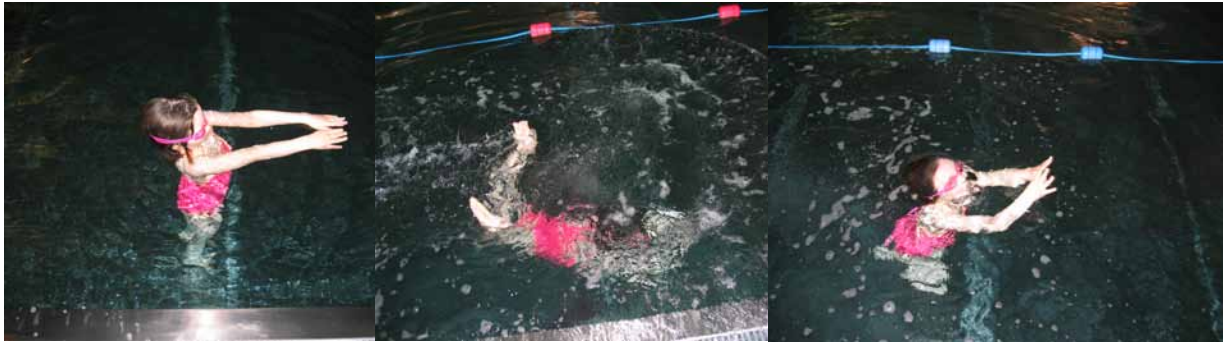


BUTTERFLY: Body Position



Dolphin dives



Aim: to develop an undulating body movement whilst travelling through water of standing depth.

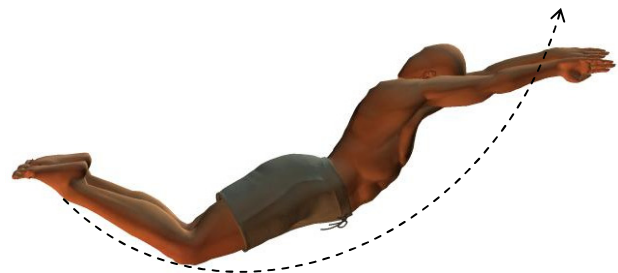
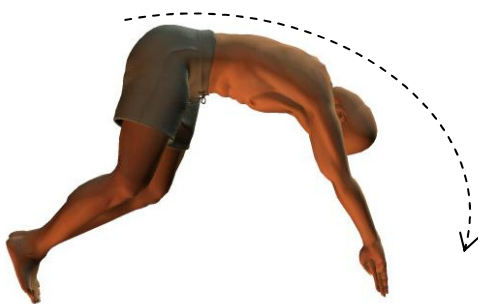
The swimmer performs a series of dives from a standing position, diving deep under the surface, arching the back and resurfacing immediately to stand up. The aim is to perform as many dolphin dives across the width as possible. Pupils can then progress to performing the practice without standing in-between dives.

Teacher's Focus

- o Head remains central
- o Shoulders and hips should be level
- o Body moves with an undulating movement
- o Wave-like movement from head to toe
- o Legs remain together

Teaching Points

- o Keep your head in the middle
- o Make the top of your head dive down first
- o Make your body into a huge wave
- o Stretch up to the surface



Body dives down and then resurfaces immediately in a wave like movement

Common Faults

- Body remains too stiff and rigid
- Body dives but fails to undulate upwards
- Leading with the head looking forwards

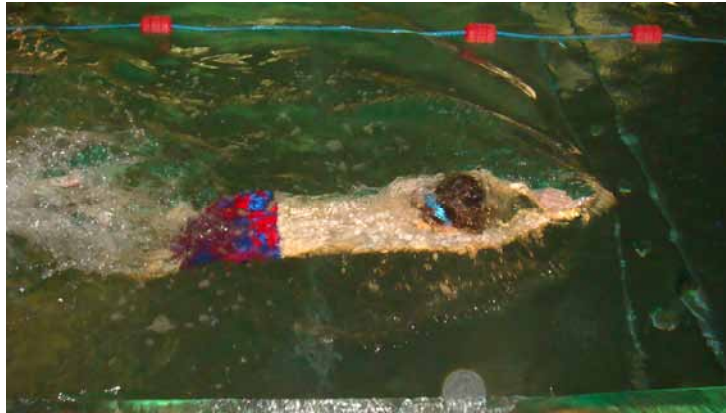
Corrective Practice

- Encourage movement to flow
- Reiterate the teaching point
- Encourage the pupil to focus downwards

BUTTERFLY: Legs



Push and glide adding leg kick



Aim: to practise the dolphin leg kick action and experience movement.

This allows the swimmer to develop propulsion from the accelerating leg kick and undulating body movement.

Teacher's Focus

- o Simultaneous legs action
- o Knees bend and kick in downbeat to provide propulsion
- o Legs accelerate on downbeat
- o Toes are pointed
- o Hips initiate undulating movement

Teaching Points

- o Keep your ankles loose
- o Kick downwards powerfully
- o Keep your legs together
- o Point your toes
- o Kick like a mermaid



Simultaneous kick comes from the knee



Legs accelerate in an downbeat to provide propulsion

Common Faults

- Leg kick is not simultaneous
- Toes are not pointed
- Overall action is too stiff and rigid
- Kick is not deep or powerful enough

Corrective Practice

- Reiterate the teaching point and repeat
- Reiterate the teaching point and repeat
- Repeat the previous leg practice
- Reiterate the teaching point and repeat

BUTTERFLY: Arms



Arm action with breaststroke leg kicks



Aim: to enable use of breaststroke leg kicks to support the arm action.

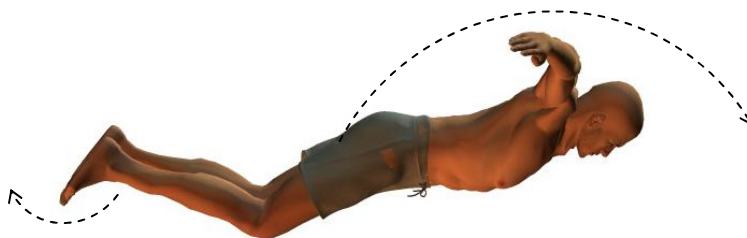
As the legs kick, the propulsion helps the body to rise and the arms to recover over the water surface. This practice is also a good introduction to the timing of butterfly arms and legs.

Teacher's Focus

- o Thumbs enter the water first
- o Hands pull in the shape of a keyhole
- o Hands push past the thigh
- o Little finger exits the water first
- o Hands clear water surface on recovery

Teaching Points

- o Thumbs go in first
- o Draw a keyhole under your body
- o Pull past your thighs
- o Little finger comes out first
- o Throw your arms over the water



Leg kick helps the arms to recover over the water surface

Common Faults

- Arms are too straight
- Arms are not pulling back to the thighs
- Fingers are apart
- Hands fail to clear the water

Corrective Practice

- Demonstrate and repeat
- Reiterate the teaching point and repeat
- Reiterate the teaching point and repeat
- Reiterate the teaching point and repeat