

| Practice Timeline |   |    |    |    |    |                          |    |    |    |    |                         |    |      |     |      |     |      |     |      |     |      |     |      |   |           |  |  |                |  |  |
|-------------------|---|----|----|----|----|--------------------------|----|----|----|----|-------------------------|----|------|-----|------|-----|------|-----|------|-----|------|-----|------|---|-----------|--|--|----------------|--|--|
| 0                 | 5 | 10 | 15 | 20 | 25 | 30                       | 35 | 40 | 45 | 50 | 55                      | 60 | 1.05 | 1.1 | 1.15 | 1.2 | 1.25 | 1.3 | 1.35 | 1.4 | 1.45 | 1.5 | 1.55 | 2 |           |  |  |                |  |  |
| Welcome/Intro     |   |    |    |    |    | Launch                   |    |    |    |    |                         |    |      |     |      |     |      |     |      |     |      |     |      |   | Dock      |  |  |                |  |  |
| Dynamic warmup    |   |    |    |    |    | On Water Warm-up         |    |    |    |    |                         |    |      |     |      |     |      |     |      |     |      |     |      |   | Warm Down |  |  | Stretch        |  |  |
|                   |   |    |    |    |    | Practice plan/Erg review |    |    |    |    |                         |    |      |     |      |     |      |     |      |     |      |     |      |   |           |  |  | Session Review |  |  |
|                   |   |    |    |    |    |                          |    |    |    |    | Practice pieces/ drills |    |      |     |      |     |      |     |      |     |      |     |      |   |           |  |  |                |  |  |

### Welcome Participants

- Welcome participants by name as they come, take attendance so you know if anyone is missing

### Dynamic Warm-up

- Start Dynamic Warm-up and allow any stragglers to join as they come

### Practice Plan and Technique review

- This session focuses on a linear handle path, feather and squaring, grip, body position coming up the slide, speed into the catch
- Start the erg warm-up rowing  $\frac{1}{4}$  slide enforcing the strong body position at the release from the previous session. As they come up the slide talk about holding the knees down and having a linear path of the handle coming from the body towards the cage, thinking of the body shifting forward out of the release before the knees break.
- Increase slide movement to  $\frac{1}{2}$  slide,  $\frac{3}{4}$  slide and full slide having participants control the handle speed as they travel further on the slide.
- Although an erg handle and an oar handle are quite different it helps to review the grip on the erg to look for overly tight grips and the angle of the wrist.
- Discuss the use of the feather and square, show grip change. (don't use the erg handle due to the tension of the chain)

### Launch

- Have the athletes get out the oars, grab water bottles and ensure any required safety equipment is ready before putting hands on their boats.
- Trying to keep this process quick is important as the rowers are now warm and ready to row.

### On Water Warm-up

- Starting individually or in pairs start a stroke progression on the square with feet out carrying over the idea of the release position from the last session.
- This warm-up time is a great time to do individual focuses on skills that were covered in a previous session

### Pieces and Drills

- With feet in you can now do a multi pause drill to focus on the sequencing of the recovery. Having pauses in the recovery forces control of the legs and allows the coach and athlete to do a check to see if the proper body angle is maintained
- Finish to catch drill for individuals or pairs will reduce the boat instability as other hold the set.
  - It gives rowers time to focus on the speed they are travelling up the slide and the height their blades are travelling off the water.
  - Individually or in groups start with bobbing to get the clean movement happening at the release then using a coxie or bow person have them call the roll up
- Now it's time to introduce the feather, try and find a calm and quiet place where you can send time sitting without risk of drifting into shore or a flow pattern
  - With the boat stopped have the rower(s) with blades off the water have them go from feather to square without placing the blade in or on the water.
  - Then have them start with their blade(s) buried, tap out of the water, go to the feather, square back up, and place back in the water.
  - Now progress with the finish to catch drill using 3-5 bobs at the release, release the blade, place on the feather travel up the slide and place in the water at the catch without taking a stroke.
- Starting at  $\frac{1}{2}$  slide begin to row using the feather making the time spent on the feather very short. As they get comfortable have them go further up the slide but still squaring up early in the recovery

- As the feather gets more comfortable bring in an Air Strokes drill to help tie in the handle speed and pivot of the body out of the release with the feather.
  - Have them do an air stroke every 2/3 strokes
  - Have them do the air strokes on the feather and the square (alternating every 10-15 strokes)
  - Make sure the out and back of the air stroke is done in a controlled manner
- Spend time rowing with no drills just letting them think about using the feather
- If grips are getting tight and blades are going in and out at bad angles bring in a Piano Fingers Drill

#### Warm Down

- As this session wasn't overly strenuous this can be abbreviated but it's a good time to just allow rowers to row without coaching and try and process the feedback they received during the session

#### Dock

- Coming in slow and enforcing who has control of the boat and that only one person should be giving direction
- Encouraging everyone being quick and efficient on the dock

#### Stretch / Session Review

- Review with the crew about pros and cons of the row
- Take time to answer any questions and then make notes on the assessment cards while everything is still fresh in your mind

#### Drill Explanations:

**Air Strokes** – this drill will help people think about the shift of weight from the back of the seat on the front of the seat before breaking the knees on the recovery. It can be done on the square or the feather depending on the skill level

- Once the blade is released have the athlete send the hands away followed by the body pivoting from the lean back to a leaning forward position with knees locked down and arms extended fully. Then without the blade touching the water draw the handle back into the body (taking the air stroke). Then resume the full slide recovery up for the next normal stroke. You can do an air stroke every 2 or 3 regular strokes to allow the rowers an opportunity to apply the skill to regular rowing.
- The goal is to stay controlled and the shoulders shifting from behind the hips, in-front of the hips and back to the release

**Piano Fingers** – intentional loosening of the grip and the wiggling of fingers off the handle while on the recovery

- This drill is used when grip is too tight and the rower has lost the feeling of the sleeve within the oarlock
- When on the feather or square have the rower wiggle fingers enough that they are visibly off the handles as handle is pushed away from the body on the recovery
- Very effective for sculling but good for sweep as well especially for the inside hand
- Be sure the wrists stay flat and the rower isn't trying to wave but the fingers are still pointing down

**Inside / Outside hand Drill** – (this is a sweep only drill) As we start to teach the feather often the idea of a flat outside wrist is lost in the focus of rotating the handle from feather to square

- On the square just have the outside hand on the handle and row lightly having the rower think about the hand as a stiff hook that pulls from the fingers, pushes down from the top of the palm and leads away from the crook of the thumb
- On the feather with the inside hand only take a light stroke then extract the blade and feather only using the inside hand
- It may work better to have the outside hand acting as a guide for the inside hand but only allow the outside hand to push down with a flat palm to enforce the notion of only the inside hand doing the feathering

#### INTERNAL CLUB NOTES:

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