

Drills and Word Images Found Effective in Coaching the Four Phases of the Rowing Stroke

Level 2 Technique
Presented by the USOC Development Camp
By J Philip Monkton

The Release

DRILLS

1. Rowing with one arm only, either inside arm or outside arm
2. Rowing with blades square to learn downwards pressure needed to extract oar from the water
3. Rowing half slide
4. One person rowing in pair oared boat shows effect of dumping finish into the lap
5. Pick drill with or without feather to develop finish timing
6. Release and glide

COMMENTS OR WORD IMAGES

1. Move the pin by the blade
2. Uncoil the body on the drive
3. Keep constant pressure on the foot stretcher and the pin throughout the drive and release
4. Build the speed of the handle during the drive
5. Drive the hips into the bow
6. Pry the boat forward
7. Hang your body weight on the oar to assist in the pulling

The Catch

DRILLS

1. Row single strokes, starting and stopping over the knees
2. Pick drill
3. High stroke pick drill
4. High stroke paddle
5. Row with squared blade and catch on coach's/cox's command
6. Intentionally make blacksplash at catch to reinforce blade near water at catch
7. Outside hand to set the square
8. Single man rowing in a pair

COMMENTS AND WORD IMAGES

1. When coach says quicker at the catch it usually means earlier in the stroke cycle
2. Take the catch as you reach front stops not when
3. Roll the wrist up at the catch
4. Balance of the oar makes burying of the oar automatic as oarsman merely guides the oar in
5. Pick files off a table
6. Unweight the hands as you approach the catch
7. Loop the blade in
8. Put the blade in a slot in the water
9. Anchor the blade behind a peg
10. Don't kick, push
11. Make sure that the wheels are still rolling forward when the catch is started

The Recovery

DRILLS

1. Pause with hands over the knees at extended back position to demonstrate position of body out of bow
2. Pick drill
3. Fractional use of slides to develop awareness of control $\frac{1}{4}$, $\frac{1}{2}$, $\frac{3}{4}$ slide
4. Alternate power and paddle strokes to maintain relaxed recovery on power similar to paddle
5. Ultra slo-mo rowing
6. Stop on coaches orders during recovery
7. Row with feet out of stretchers
8. Stroke play at $\frac{1}{4}$ power with strokeman raising or lowering the stroke at will
9. Turn oar full revolution of oarlock during the recovery
10. Row with eyes closed

COMMENTS OR WORD IMAGES

1. Let the knees rise slowly
2. Don't lift knees until you feel a slight pull on top of thigh behind kneecap
3. Watch the knees come up
4. Listen to the wheels on the recovery
5. Rebound out of the bow
6. Sit lightly on the seat, feel weightless on the recovery
7. Keep posture natural
8. Pivot forward on the cheekbones
9. Curl out of the bow by doing a sit up

The Drive

DRILLS

1. Pick drill
2. Drive with feet out of stretchers
3. Row single strokes with concentration on the drive
4. Draw with the outside arm
5. Accelerate through the drive
6. Feel the tension in the lower back and hold the back against the leg drive
7. Pinch the shoulder blades together

COMMENTS AND WORD IMAGES

1. Move the pin by the blade
2. Uncoil the body on the drive
3. Keep constant pressure in the footstretchers and the pin throughout the drive and during the release
4. Build the speed of the handle during the drive
5. Drive the hips into the bow
6. Pry the boat forward
7. Hand your body weight on the oar to assist in the pulling