



## Skill Drill: Finishes

**Objective:** To encourage the lean back at the finish of the stroke.

**Method:** An 'artificially' long pause at the end of the stroke to 'Hold' the lay back. To encourage the feeling of the correct finish.

**Measure:** After 20 slow pauses accelerate to the normal rating and check the improvement is held.

## Skill Drill: Warm Up/Cool Down Stretches

**Objective:** To encourage all crews to warm up before rowing/warm down after rowing.

**Method:** A series of exercises to warm-up muscle groups and raise heart rate and breathing rhythm.

Legs; trunk; arms; back; neck.

**After Rowing:** Stretches for ham strings; back; trunk; shoulders and arms.

**Measure:** Normal routine for all crews to warm up prior to a row. All crews stretch after a row.

## Intermediate: Row Routine

**Objective:** To encourage the effective use of a 90 minute team/squad training session.

**Method:**

Time	Activity
10	WARM UP
20	Paced Drills
5	Feedback
20	RACE DRILL
5	Feedback
20	Paced Drills
10	WARM DOWN

**Measure:** After to comment on coach/crew performance.



## Novice: Row Routine

**Objective:** To encourage the effective use of a 90 minute Novice training session.

**Method:**

Time	Activity
10	WARM UP
20	Basic technique
5	Feedback
20	Prolonged Row
5	Feedback
20	Introduction to Drills
10	WARM DOWN

## Novice: Body Position

**Objective:** To encourage the correct rowing position.

**Method:** Within a Row Routine explore:

**Feet:** Towards the centre of the boat; weight on the balls of the feet; knees flexed.

**Bum:** Close to the gunwale; on the front edge of the seat; weight forward at the start of the stroke.

**Hands:** Outside hand 'cupped' under; inside hand on top (for the 'feather')

## Novice: Complete Stroke

**Objective:** To encourage the correct rowing stroke from the start.

**Method:** Within a Row Routine explore:

**Catch:** Pivot forwards from Hips; Arms straight; head facing forward; weight on feet.

**Drive:** Drive from feet; Lean back with arms straight; pivot on hips; shoulders past hips and lean back (oar bends).

**Finish:** Pull 'thumb to nipple'; drop inside wrist to 'feather'.



## Novice: Square Blades

**Objective:** To encourage the correct blade position:

**Method:** Within a Row Routine explore:

**Catch:** Not leaning back; not leaning forward; clean entry.

**Drive:** Square throughout.

**Finish:** Inside wrist drops to 'feather'.

## Skill Drill: On the leather/Cut the Cake

**Objective:** To encourage the correct blade position in the Pins and in the water:

**Method:** Within a Row Routine explore:

**On the leather:** Where is the leather in the pins?

**Cut the Cake:** Vertical movements to encourage square blades on entry

**Watch Hands:** Focus on Strokes hands inside the boat 5-10 stroke without looking at own oar.

## Skill Drill: Body Balance

**Objective:** To encourage the correct head position during the stroke:

**Method:** Within a Row Routine explore:

**Eyes front:** Facing the Cox and fixing on the horizon. Practice 5 – 10 strokes slowly without deviating gaze.

**Watch Hands:** Focus on Strokes hands inside the boat 5-10 stroke without looking at own oar.

**Meerkats:** (Not Squirrels) Sitting upright... string pulling from the top of the head.