

BUTTERFLY STROKE

A swimming stroke performed face down, in which both arms are thrust out at the sides at the same time, brought forward out of the water and then down through the water in a circular motion, while using an up-and-down leg movement.



Key World Aquatics Rules

- 8.2: Both arms shall be brought forward simultaneously over the water and brought backward simultaneously under the water through-out the race.
- 8.3: All up and down movements of the legs must be simultaneous. The legs or the feet need not be on the same level, but they shall not alternate in relation to each other. A breaststroke kicking movement is not permitted.
- 8.4: At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously, at, above or below the water surface.

Common Disqualifications

- Arms not brought forward OVER the water
- Non-simultaneous arm or leg movement
- Breaststroke or flutter kick used
- Head did not break the surface by the 15 meter mark
- False start

BUTTERFLY DRILLS

Drill 222

- Leave the left arm extended in front of the body
- Pull butterfly with the right arm
- Do a dolphin kick as the right arm is finishing the stroke and another as it enters the water. As hand enters the water, shoulder width apart, the hips are out of the water
- Breathe to either side
- Focus on timing
- Do two right arm strokes, two left arm strokes, two full strokes. Repeat 2, 2, 2

Back Dolphin Drill

- Push off wall on back, with arms at sides
- Begin gentle dolphin action, high in the body and allow it to gather force as it travels down to feet
- Try to kick the water upward enough to make a small boiling effect over feet
- Drop legs down and then up again
- Create a rhythmic up and down motion with legs that extend a little less than 0.5 meters deep
- Head should be almost still as the core and legs move
- Keep head from bouncing (face should not submerge)
- Make sure knees are not coming out of the water too much
- Can and arms above in streamline position as a variation



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