





British Rowing Technique

10th January 2004 at York
University

With Colin Brown



Organised in conjunction with the Yorkshire
& Humberside Coaching Commission



British Rowing Technique

Establish British Rowing technique
using words, pictures and moving
images.



Finish with a long piece of video

Give time for questions



Technique

- Concepts
- Good Posture
- Grip
- Recovery
- Catch
- Drive
- Extraction/recovery





Technique

- Rhythm and ratio
- Sculling
- Sweep



Hang/Suspend the weight from the handle
Connection is low down in the body not in the shoulders



Hang/Suspend the weight from the handle

Connection is low down in the body not in the shoulders





Hanging the weight
on the blade.
Connection low down
in the body

Unless the blade is in the water the wheels should still be moving forward



- Left hand nearest the stern both in the drive and recovery phase



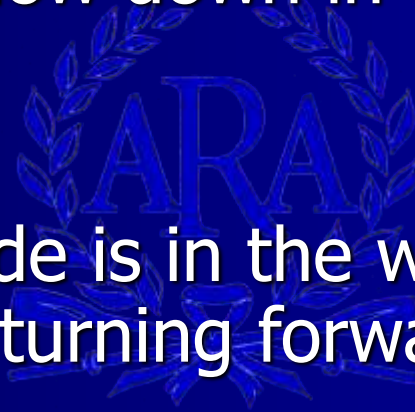


Long efficient strokes move the boat



Concepts

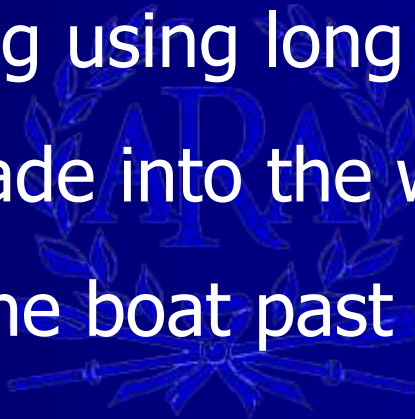
- Hang/suspend body weight on the handle
- Connection is low down in the body not in the shoulders
- Unless the blade is in the water the wheels should still be turning forward
- Hands out from the finish at the same speed they come in





Concepts

- Left hand nearest the stern both in the drive and recovery phase
- Efficient rowing using long strokes
- Placing the blade into the water at the catch
- Accelerating the boat past the blade



Pelvis rocking over
from backstop





Rock over to a comfortable and strong posture lower back set at catch



Shins vertical no gap between thighs and body

Link together 'kinetic chain'

Rock over from the Hips





Good posture

- Pelvis rocking over from backstop
- Rock over to a comfortable and strong posture
lower back set at catch
- Shins vertical no gap between thighs and body
- Link together 'kinetic chain'
- Place and push



get the right
size hand
grips

blade in base of fingers
with thumbs on the end
of the blade



As you approach the finish the blade is in base of fingers with very slightly arched wrist



Romanian Women's Pair World Champs



grip for rowing no
more than 2 hand
widths apart

get the right size
hand grips



Grip

- spend some time looking at this
- blade in base of fingers with very slightly arched wrist
- grip for rowing no more than 2 hand widths apart
- get the right size hand grips



Good organisation of body movement



Good organisation of body movement



Weight transferred early onto the feet

Good organisation of body movement

Hands body and slide
All body swing by half way
up the slide





Prepare the blade for the catch by squaring early as the blade handles pass the knees
Body pre-stretched and ready for the catch on the last part of slide



Recovery

- Good organisation of body movement
- Smooth movement forward
- Weight transferred early onto the feet
- Hands body and slide
- All body by half way up the slide





Recovery

Prepare the blade for the catch by squaring early
as pass the knees

Body pre-stretched and ready for the catch on last
part of slide



Back set at catch
Body in pre stretched position



Put blade in where reach to
The catch is taken with the hands
moving towards the stern



Raise hand from the
shoulder to place
blade in the water

Lock up face of
blade in the water





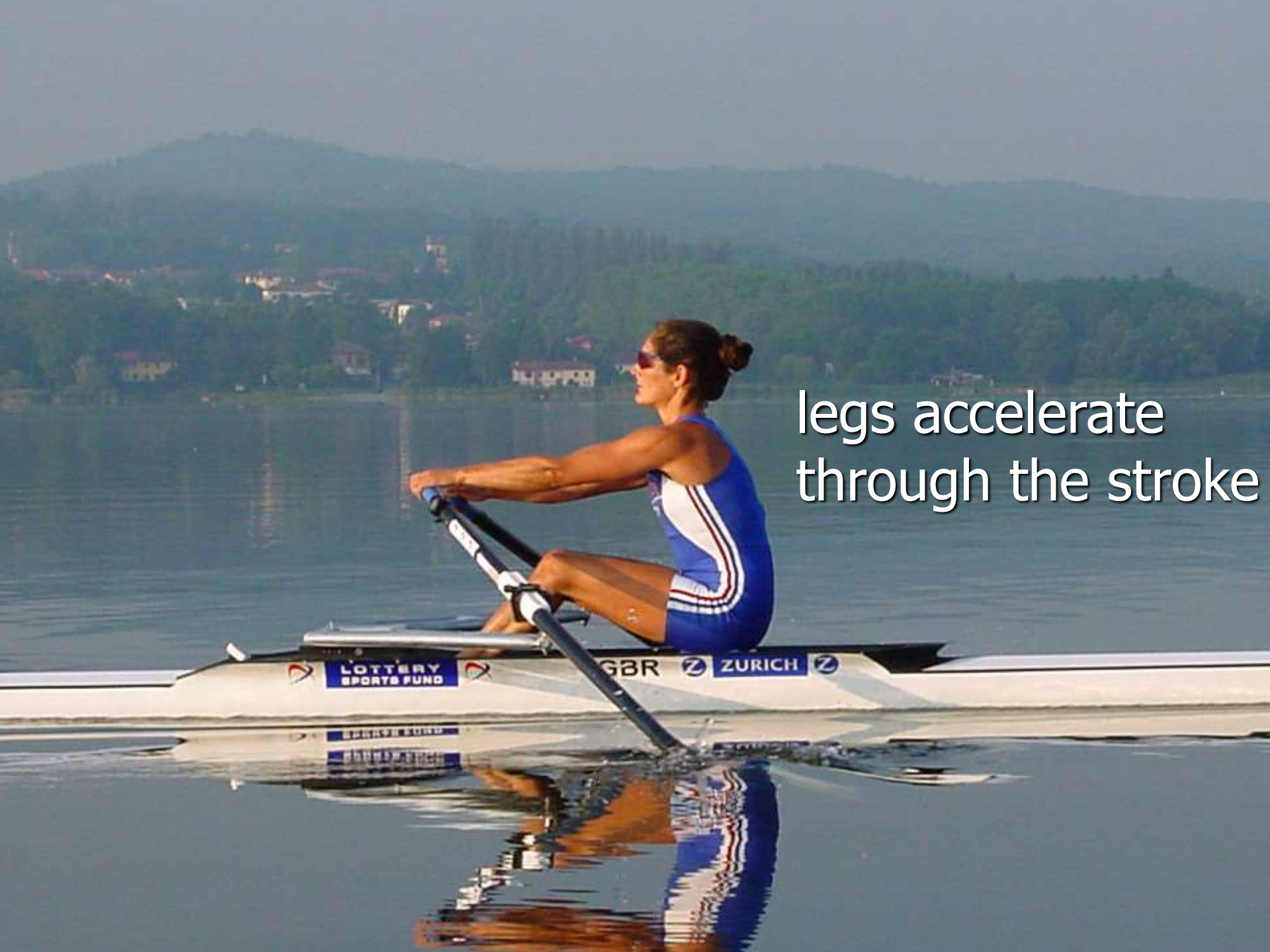
Catch

- Back set at catch
- Body in pre stretched position
- Put blade in where reach to
- The catch is taken with the hands moving towards the stern
- Raise hand from the shoulder to place blade in the water
- Lock up face of blade in the water



legs and then
body



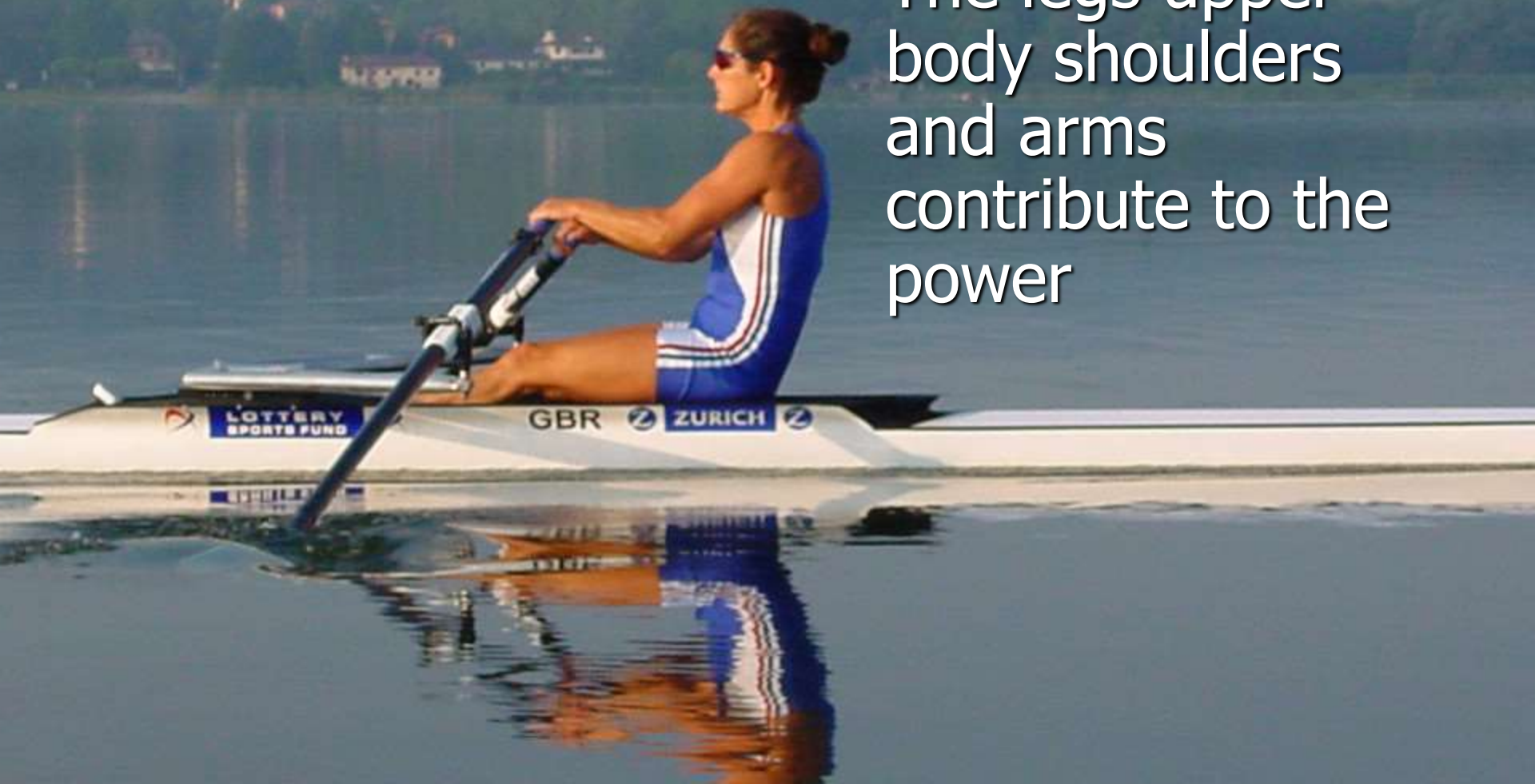


legs accelerate
through the stroke

The back opens when the handle is in front of the knees or about 1/3rd of the way through the stroke



The legs upper
body shoulders
and arms
contribute to the
power



The legs upper
body shoulders
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Drive

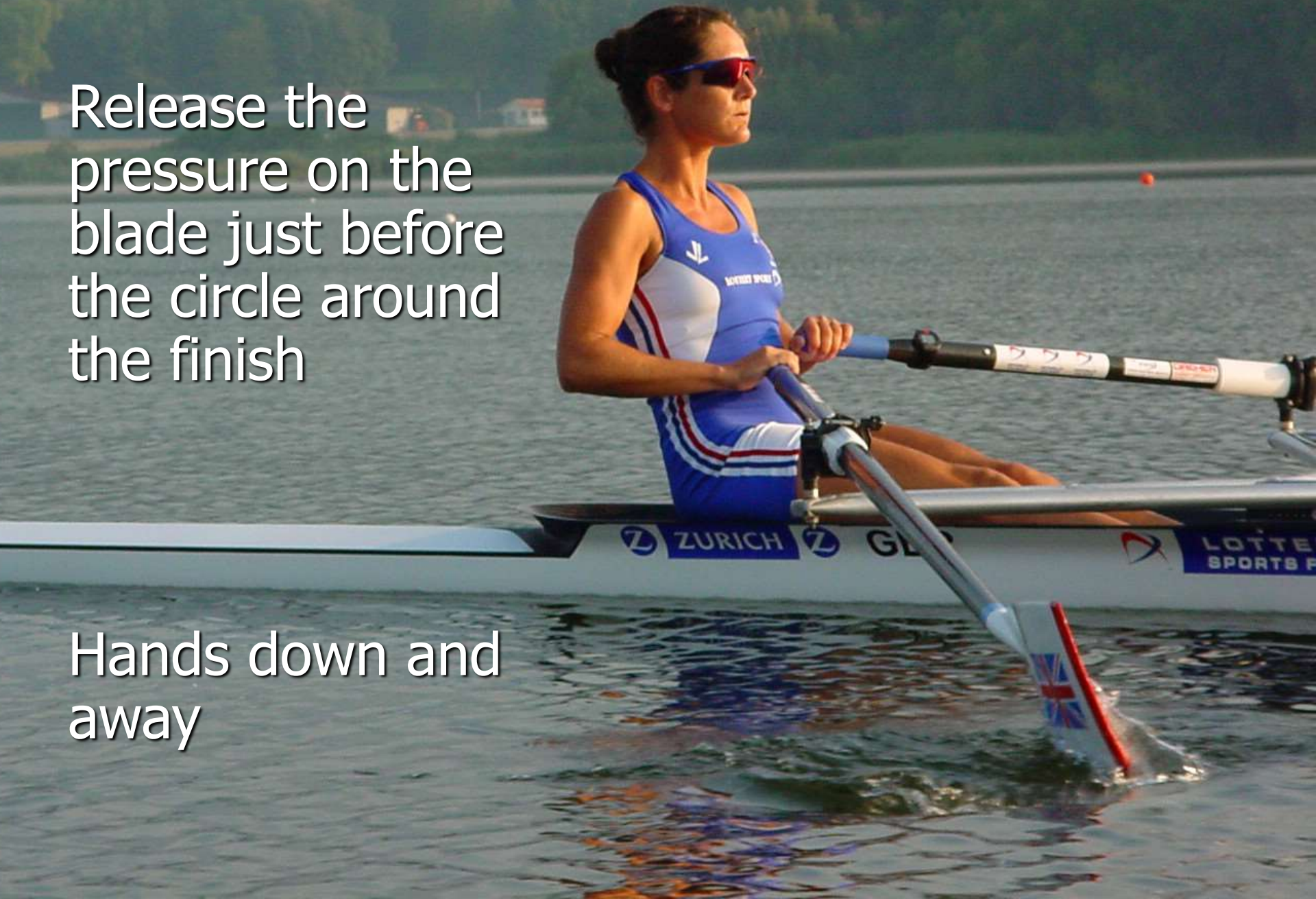
- legs and then body
- legs accelerate through the stroke
- back opening when the handle is in front of the knees or about 1/3rd of the way through the stroke
- legs upper body shoulders and arms contribute to the power



Brush T- shirt with
the thumbs
Blade square as long
as possible

Release the
pressure on the
blade just before
the circle around
the finish

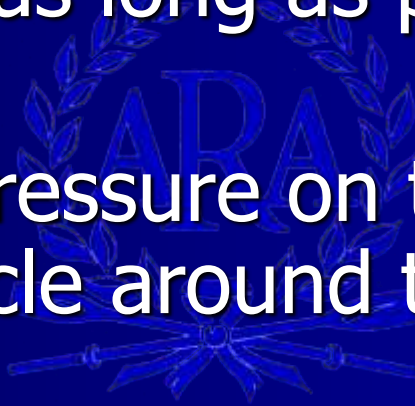
Hands down and
away





Finish/ Extraction

- Brush T- shirt with the thumbs
- Blade square as long as possible
- Release the pressure on the blade just before the circle around the finish
- Hands down and away







Rhythm and ratio

- An increase in the rate should be reflected in an increase in boat speed
- As the boat accelerates the athlete will move at a quicker speed due to the run of the boat



Rhythm and ratio

The boat is moving under the athlete not the athlete up the boat

Even at 36 the athlete should feel they have time and control into the catch, emphasising the last quarter

It is crucial at higher rates that the finish is held in or the rhythm will be compromised





Sculling

Crossover left hand in front of right and slightly above the right. Keep this relationship both during the power and recovery phases



Sweep

The weight is in the outside hand

Hand following the blade around to the catch and finish. This allows the large muscle groups to be used.