

# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK



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## BUTTERFLY



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# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK

## BACKGROUND PURPOSE

- To promote skill development.
- Help swimmers and parents understand the need for greater efficiency of technique as a primary consideration
- To assist the swimming community in understanding land conditioning and how it directly impacts upon performance

## KEY GOALS

- Develop body awareness during land work that can translate to the pool environment, leading to a smoother progression route for swimmers
- Create consistency of standards across Wales during the development pathway
- Allow other coaches to share their thoughts on stroke development and focus swimmers to train on drills that will directly impact on their performance





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# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK – PART 1

## BUTTERFLY STROKE SKILLS

In order to develop your foundational skills and specific movement patterns for each stroke, please watch the video carefully (see link below). After the specific pool based skill has been presented there are key land based exercises prescribed to directly impact this skill in the water

### EQUIPMENT NEEDED

- Foam Roller
- Floor mat/ floor space

***\* All content is intended for educational purposes.***

Please perform all work in moderation especially if the movement is a new skill. Do the work on alternate days until you can tolerate a daily dose. Respect your rest and recovery between sessions.

[CLICK HERE FOR BUTTERFLY DRILL VIDEO](#)

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BUTTERFLY DRILL PROGRESSIONS FRAMEWORK

1.

CHEST PRESS  
(UNDERWATER)

just  
**BE**

Be inquisitive be prepared be relentless be passionate believe



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# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK – PART 2

## BUTTERFLY STROKE SKILLS

In order to develop your foundational skills and specific movement patterns for each stroke, please watch the video carefully (see link below). After the specific pool based skill has been presented there are key land based exercises prescribed to directly impact this skill in the water

### EQUIPMENT NEEDED

- Foam Roller
- Floor mat / floor space
- Hand hold (i.e stairs handrail)

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[CLICK HERE FOR BUTTERFLY DRILL VIDEO](#)

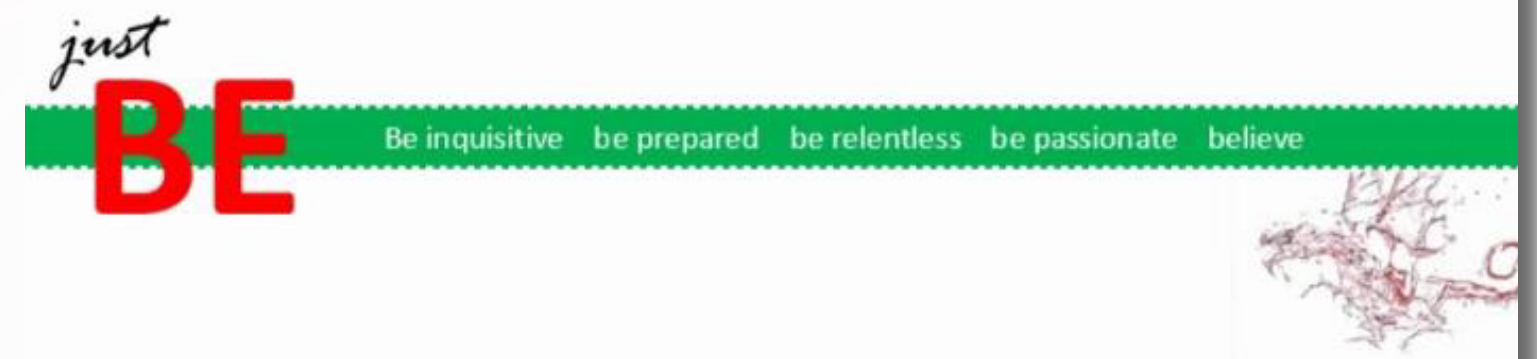
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BUTTERFLY DRILL PROGRESSIONS FRAMEWORK

2.

CHEST PRESS  
(ON SURFACE)







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# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK – PART 3

## BUTTERFLY STROKE SKILLS

In order to develop your foundational skills and specific movement patterns for each stroke, please watch the video carefully (see link below). After the specific pool based skill has been presented there are key land based exercises prescribed to directly impact this skill in the water

### EQUIPMENT NEEDED

- Foam Roller
- Floor mat/ floor space

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[CLICK HERE FOR BUTTERFLY DRILL VIDEO](#)

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BUTTERFLY DRILL PROGRESSIONS FRAMEWORK

3.

CHEST PRESS  
(EXTENDED ARM SCULL)

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# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK – PART 4

## BUTTERFLY STROKE SKILLS

In order to develop your foundational skills and specific movement patterns for each stroke, please watch the video carefully (see link below). After the specific pool based skill has been presented there are key land based exercises prescribed to directly impact this skill in the water

### EQUIPMENT NEEDED

- Foam Roller
- Floor mat/ floor space
- Bench

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[CLICK HERE FOR BUTTERFLY DRILL VIDEO](#)

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BUTTERFLY DRILL PROGRESSIONS FRAMEWORK

4.

CHEST PRESS  
(HIGH ELBOW SCULL)

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# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK – PART 5

## BUTTERFLY STROKE SKILLS

In order to develop your foundational skills and specific movement patterns for each stroke, please watch the video carefully (see link below). After the specific pool based skill has been presented there are key land based exercises prescribed to directly impact this skill in the water

### EQUIPMENT NEEDED

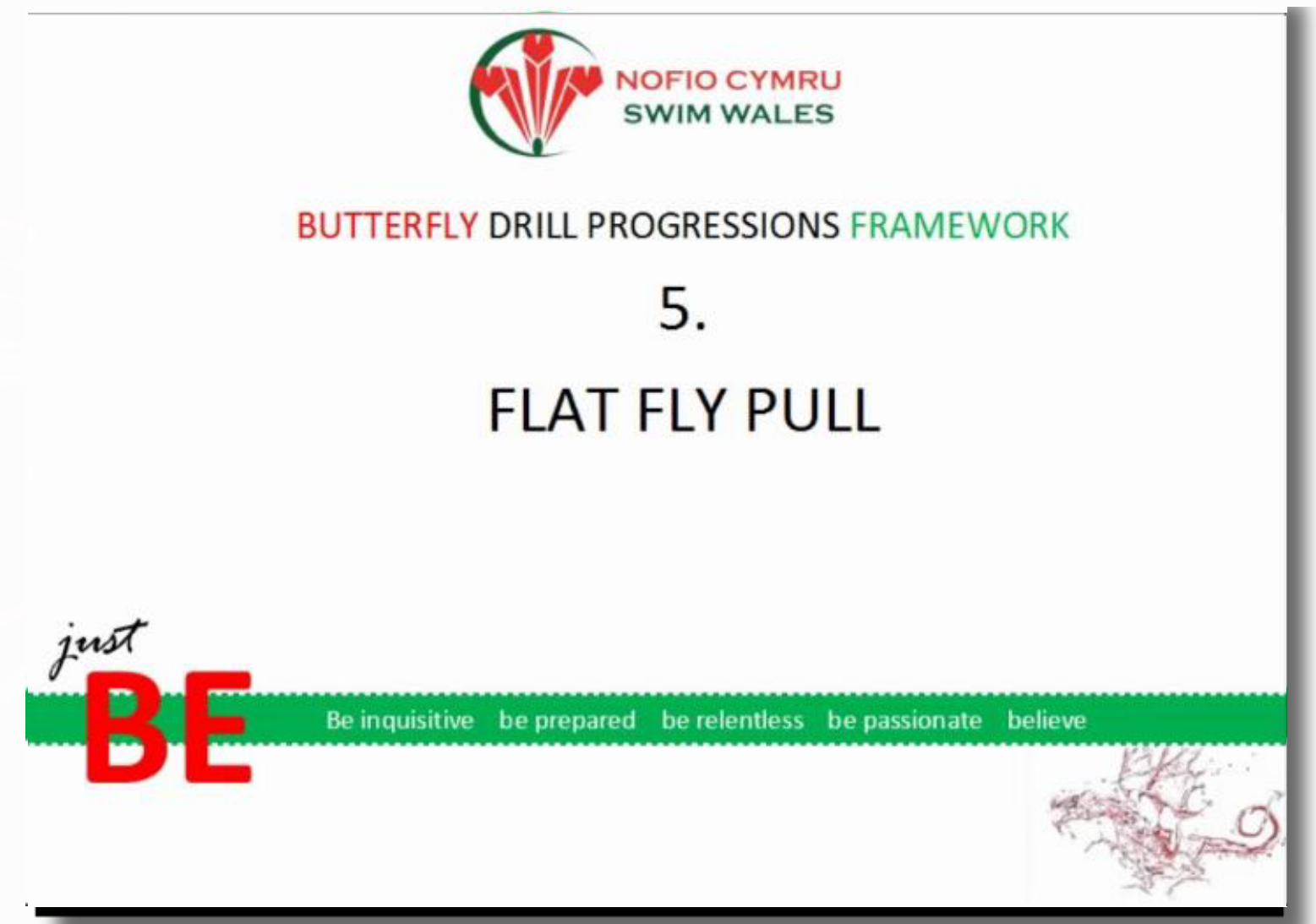
- Foam Roller
- Floor mat / floor space
- Fixed hand anchor point

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# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK – PART 6

## BUTTERFLY STROKE SKILLS

In order to develop your foundational skills and specific movement patterns for each stroke, please watch the video carefully (see link below). After the specific pool based skill has been presented there are key land based exercises prescribed to directly impact this skill in the water

### EQUIPMENT NEEDED

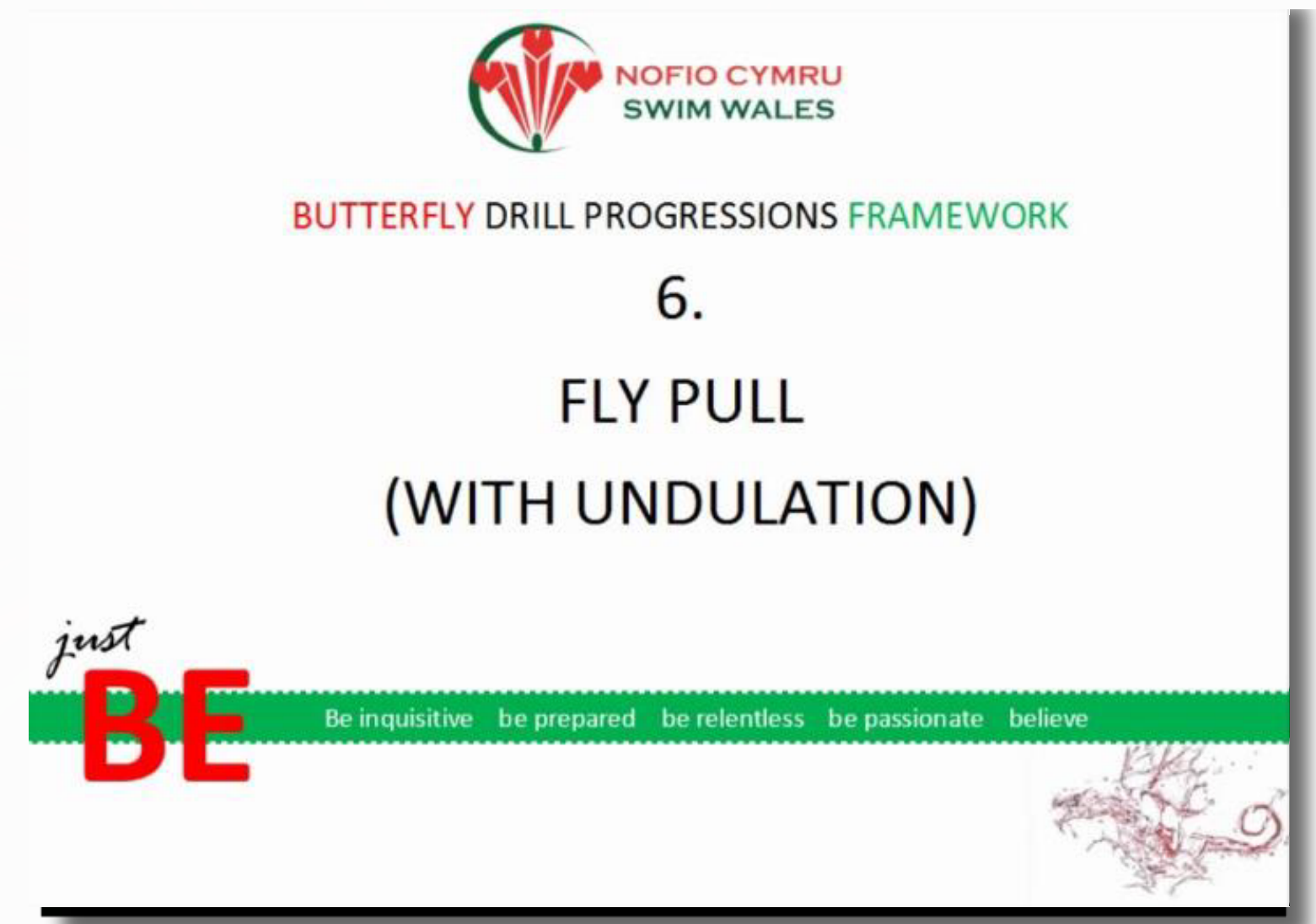
- Foam Roller
- Floor mat/ floor space
- Resistance band/cord

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# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK – PART 7

## BUTTERFLY STROKE SKILLS

In order to develop your foundational skills and specific movement patterns for each stroke, please watch the video carefully (see link below). After the specific pool based skill has been presented there are key land based exercises prescribed to directly impact this skill in the water

### EQUIPMENT NEEDED

- Foam Roller
- Floor mat / floor space

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BUTTERFLY DRILL PROGRESSIONS FRAMEWORK

7.

SINGLE ARM VARIATIONS  
(1-1-1 / 2-2-2)

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# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK – PART 8

## BUTTERFLY STROKE SKILLS

In order to develop your foundational skills and specific movement patterns for each stroke, please watch the video carefully (see link below). After the specific pool based skill has been presented there are key land based exercises prescribed to directly impact this skill in the water

### EQUIPMENT NEEDED

- Foam Roller
- Floor mat / floor space
- Fixed Hand Anchor Point

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BUTTERFLY DRILL PROGRESSIONS FRAMEWORK

8.

KICKING VARIATIONS  
(6 KICKS / 1 PULL)

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# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK – PART 9

## BUTTERFLY STROKE SKILLS

In order to develop your foundational skills and specific movement patterns for each stroke, please watch the video carefully (see link below). After the specific pool based skill has been presented there are key land based exercises prescribed to directly impact this skill in the water

### EQUIPMENT NEEDED

- Foam Roller
- Floor mat / floor space
- Resistance band/cord

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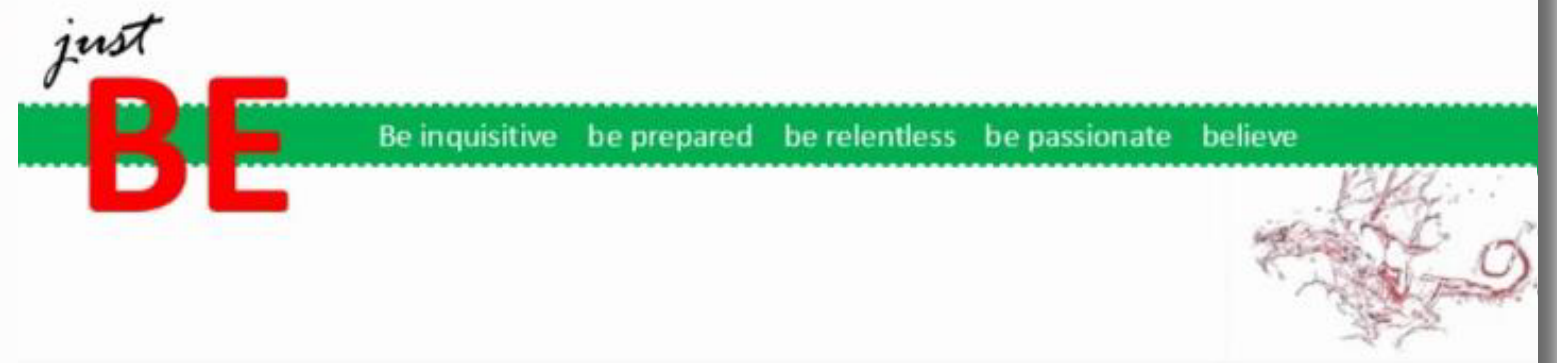
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BUTTERFLY DRILL PROGRESSIONS FRAMEWORK

9.

FINGERTRAIL  
(WATER ANGELS)





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# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK – PART 10

## BUTTERFLY STROKE SKILLS

In order to develop your foundational skills and specific movement patterns for each stroke, please watch the video carefully (see link below). After the specific pool based skill has been presented there are key land based exercises prescribed to directly impact this skill in the water

### EQUIPMENT NEEDED

- Foam Roller
- Floor mat / floor space
- Resistance band/cord
- Bench
- Fixed anchor point

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# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK – PART 11

## BUTTERFLY STROKE SKILLS

In order to develop your foundational skills and specific movement patterns for each stroke, please watch the video carefully (see link below). After the specific pool based skill has been presented there are key land based exercises prescribed to directly impact this skill in the water

### EQUIPMENT NEEDED

- Foam Roller
- Floor mat / floor space
- Fixed hand anchor point
- Resistance band/cord

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# SWIM WALES SKILLS DEVELOPMENT FRAMEWORK – PART 12

## BUTTERFLY STROKE SKILLS

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### EQUIPMENT NEEDED

- Floor mat / floor space
- Foam Roller
- Fixed hand anchor point
- Resistance band/cord

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BUTTERFLY DRILL PROGRESSIONS FRAMEWORK

12.

POWER

(ON / OFF)

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