



Tech Workshop



October 2024

Focus

- Looking at the finish onto the recovery

Areas to consider:

- Body position
- Hand position
- Blade position
- Movement of the hand(s) from the finish
- Keep in mind your bodyweight



Body position @ the finish



Key aspects:

- Sit still!
 - Trunk engagement
 - Square hips & weight held equally on the front of the seat
 - Shoulders - rotation & inside dropped into rigger, outside up and supported through the lat
 - Wrist & elbow
 - Swing - how much? Think 11 to 1
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- Where is the weight and where do we want it to go?

Handle position



- Aspects to check:
 - Button/collar pressed into gate
 - Flat wrists
 - Handle into ‘sweet spot’
 - Press handle UP to body, don’t pull body DOWN to handle
 - Is it set up (stretcher, feet height, gate height etc), unstable platform or is it your inconsistency that is not giving the correct position?
- Hand speed in & out - only really applies to paddle, but too much time at the back is inefficient → hands need to flow (think same speed out as speed in - reflect the rate, set the rhythm)

Blade position



- Extraction is not a vertical motion - use the momentum of the shell to extract the blade → blade rolls out of the puddle
 - Reinforce this from stationary with 45° blade angle when going off to paddle
- Total length vs effective length - press finish, but don't hold it in for longer than needed - fine margins
- We need to be able to extract the blade from the puddle at the finish - feathering will remove the spoon from the water, we ONLY need to add a small amount of weight to the handle initially to aid extraction
- Flat - key word/terms for coxes

Blade extraction



- On the blade extraction, think about pressing the bottom edge of the spoon away from you
- As the handle reaches the body, start the feather in time with the release of the ‘work’ on the handle
 - The amount of slip at the finish ‘should’ not be affected, as long as you are supporting the handle into the body - this doesn’t change
- By having a strong and supported outside shoulder, and by engaging the trunk to support this position, you will be able to hold the body still while the momentum of the boat aids blade extraction

Movement onto the recovery

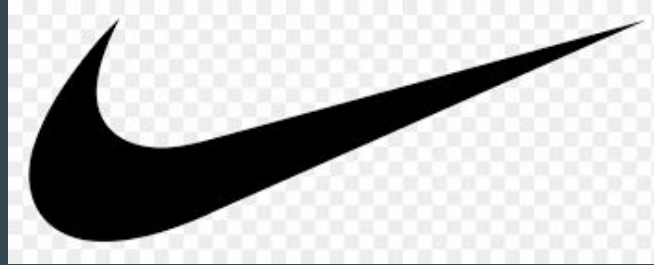


- Push the hand(s) first - keep the body still, hold it by actively engaging your trunk - no 'shuffling' in seat, keep central, keep strong
- Hand leads the body - shoulders need to be set in front of the hips before the knees break - if the knees break before the hand has cleared them, it forces the spoon back to the water
- Body movement is completed with NO additional movements to come from the body into the catch - keep still, no lateral movement - think linear
- Profile of the hand is on a diagonal towards the feet, gradually increasing the room under the spoon until $\frac{1}{4}$ slide, at which point the hand(s) run flat until we need to lift them to make the catch on the next stroke

The Nike swoosh



- As a rough guide, the famous tick can be used to help visualize the intended movement



- Aim to feed the hand(s) gradually down and away to $\frac{1}{4}$ slide, then run them flat before raising them as they past the feet so that we can start to make the hook for the next stroke
- Want to come away from big shape at the finish the 'C-shape'
- Q: why?

Further detail for performance squads



- Weight at the finish - held on the front (nearest the stern) portion of the seat
- Contact with hips, outside hand and toes (press into footplate). This is achieved by holding the trunk and keeping the chest supported - think about pinching the shoulder blades together at the finish
- Need to transfer that weight back to the footplate for the next stroke. Need to get weight from seat to hand → push the outside hand and lock out elbow THEN rock
- Move the hand in a diagonal motion from the body towards the feet until the rock over is completed. The amount of weight held in the outside hand remains consistent on the recovery, it is following a diagonal pathway **until 1/4 slide**
- After this point the hand should not run any lower to the feet, that is the 'base' of the tick motion, it remains flat until we need to start to lift the hands once they have passed the feet

Complete the horizontal
feed by $\frac{1}{4}$ slide



Hands then run flat
until we need to start to
lift them to start the
catch

Hand(s) should follow this
profile on the recovery



Case studies

Aus M4- 2018

<https://m.youtube.com/watch?v=1AtIYPAacxo>



Feel free to enjoy that chit chat with the crew, but if you slow the video down **from 1:36 in** - you get some side on of the 4- paddling, look at the movement of the hands, they gradually create more room under the blade and once set at 1/4 slide they run the hand flat until they need to lift them once passing their feet.

Q: how are they extracting the blades?

Q: what is happening on the recovery?

Q: what is the effect on boat speed?

Case studies

Leander Visitors 4- 2018

<https://m.youtube.com/watch?v=u0niX>



Similarly look around **50 seconds in** at how little movement there is in the hand height beyond that initial small shape creation along the diagonal to 1/4 slide. This crew really epitomises this desired technical model - feel free to find their videos from HRR 2018 and see how this translates to higher rates.

Q: what does this shape profile enable them to do? (look at how the shell runs)

E.g. CUBC last week!



Apologies for my poor filming - worth noting too that this is a build into a burst at r36+ but, the movement off the back and how the handle progresses beyond $\frac{1}{4}$ slide towards the feet on a flat linear plane before being hooked is representative of the profile we are looking for:

<https://drive.google.com/file/d/136xEsl-jQjWsBHjIOC6ohMEUT-56ETQs/view?usp=sharing>

Squaring



- At higher rate this is less of a factor as you have less time to overthink
- Importance of squaring is to be prepared for the next catch
- Earlier square can force unity on recovery and give reference to good carry height
- BUT - caution with the body at the finish, athletes distort their 'normal' finish position and also overcompensate with too much shape
- Good drills include:
 - Pausing (bodies over, $\frac{1}{4}$ or $\frac{1}{2}$ slide)
 - Flick square at bodies over
 - Square - feather - square (to bodies over, $\frac{1}{4}$, or $\frac{1}{2}$ etc.)
 - Cutting the cake on the square

Questions?



- Feel free to send me clips of your rowing/your crews rowing
- There are many approaches to this - practice and experience indicates this is more efficient
- Changes will take time - actively thinking for over 10,000 strokes...!