

Breaststroke and Butterfly

Lilly King

Thoughts on BREASTSTROKE:

- breaststrokers have great flexion with their feet (outward); if feet turn inward the other strokes can be good
- don't have to be a natural breaststroker to do well; work technique
- Streamline/Body Line!
 - Super important in breaststroke. Streamline is another way to say "neutral spine," not just your arms and head make a streamline.
 - Turn your back into a straight arrow, not a "broken" one. Tuck hips under, press belly button to spine.
 - DRILL: do this tuck while standing, think "relax" and then "tuck"; then do same drill up on toes
- While streamline is important it's awkward to end each stroke with hands in a streamline so just parallel hands while swimming

Four Drills – practice these drills with no underwaters to get more reps

- **2 kicks, 1 pull:** don't rush, be comfortable underwater; pause and correct (think while underwater)
- **Lil drill:** One breaststroke pull with a dolphin kick, then a regular breaststroke kick underwater.
 - do this fast helps your "shoot" your hands forward – it requires some effort
 - use dolphin kick to shoot hands forward
 - Don't dive down too deep; want to move forward instead of up and down
- **Baby Pull** breaststroke: keep elbows high, regular breaststroke swim but with a little tiny pull
 - For 80% of folks, that should be your regular pull
 - stay out of hands out + feet up position as much as possible (akin to putting on the brakes)
- **Carla drill:** work timing and head position: single arm fly-left arm (with dolphin kick) + single arm fly-right arm + underwater breast stroke + regular breast stroke ("single-single-under-over")
 - if these drills are all done in this order (2K1P/Lil Drill/Baby Pull/Carla) think of this drill as doing Baby Pull with fast recovery
 - Eyes on the bottom in your underwater stroke; keep eyes there also while on top of the water
 - don't tuck chin – it's better for breathing and better for the body line

BUTTERFLY

Body Position:

- First thing to teach body position on land

- squeeze+relax+lift with elbows straight in squeeze position (pull shoulder blades back)
- Squeeze+lift+extend
- do not have hands enter the water with bent elbows

Drills:

- Four kicks-One pull (slowly open shoulders and bring them back); be ready for the pull in the correct position
- Butterfly arms with breast kick

STARTS TURNS

Whitney Hite

STARTS using the wedge

- body line more important at the entry; you don't need to rip the block off the ground
- Shoulders need to be even with edge of block
- Hips as high as possible
- Learn your setting for the wedge
- Eyes on the back foot

DRILLS for Starts

- At first just dive cleanly and glide
- The correct position for the back foot is sliding directly back from the position when you are standing with your feet parallel and shoulder-width apart. If feet are stacked there will be no balance
- At the very least put the front half of the foot on the fin
- It is better to place the fin too far back rather than close
- Kicking back leg up helps for angle of entry
- Squeeze glutes when diving: no floppy legs, clean entry
- Practice “flamingo” standing on one leg comfortably. The more you can do this, the more your back leg can kick up.

BACK-TO-BREAST CROSSOVER

- This is similar to back turn but the feet will go to opposite side
- The feet attempt to touch where hand touched. Flip the feet to the fingertips
- keep hand on the wall until the feet get there
- Think of this as more of a swivel than a flip
- It may feel different doing this a new way, but feeling weird is a good thing

UNDERWATER DOLFIN

- On the breaststroke pulldown
 - Dive and short glide

- One short, fast kick before arms
 - Glide + pulldown + glide
- Other strokes
 - High tempo means faster kick
 - keep head in line the entire action
- Dolphin kick tips:
 - drive from ribcage to tip of toes – not your knees
 - The more stable you can be, the better the kick will be
 - no dancing hands and knees – keep them still
 - stable body position
 - In doing a streamline on deck, you should be so tight that if someone moves your arms you should stay minimally still
 - Roll your pelvis forward; don't try to be as tall as possible; flatten back (no arch)
 - Keep head in line, not buried on the chest
- If you have a great dolfinkick use that as a weapon
- If not, do two really good kicks
 - don't do this immediately off the wall, be patient
 - it breaks the body line
 - Say to yourself “one Denver Bronco [insert favorite team]” before taking first kick
- if you are a better kicker do four kicks – find the best number for you

FREESTYLE AND BACKSTROKE

Cullen Jones

Personal Story learning new freestyle technique:

- After taking some time off he found himself overweight
- Decided it was time to change stroke
- For four months he was not allowed to do flipturns or freestyle because David Marsh didn't think it was right
- Lessons learned: No matter what age you are, change is possible. Open your minds to weird feeling
- This new technique should not cause pain. This new stroke will take the pain and pressure off the shoulder

Freestyle technique:

- The timing for freestyle is no longer a catch-up, no longer an s-pull
- underwater same for all swimmers; recovery is the “style point” not the power
- We all already know what to do from backstroke but need to relearn for freestyle
- RELAX
- Just like throws in baseball and football you need to use the body, not just the arm
- The recovery needs to have a THROW component
- To sum up all the stroke: PULL and PUSH

- Lock your body line: push finger on chin, that's where your head should stay

Drills Rotation:

- Shoulder rotate drills on stomach (no arms)
 - goal is the rotation – not just of the shoulders but hips too
 - Position is not specified for this drill (stomach, side back) because he wants to see what people will naturally do.
 - Go slowly at first to allow you to think about complete rotation
 - Relevance: Katie Ledecky won her first Olympics without much of a kick; she learned to kick when she moved to Florida. Now, all Olympians do five kicks off every wall
 - Work on this on land by doing rotation from a plank position or even on your back in bed
- Single arm freestyle (if you can swim fast with one arm, you can swim fast with two)
 - throw the arm then pull through (do this while kicking)
 - rotate to the other side while using the one arm;
 - pull straight down. Take the pressure off the shoulder.
 - Do this drill with the right arm for 25, left arm 25. Relax the arm as it throws forward.
- Catch and throw:
 - no lobster claw out front
 - feel the pressure on your arm; can use a paddle on arms to feel the pressure better (keep it loose).
- Six kicks/five kicks, catch and throw.
 - Think about rotating all the way through; plant and throw just like walking
 - Doing it correctly will feel zero pressure in your shoulder
 - Drill this 2x25 (one lap each arm)
 - six kicks down; five kicks back.
 - Mode: feel like swimming downhill (and inline). Take your time and do all the six kicks; be methodical
- Four kicks, three kicks
 - four kicks down/three back but now do this on your back — need to see shoulder up to rotate; do the kicks then rotate in the pull
- When you add speed you aren't going to be rotating as much; but everyone needs to learn to rotate more
 - when CJ was at NC State all the men took 7 strokes/lap and the women took 8: every lap – warmup, warm down, racing

Now add the kick to make a complete stroke; do not just think about rotation:

- 2x25, play around with kick (add it hard, slow it down) but keep rotation with arms as in previous drills
- Popov Drill: proves that freestyle is backstroke and backstroke is freestyle
 - 3 strokes (arms) free, 2 strokes backstroke, repeat
 - The goal is to make both strokes look the same.

- CJ did this drill after every hard race and it did a great job at getting the heart rate down