

Beverly Hills High School

Advanced Breaststroke & Butterfly

12:00-12:25

Barracuda

Youth Group Level 6

Sunday

Instructor: _____

SEASON/YEAR:



BEGINNING DATE:

ENDING DATE:

LESSON PROGRESSION EXAMPLE

Breaststroke

- Breathe on outswEEP
- Shoot before finishing breath
- Press head underwater before kick
- Glide after kick

Butterfly Undulation

- First Kick: Hands in SL + Chess Press
- Back Kick: At the very end of the stroke
- Breathing on the pull
- Exhaling on the press
- Alternate between arms and legs

Open Wall Turns

- Facing wall in SL
- Simultaneous knees in & elbow out
- Push under water in Streamline

Breastroke Pull down

- 1 Static streamline
- 2 Pull arms down then return to Streamline
- 3 Kick legs maintaining streamline arms
- 4 Glide to the top then start Breaststroke

Notes:



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8

BREAST: EVEN ARMS/ LEGS	BREAST: GLIDE AFTER KICK	BREASTROKE PULLDOWN	BUTTERFLY TIMING	BUTTERFLY UNDULATION	OPEN WALL TURN	TRANSITION TURNS	INDIVIDUAL MEDLEY	SPRINTS	PASS Y/N

PARTICIPANTS NAME	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
13								
14								
15								
16								
17								
18								
19								
20								

- Extra Time** *Increase distances*
- Challenges** *Try a moc swim team practice.*
- Medley Relays*