



KILLARNEY SWIMMING FLY

presented by Brad Mori



5 TECHNICAL FINGERS

1. Start
2. Streamline & Transition
3. Stroke
4. Turn
5. Finish

Get fast, faster, by always
thinking about what you are
doing!



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START - Track Start

“ Body Position on the blocks in the Ready Moment

“ Head Neutral, Hips High, Chest Low, Shoulders over Wrists, Back foot positioned on balls of your feet with heel up, front foot toes curled around the front of the block. The line of attack, to the water, is now set.

“ On the Go!

“ Push with the back foot, Drive the head forward on the attack line.

“ Common mistakes, lifting the chest and head away from the line of attack (pike dive)

“ Drive the hands into streamline position, squeeze the head tight, keep head neutral.

“ Pull the front leg up to the back leg, legs streamline

“ Rip the entry like you are a diver!

“ Entry line will be sharper and Deeper than Freestyle.



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STREAMLINE

“ Streamline Checklist

- “ Squeeze the head tight with your arms
- “ Hands are overlapping, locked with the thumb grip, fingers pointed
- “ Head neutral
- “ Ankle together, Knees tight, toes pointed
- “ Squeeze your butt tight
- “ Streamline depth 1m below surface or deeper.
- “ Do this check list every time you push off the wall and starting block



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TRANSITION

- “ Push the wall maximally every time
- “ Glide in the streamline moment for 1m to 1.5m then open your first fly kick. (opening up sooner will slow you down more quickly).
- “ Great fly kickers push deep and get out to 15m
- “ Weaker kickers get up swimming sooner.
- “ Main point, break out at the speed in which you are going to swim. You don't want to have to speed up again after you break out.
- “ 10 to 15 degree angle of attack for the breakout again the race is forward.
- “ Keep the Head Neutral; common mistake is to look for the break out stroke.
- “ Try not to breath on the first stroke up.



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STROKE TECHNIQUE

“ Kicking

“ Body dolphin; Use your core to initiate the dolphin action

“ Feet together; knees together; kick rhythmically; Kicks should flow from down beat to upbeat.

“ 2 Kicks for each arm cycle. Small; large. Think about kicking your hands into the entry point.

“ Pulling

“ Start with your arms extended above the shoulders.

“ Catch with light pressure, moving the fingertips down and keeping the elbows high. Catch before your shoulders.

“ Hands should pull down the Power Line. The less your hands deviate in and out of this line the stronger your pull will be. Increase the pressure on your forearms as you swim by your hands. Feel like your accelerating your hand from the belly button to the finish of the stroke

“ Recover with your thumbs down and low to the surface. Enter at shoulder width and cut the water with your thumbs on the entry at 10-15 degrees.



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STROKE TECHNIQUE

“ Breathing

“

As the hands move into the catching position, tilt the chin forward to initiate the breath. Breath when the hands are pushing through the belly. As the hands finish the stroke, the head needs to return to a neutral position.

“

Breathing Patterns

“

50m Fly not much breathing

“

100m Fly Breathing patterns

“

200 Fly many breathing every stroke or by pattern

“

Body Position

“

The Race is forward, the less you can deviate from the forward line with your energy expenditure the more efficient you will be. Try not to Lift excessively for the breath, or dive too deep on the stretch. The back of the head and hips should stay relatively close to the surface.



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TURN

- “ Approach the wall with speed
- “ Touch the wall at the surface with both fingertips; touch on a full stroke; Keep your head down.
- “ Immediately drop on arm by your side and at the same time bring your knees directly under your body.
- “ Once you see your knees rotate onto your side as you bring your feet to the wall. Plant your feet on the wall almost stacked on top of each other.
- “ Just prior to your feet arriving at the wall, release the wall with your touching hand, recovering it over the water. During the rotation stay low in the water.
- “ Take a breath as your head is sinking backwards.
- “ Push the wall from a position directly on your side; as you push begin to rotate onto your front.



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FINISH

- “ Be mentally tough; you should be struggling to hold it together as you have pushed yourself to the max. Desire the win, the best time!
- “ Touch on a full extension