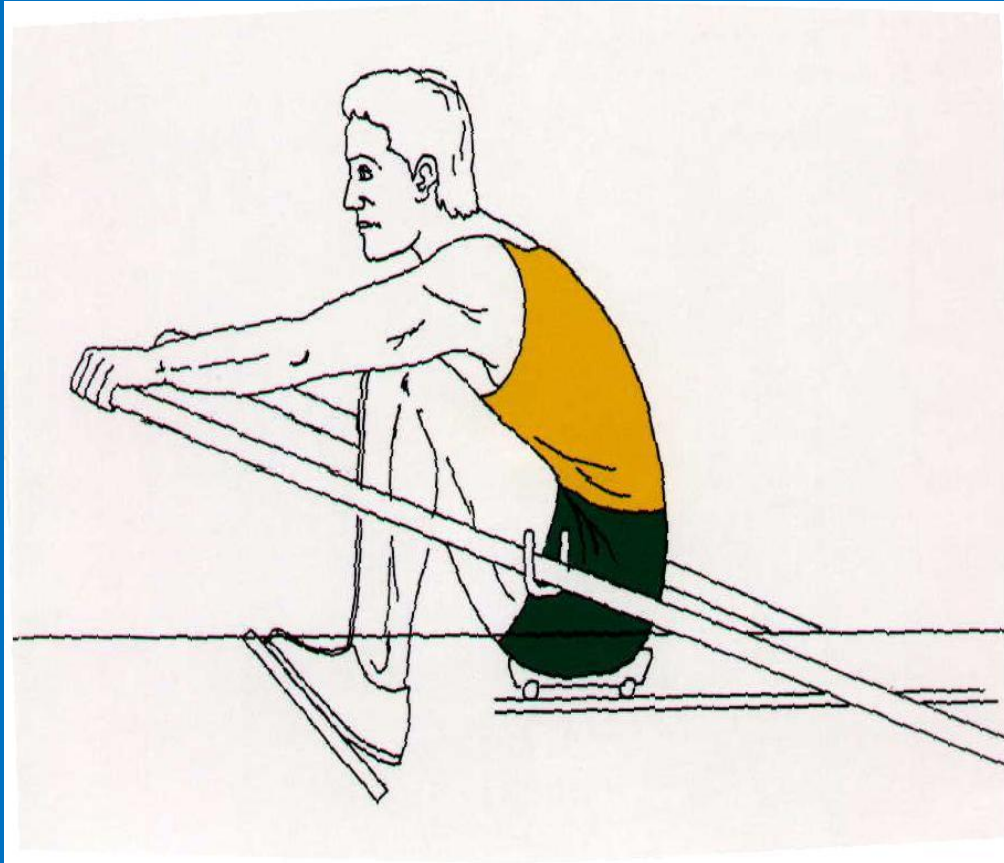


# Basic Rowing Technique

## STROKE ANALYSIS

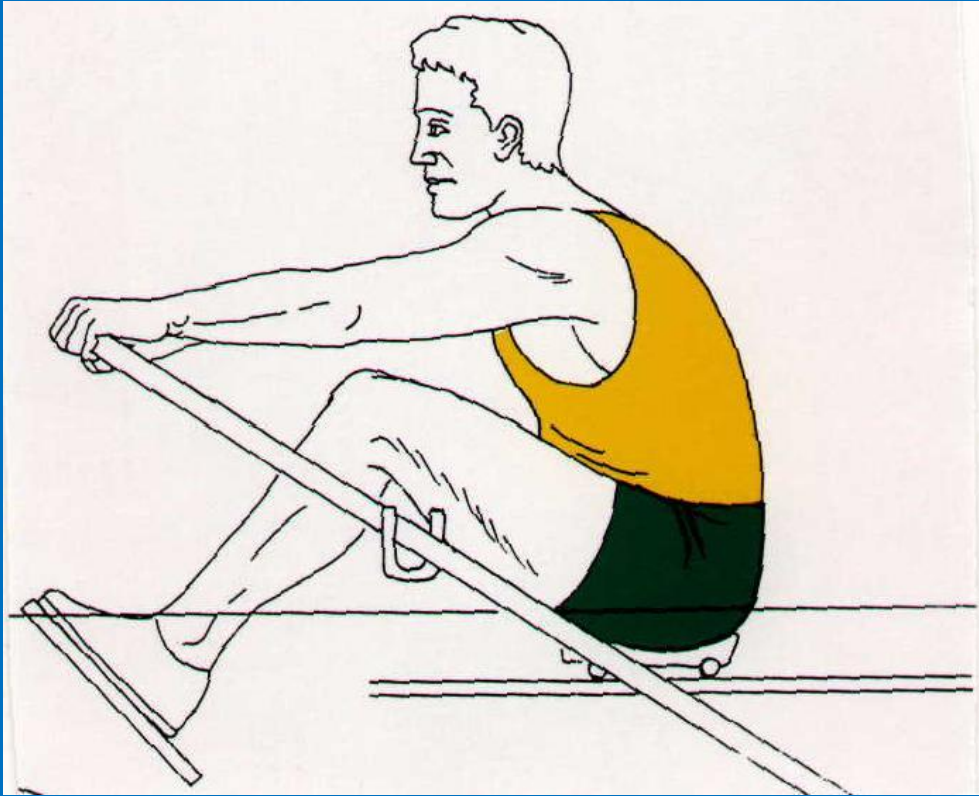
- Catch
- Early drive
- Mid drive
- Mid late drive
- Late drive
- Finish
- Release
- Hands away
- Early recovery
- Mid recovery
- Late recovery
- Full reach

# 1. The Catch



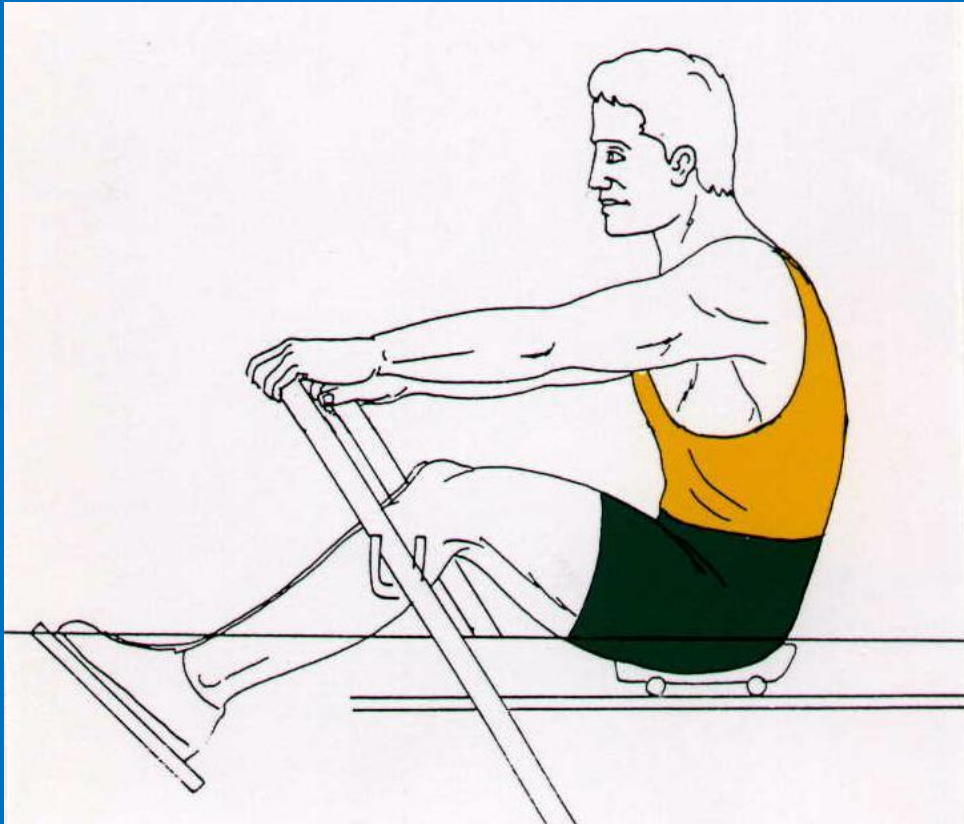
- Catch is the last part of the recovery
- Shins are almost vertical to vertical
- Arms are straight and relaxed
- Top of knees should be at level of armpits
- Good reach without undue tension - relaxed in the shoulders
- Weight is at the front of the seat
- Emphasis on hands initiating blade entry - not body lift
- Eyes and head up

## 2. Early Drive



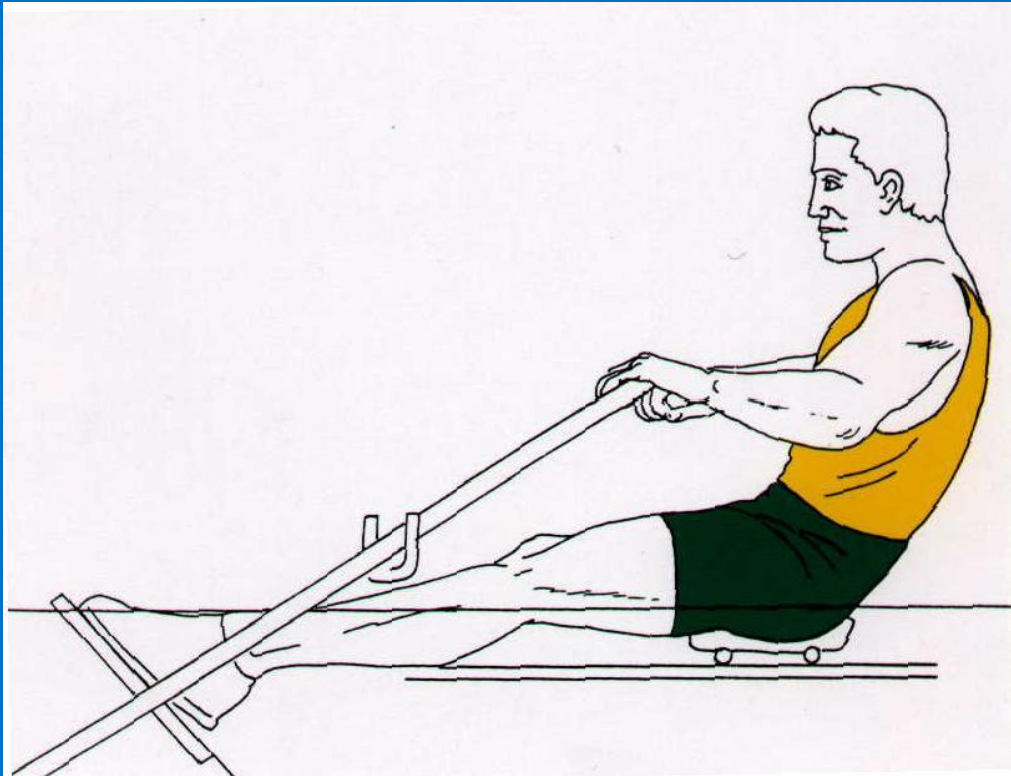
- Arms are straight
- Flat wrists with the correct relaxed grip
- Blades fully buried but not too deep
- Lower back is locked against initial drive of legs
- Stay relaxed in the shoulders - not up around ears
- Shoulders forward of hips
- Feeling of hang

# 3. Mid Drive



- Arms are straight
- Shoulders relaxed and extended
- Body starts to lever back from the hips
- Horizontal drive - straight line with handle, head & shoulders
- Legs with increased acceleration during the drive until perpendicular position or just behind it
- Shoulders over the hips
- Weight transferred to the middle of the seat

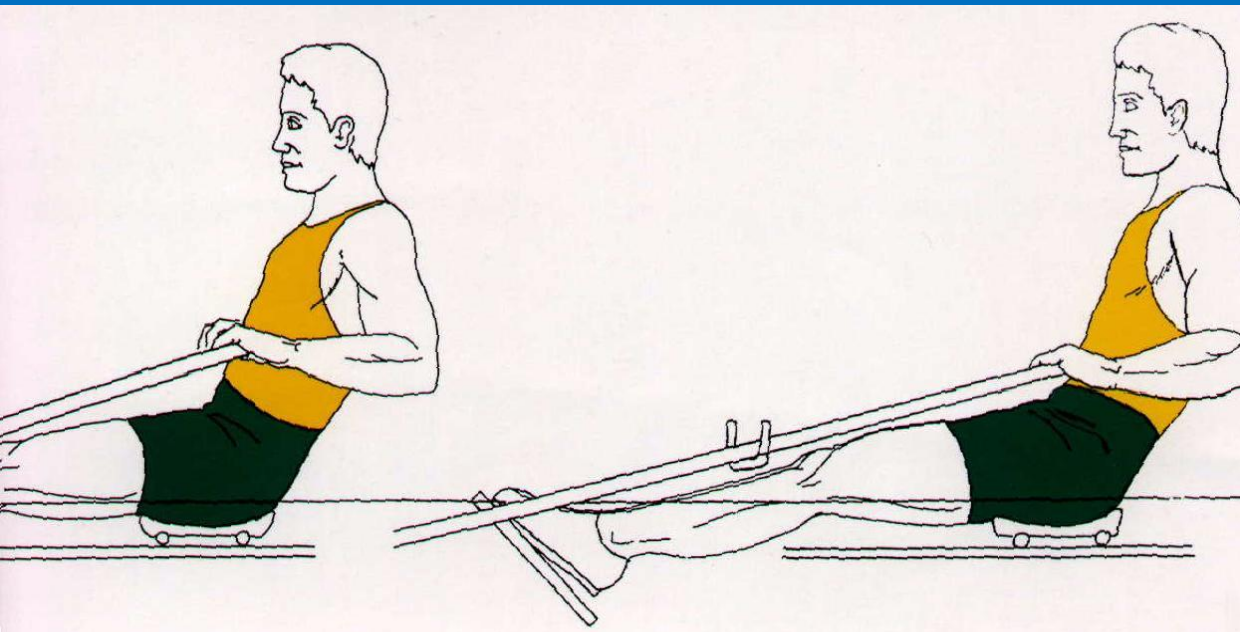
# 4. Late Drive



- Legs are finished and locked
- Body is still levering back
- Arms begin to draw the handle in to the body
- Blades kept buried
- Forearms are parallel to the water
- Head is up and shoulders are past the hips
- Weight is transferred to the back of the seat

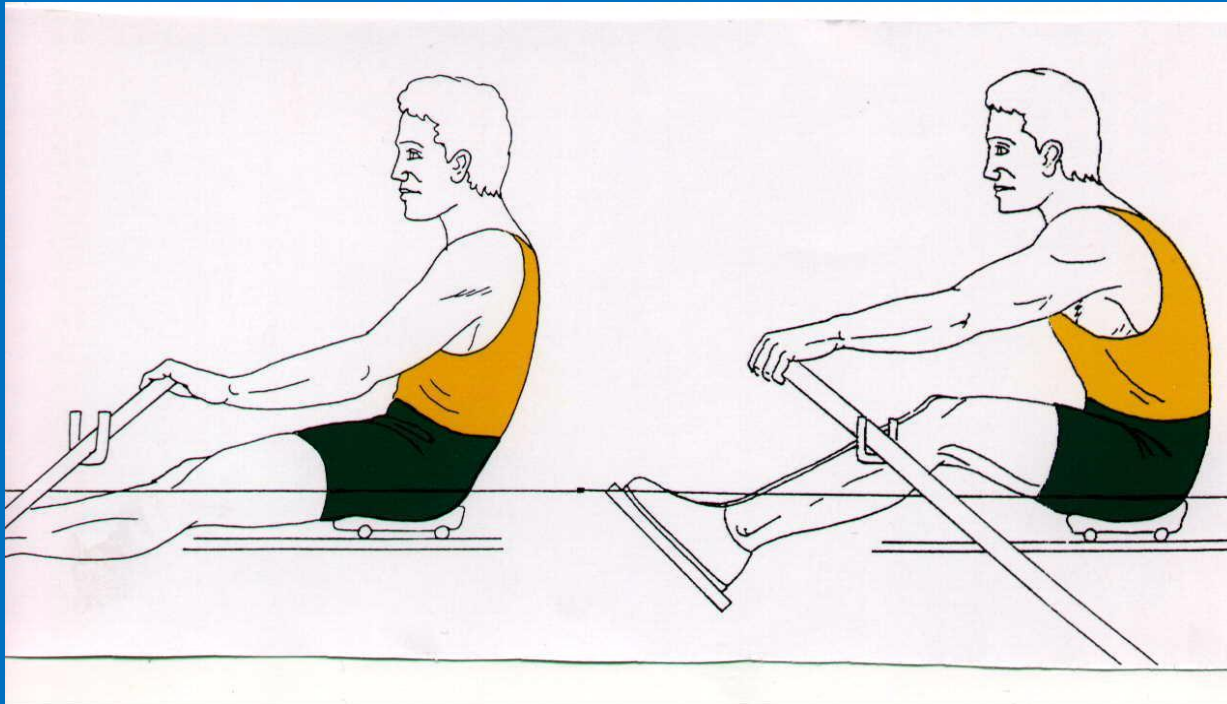


# 5. Finish & Release



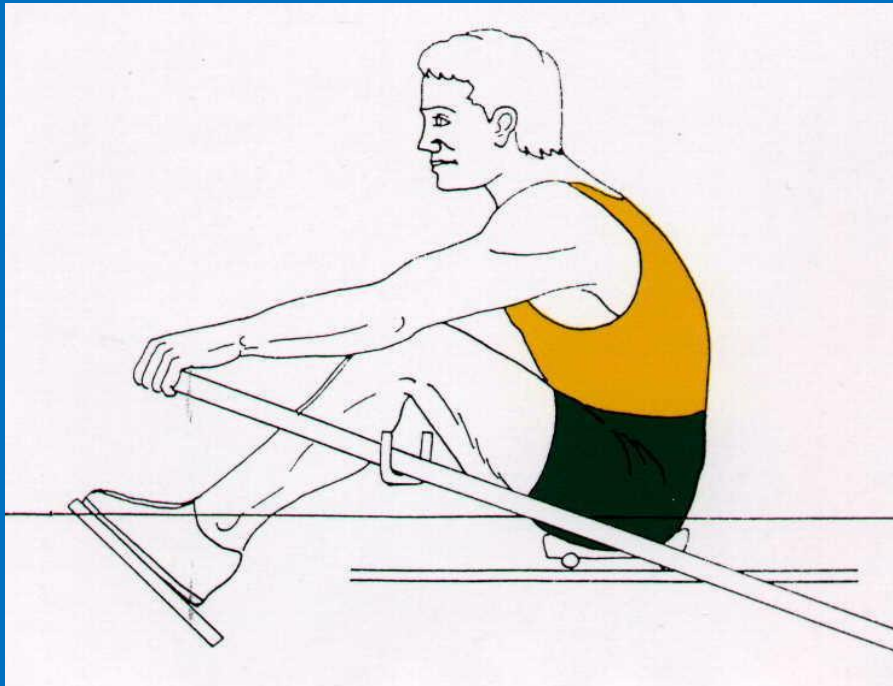
- Legs (knees) are locked down
- Strong posture with the lower back is maintained
- Shoulder blades retracted
- Elbows drawn back with flat wrists and forearms
- Blade rolled onto the feather
- Backturn is smooth and continuous - in, down, turn & away
- blades are extracted square out of the water
- lateral pressure

# 6. Early Recovery



- Smooth and continues hands away
- Setting up hand height straight off the release
- Legs are held down whilst the weight changes from the back to the centre of the seat
- Arms are almost straight and hands have passed the knees before the body starts pivoting from the hips
- Upper body is up and relaxed

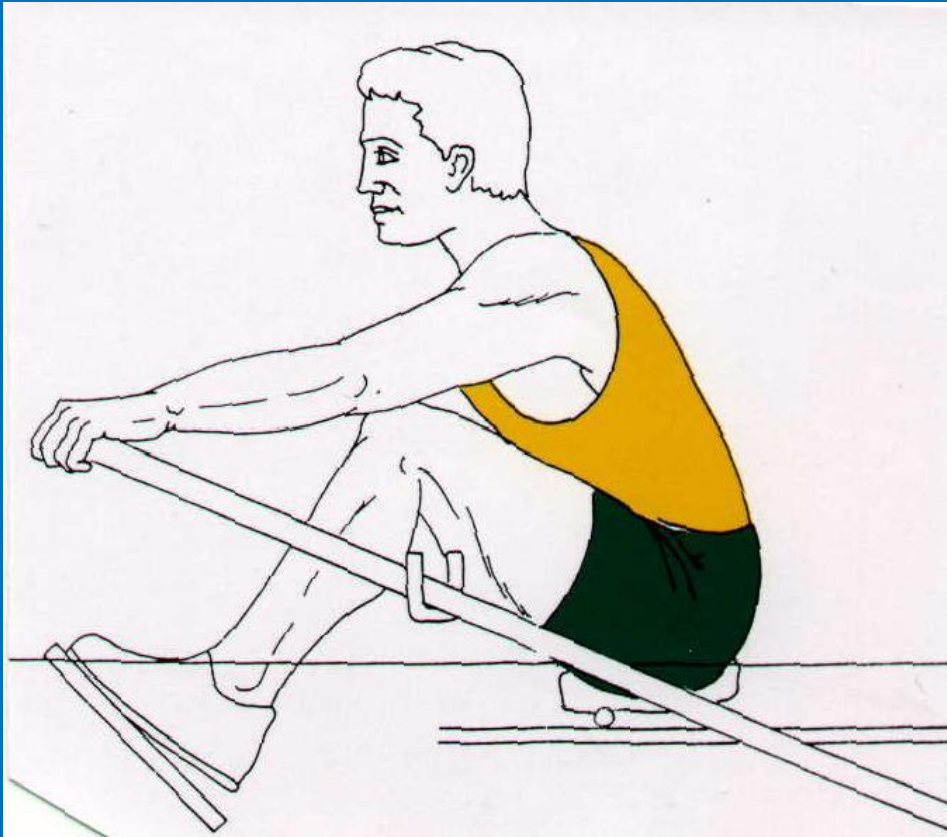
# 7. Mid Recovery



- Body swings forward of the hips, changing the weight from the centre to the front of the seat
- Forward body angle by  $\frac{1}{2}$  to  $\frac{3}{4}$  slide
- Arms are straight but relaxed
- Moving sternwards ahead of seat
- Relaxed grip

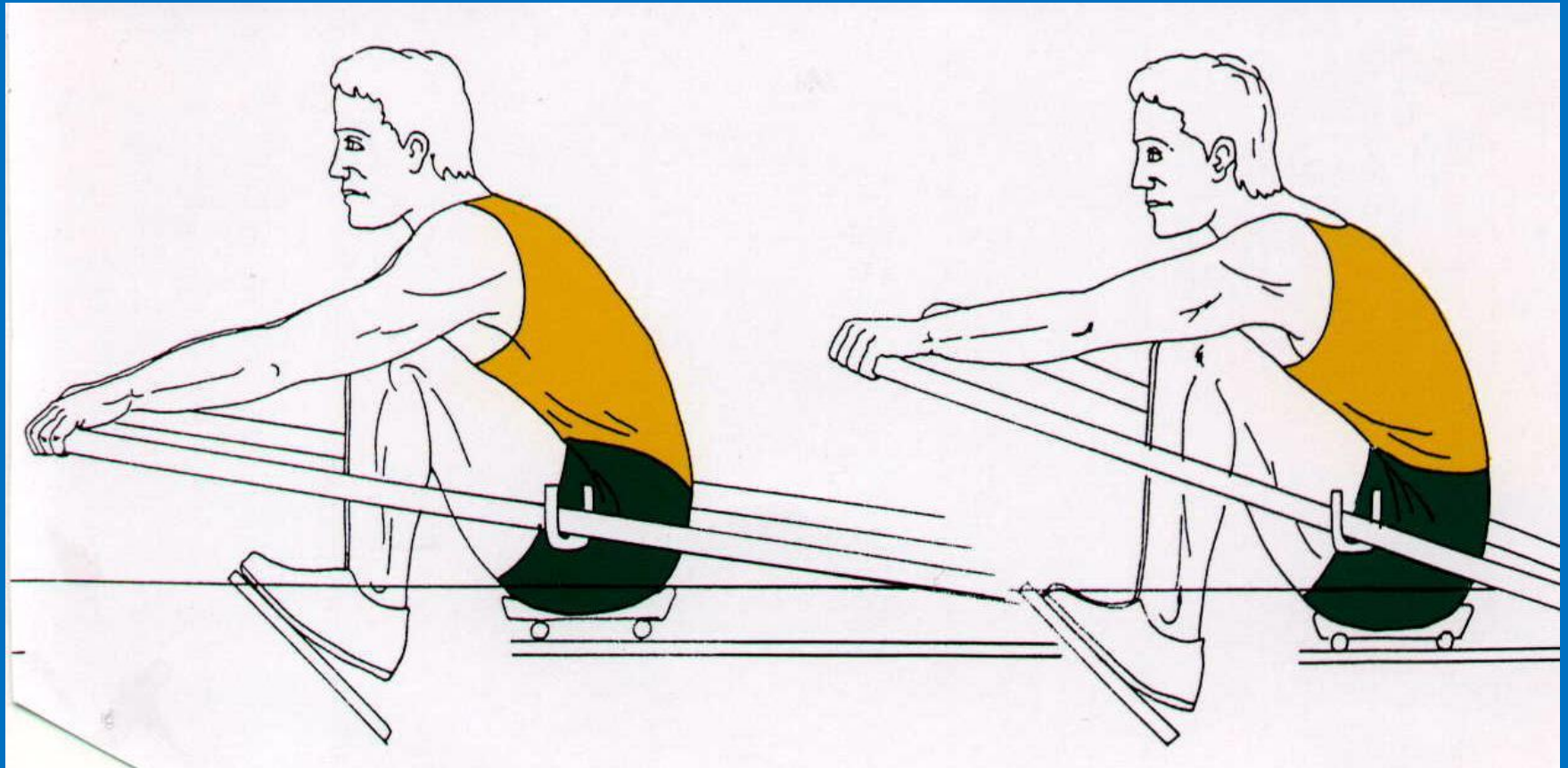


# 8. Late Recovery

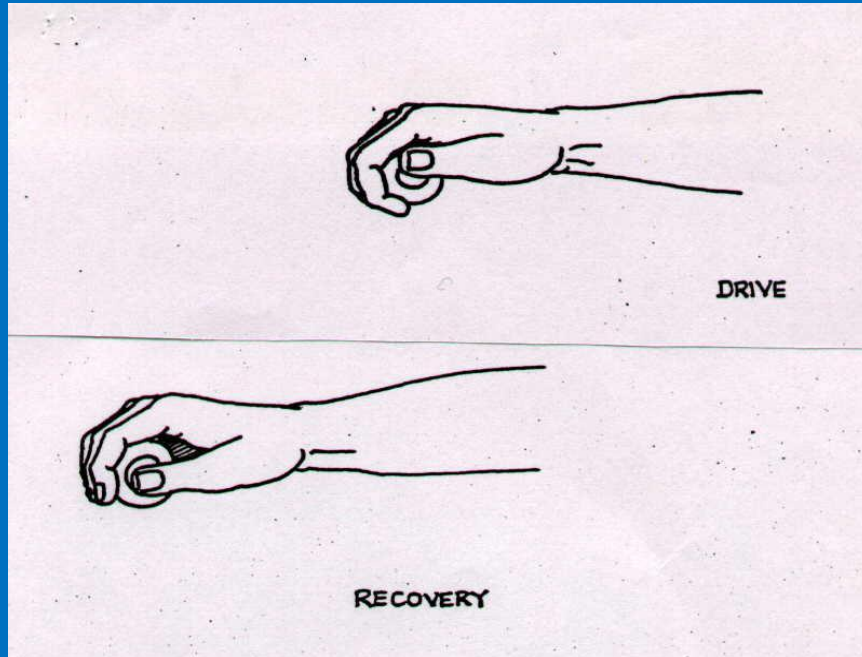


- Body is set in catch position
- Emphasis on controlled roll towards the front chocks & elimination of unnecessary movements
- Head & shoulders remain level throughout recovery
- Blade starts to square up (roll) after hands have passed the feet
- Whilst blade is squared hands begin moving handle up through semicircle
- Hands and shoulders remain relaxed

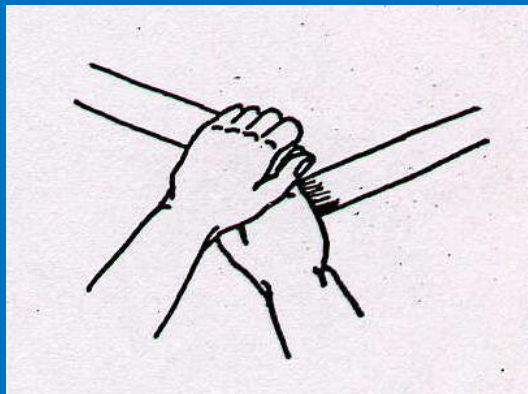
# Back to..... Full Reach/Catch



# GRIP - SCULLING



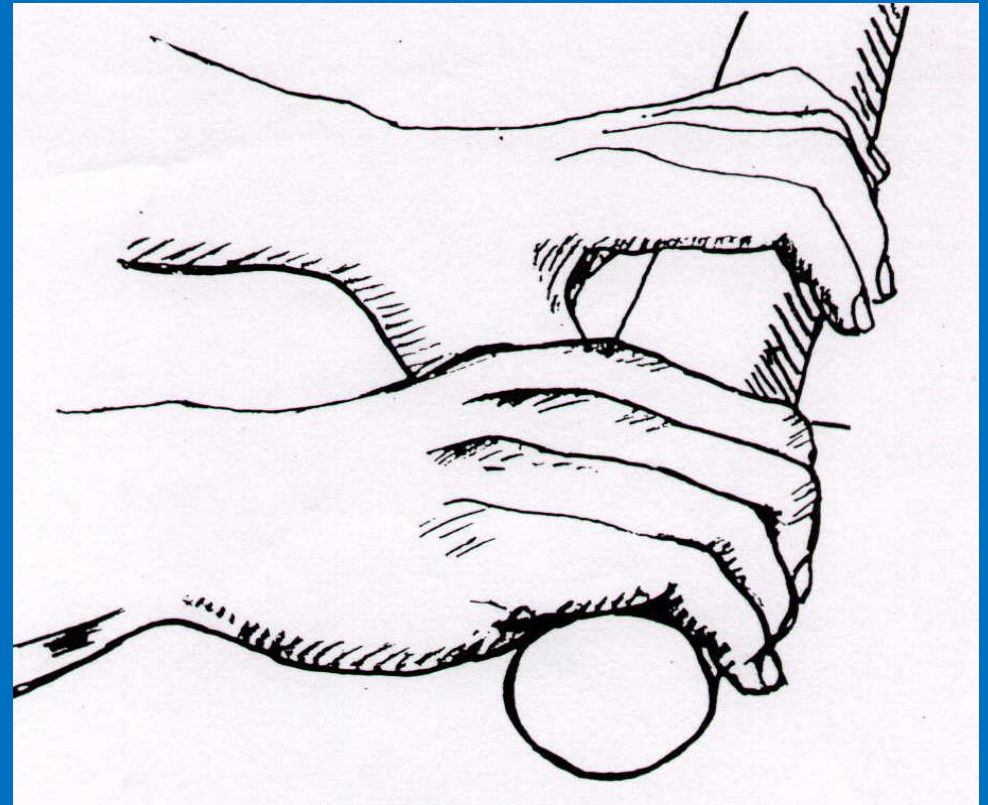
- thumbs over end
- 2nd knuckle leading tangent during drive
- flat wrists
- feather oar with fingers not wrist
- relaxed hold





# GRIP - SWEEP

- hands comfortably apart (1-2 fists)
- outside hand as hook
- inside hand feathers with fingers
- flat wrists
- relaxed hold



# Basic Rowing Technique

## RHYTHM

- take *time* to get the timing right
- *stroke rate* depends on crew technique
- at any stroke rate the *correct ratio* between drive and recovery must be maintained
- *acceleration* cannot be achieved without timing and relaxation throughout the drive
- The boat runs between the strokes



# Basic Rowing Technique

## Common Faults & Correction

- Teaching correct technique will avoid lengthy fault correction later
- It is much easier for a fault to become habit than it is to correct a habitual fault
- When a fault is detected check that it is not a rigging or set up problem
- Treat the cause of the problem and not the symptoms
- Break down the movement (sequence) and teach the basics in little steps
- Keep it simple