

Beverly Hills High School

Breaststroke and Butterfly Basics

11:30-11:55

Jelly Fish

Youth Group Level 4

Sunday

Instructor: \_\_\_\_\_

SEASON/YEAR:



BEGINNING DATE:

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8
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ENDING DATE:

BREAST KICK & GLIDE	BREAST PULL & SHOOT	ALTERNATE KICK/PULL	DOLPHIN KICK 15 YD	FLY 1 PULL+2KICKS	BREAST SHOOT THEN PRESS	BREAST PRESS THEN KICK	FLY UNDULATION	FLY BREATHING	PASS Y/N
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PARTICIPANTS NAME

ATTENDANCE

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2									
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LESSON PROGRESSION EXAMPLE

**Breaststroke Legs**

Lay on stomach on deck and move heels in breastroke patter  
Breaststroke w/ kick board.

\*glide at the end of every kick

\*\*DO NOT POINT TOES - keep feet flexed

\*\*\*watch for symetry

Head down - breathe while legs are straight in SL

Repeat in SL

**Breaststroke arms**

Sweep out-head up/shoot forward-head down

Alternate between arms and legs

**Butterfly Legs**

Dolphin kick on board

Dolphin kick in SL

Two kicks then pause

**Butterfly Arms**

Simultaneously pull both arms back & recover to SL

\*Keep elbows high and shallow

Pull once, kick twice, repeat

Notes:


**Extra Time**    *Increase distances*

**Challenges**    *Introduce different breathing patterns*

*Introduce turns*