

## **An introduction to...Butterfly**

Our guest coach sharing their thoughts is Ben Negus of City of Peterborough. Below are some key points to consider for frontcrawl and some practices to develop the stroke that are used within Ben's programme:

Sarah Sjöström Fly stroke - <https://www.youtube.com/watch?v=h80e0J2NMf8>

Michael Phelps/Bob Bowman video -  
<https://www.youtube.com/watch?v=T7gNPwRjgNQ>

Stephanie Rice Fly stroke - <https://www.youtube.com/watch?v=QHiHbU3yZdc>

Swim.EE - [https://www.youtube.com/watch?v=aC1lGI\\_Psu4](https://www.youtube.com/watch?v=aC1lGI_Psu4)

Keep the format simple – this makes the delivery better

Make sure you follow four simple principles

- Delivery of body line (are they mobile enough to get into the required positions?)
- Rhythm/timing
- Slow to fast (first create feel, then add a layer of acceleration on top of that)
- Distance per stroke (all stages of development)

Entry level swimmers (u/10s) – body line and kick is the focus

Developing a good fly kick (useful on all strokes) takes time (and patience)

Encouraging good depth of kick (build the rear engine first then develop the arms later)

11-14 year olds focussing on rhythm and timing of strokes.

Use sculling to develop feel and stability.

Drills (mainly kick based)

- Arms by side kick (ABS)

- Alternate drill/swim so there is direct transfer of skill to strokes
- Streamline kick on back
- Big kick big kick progressing to big kick big fast (changing of kick emphasis moving through age group years)
- 3 or 4 of right/left/full stroke

Can swimmers maintain good body line whilst getting good depth in the kick?

Ensure the breathing doesn't upset the rhythm of the stroke.

Timing has to be the second major focus after body position. Butterfly is a layers stroke.

15 year old upwards it becomes more event specific (50m vs 200m fly vs IM) and individual to the swimmers physiology and strength. Allowing the athletes to grow into their stroke is really important for them to maximise their ability.

Key words/phrases: Set the foundations, good body position, correct timing, allow time to adapt – patience is key.

**Follow Ben in Twitter @NegusBen and City of Peterborough @COPSSwimFast**

**Follow the East Region on Twitter/ Facebook / Instagram by searching for  
Swim England East Region**

**Follow the East Region Swimming Coaches network on Twitter and Facebook  
by searching for East Region Swimming Coaches Network**

**Follow the Regional Podcast – '*Swim England East Region*' on most major  
podcast platforms including Spotify, Apple, Google and Anchor.**

**A video of our Regional Talent Officer and Ben talking through the points Ben  
shared can be found on our [Youtube channel](#) and an audio version is on our  
podcast channel.**