



# Coxing Guidance



October 2024

# The Hymn Sheet



Aim - to have unity across all senior squad (men's & women's) boats, regardless of ability

Common threads to have:

- Approach to the warm-up (and variations thereof)
- Defining backstops
- Movement off the finish
- Implementing changes
- General alertness & coachability

# The warm up



The duration of each of the below steps is to your discretion, equally not every step needs to be done every session. A condensed version should be used when time is tight OR on race days, where warm up paddle room is restricted. To be done in 4s (if in an VIII).

Key aspects:

- Start at the catch, top edge of the blade buried
- Legs only (inside arm behind the body) - watch out for bent arms, load being taken in the shoulder(s)
- Legs & backs - emphasis hip hinge, can talk about suspending body weight and holding body on front of the seat
- ***Change to current practice*** - inside arm down the loom while remaining at legs & bodies
  - Can add in woodchop inner grip but remain at legs & bodies
- Arms in (normal hand placement & grip) and **straight onto feather**

# The warm up cont.



- Once up to full slide feathered and once all are warmed up, go into full crew single stroke pauses at the finish (blades at 45°, bottom edge on the water)
- Progress to pausing every other stroke then to every 3rd stroke before de-kitting and commencing the body of the session
- The addition of extra drills/pauses/progression through the warm up will be dependent on the crew & coach

# Defining backstops



- Approach to starting any form of paddle should be that the blade should **NOT** be squared and buried before the ‘GO’
- Athletes should sit at the finish with the blade at a 45° angle
- Upon ‘GO’ we are not encouraging a tap down, merely feather to release the water and push the hand to begin the weight transfer on the recovery
- This can be reinforced by the drill pausing at the finish, blades at 45° (and it is in the warm up...)
- If on the ‘GO’ there is no set and blades are dragging, stop and restart - have **HIGH** standards.

# Movement off the finish



- Encourage the athletes to push the hand first - keep the body still, hold it by actively engaging your trunk
- 'Hands lead the body' - key wording to be used. 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
- 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
- $\frac{1}{4}$  slide is the key point to be set by on the recovery - use this for pausing/cutting the cake

# Implementing changes



- Whenever we start a paddle from stationary, actively use the wording **‘three and in’** - build the boat speed over the first 3 strokes to get it up and running
- Whenever we want to initiate change, be it rate or pressure, again give the crew 3 strokes to transition
- Direct and clear time frame targets are more efficient
- If changes don't come after they are asked for, address this immediately

# General alertness & coachability



- Being on top of a crew and the surroundings are key, particularly on the Cam - if we are intending to move, have the crew ready at backstops to get them going asap
- Take the initiative when it comes to overtaking (safety very much a priority), however if we are able to get ahead of traffic, use rate to do so
- Listen to key words/phrases being given from coaches on the bank - repetition is more effective if coxes also repeat guidance
- Over time, coxes should be increasingly competent to run sessions and feel comfortable identifying issues and making use of their knowledge of drills to try and address these issues. Don't wait for approval to do them, however ask if you are unsure and ultimately if the coach disagrees with the decision, the next question should be 'where to' not 'why not'