

# Identification & Correction of Errors

What is the right technique?

Not all fast crews row the same, but all have the same basics.

- Use the rowers fitness to enhance the speed of the boat (effective driving force)
- Minimise the force and movements that counter the effective driving force

All top teams display the following 5 principles

1. Long oar stroke
2. First part of the stroke is vitally important, the angle in front of the gate is twice the angle behind. Catching and lock on occur very quickly.
3. All top rowers produce as little vertical movement as possible
4. Effort is made to move the body, hands, oars and seat with uniform speeds
5. Good team coordination.

Developing Rowing Technique

1. The coach must have a clear idea of the principles of the sequence of movements during each stroke
2. Developing proficient movements (rowing technique) must be task related not an end in itself.

Tips

1. Take into consideration age, levels of knowledge and motivation
2. Apart from descriptions and explanations of movements, kinaesthetic perception (feeling movement) should also be taken into consideration
3. The coach should always graphically (visually & aurally) illustrate movement sequences to those at practice
4. The tasks should take into account age, height, weight, etc. The coach should not demand the impossible
5. Coaching as well as correcting errors should initially concentrate on the essentials. Do not get bogged down in petty details
6. Besides coaching in technique, physical fitness must be developed. Both factors are mutually dependent.

Corrective Measures

1. Compare your own understanding of the movement with those of the rower and allow feedback from the athlete on their own movement. Ensure that your understanding of the problem is not the problem!
2. Bear in mind the physical conditions – wind waves etc.
3. Carry out the movements and movements sequences in slow motion, with breaks, and as isolated parts of a whole movements
4. Create conditions or give exercises that make errors impossible.
5. Exaggerate the corrections to mistakes.
6. Encourage general physical development (strengthening) as well as technical training.
7. Vary the speed and intensity of the movements so that the learners do not adapt only to basic slow movements
8. Vary boat types, situations & partners

## Identifying Errors

1. When identifying errors the coach should look to see if the error has originated in the current phase of the stroke cycle or a previous phase of the cycle.
2. Is the problem caused by problems with rigging

From Rowing By Wolfgang Fritsch

## BODY POSITION CATCH



- ☑ Body leaning forward slightly
- ☑ Arms stretched out straight in front of the chest
- ☑ Shins vertical
- ☑ Sitting tall with armpits above the height of the knees
- ☑ Spoons buried

## GRIP MID DRIVE



- ☑ Left hand in front (sternward) of and above right hand
- ☑ Thumbs on the ends of the handles
- ☑ Knuckles of right hand in palm of left hand
- ☑ Wrists flat
- ☑ Elbows at same height as wrists

## BODY SEQUENCE DRIVE



## BODY POSITION FINISH



- ☑ Body leaning back slightly
- ☑ Thumbs on the ends of the handles
- ☑ Handles drawn to the chest
- ☑ Wrists flat
- ☑ Elbows at same height as wrists
- ☑ Spoons buried

## BODY SEQUENCE RECOVERY



## GRIP MID RECOVERY



- ☑ Handle held in fingers
- ☑ Left hand in front (sternward) of and above right hand
- ☑ Thumbs on the end of the handles
- ☑ Knuckles of right hand in palm of left hand
- ☑ Wrists flat