



# BUTTERFLY

---

## BUTTERFLY DRILLS AND PROGRESSION

---

### KICK:

- ☐ Speed Position Kick
- ☐ Dolphin Kick on Back
- ☐ Fish Kick at Surface
- ☐ Fish Kick UW with Fins
- ☐ Shark Fin Kick with Fins
- ☐ Single leg kick on board with fins
- ☐ Vertical Kick
- ☐ Wall Kick

### FEEL:

- ☐ Head up front Scull
- ☐ "Y" Scull
- ☐ Finish Scull
- ☐ "Y" Press, Pull, and Breathe
- ☐ Windshield Wiper Scull
- ☐ Head up Butterfly with Fins

### FLOW:

- ☐ Single Arm – Focus on DPS
- ☐ 2 Right – 2 Left – 2 Full (No Breath of Full)
- ☐ 5 Kick – 1 Pull and Breathe
- ☐ 5 Kick – 1 Stroke
  - \*Can add or subtract kicks and strokes (4k/2stroke)
- ☐ Butterfly Arms – Flutter Kick
  - \*1/2 way with Flutter Kick – ½ way regular fly.
  - \*Keep Rhythm on transition
- ☐ Snow Angel
- ☐ Goggle Drill

Everyone's butterfly is different, but the focus of setting catch, driving forward, kicking hands out, striking line is always consistent in every stroke.