drills next
 - Speed; force a faster kick
 - Wall kicking – fast kicks
 - Can kick harder and faster on the wall for 15-20 seconds – very stressful on body
 - Dolphin kick on back
- Sculling drills next
 - Sweep forearms out, sweep forearms in
 - Whip hand in under elbow
 - Hands fast on recovery
- Lots of pull with head up next

- Speedy hands
- Swimmers can see what they are doing with their hands
- No pull buoy, use bands
- Head up swimming as well so that can look forward
 - Does not inhibit future stroke
- Single arm swimming next
 - To work arm transition in and out
 - With clenched fists
 - Downside – some arm crossover
- Timing drills next
 - 3 strokes up, 1 stroke underwater
 - Elbows tend to pull wide when underwater, but promotes fast hand pulls
 - Breast pull with flutter kick
 - 2 pulls, 1 kick
 - 3 pulls, 3 swims
- Double pullout drills next
 - Double pullouts, count how many normal strokes it takes to get to other side
 - Breast with dolphin kick
- Whole stroke next

#4 Backstroke drills

- Last stroke because the easiest to learn and teach
- Kicking drills first
 - Fast and shallow
 - No break in knees
 - Streamline – promotes good head position
 - Side kicking
 - With one arm up in air
 - With both arms up in air – very difficult
- Recovery and pull drills next
 - Double arm backstroke – promotes steady head position
- Rotation drills next
 - Hard to unlearn flat backstroke
 - 1 pull, 7 kicks on side
 - Catch up stroke – stop hands at sides
 - Recovery drills with arm moving up to air, down to exit point, back through entire recovery
- Single arm drills next
 - Free arm in the air – stresses kick, accelerates hands, visual cue of shoulder rotation (hand should move up and down out of shoulder roll)
 - Single arm with free arm at side
 - Remind swimmers to roll to both sides
 - Spinning drills next
 - Rotation and speed

1,000-1,500 yards drill as part of warm-up
One set of drills per day per stroke ④