

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																													
												Practice pieces/ drills																							
																						Session Review													

Welcome Participants

- Welcome participants by name as they come, take attendance so you know who you are missing

Dynamic Warm-up

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

Practice Plan and Technique review

- This session is focused on proper placement of the blade at the catch. Although the feeling of placing the blade can't be simulated on the erg we can look at the approach to the catch and the feeling of finding immediate connection at the catch.
- Use a strapped handle or someone holding the handle to get rowers to hang off the handle at the catch. Arms should be extended, shoulders relaxed, core engaged so that when leg pressure is applied the upper body stays solid and the bum rises off the seat.
- The rower should be hanging off the handle with bum slightly off the seat in an ideal catch position (shins vertical, chest out, back flat, heel close to the foot stops)
- Once they can hold their upper body angle allow them to row freely thinking of that immediate connection and pressure on the catch
- Explain the idea of a gun-whale/ leg tap drill and how it will help with the raising of the handle into the catch once it's been squared up

Launch

- Once oars, water bottles and safety equipment is ready take the boat down and get ready to launch

On Water Warm-up

- Starting individually or in pairs do a pause progression warm up with pauses occurring every 3rd stroke
- Pauses at arms away, body away, ¼ slide, ¾ slide. Start with all 4 pauses then gradually reduce the pauses so that you only have a pause at arms away.
 - Not pausing at the release to encourage fluid movement of the hands
 - Pausing at ¾ slide to remove the lunge and acceleration into the catch
 - Do this with feet in and on the square
- Follow that with either an Air Strokes drill or an outside hand only drill.
- This warm-up time is a great time to do individual coaching on parts of the stroke that were focused on in previous sessions

Pieces and Drills

- Begin the session rowing at a moderate rate 20-22 working to get the entire boat rowing together on the feather
 - As they row together try and keep the rate low
 - Explain the concept of check in the boat and that the quicker they rush into the catch the more the boat will slow down
 - Have them row with a slight pause at ½ slide to break up the weight transfer into the stern
 - In smaller boats or boats without coxies the people in the stern can see this effect the stern as it gets lower to the water as people shift to the catch
- Pause for a minute to do a quick bobbing at the catch drill to have everyone focus on the movement of raising and lowering the handle(s) at the catch
 - This movement should come from the shoulders not from bend elbows.
- Bring in a gun-whale tap/leg tap drill to get the feeling of rising handles into the catch for maximized arch connection
 - The tap will also act as a pause to break up the recovery and reduce the acceleration into the catch
 - If they are on the feather have them square up after the tap to be sure blades are off the water and ready for entry
 - It will take some time to get the feeling of rising into the catch but constant feedback is good for this drill

- From here we are going to find a place out of the traffic pattern to so a backing and loading drill.
 - This is a carryover from the erg drill where we hung off the handles
 - The Backing and Loading drill really emphasizes the feeling of a solid connection to the water at the catch and how to hold the core tight to connect the drive of the legs to the handle.
- Once they have done the backing and loading drill have them row for a while thinking of the handle(s) moving up in the last ¼ of the recovery to allow the blade to meet the water at the apex of the recovery.
- A natural progression from here is to start doing the back splash drill to really feel the water at the maximum arch.
 - The back splash drill brings all the lessons of the day into one action, the handle rising to the catch, blade entering the water at the apex and the immediate connection at the catch
- Row at a lower rate to better focus on these skills for the remainder of the on water time

Warm Down

- Take time to row at a lower intensity to bring the heart rate down as you head back to the dock

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:

Backing and loading drill (square blades) – getting rowers to get the feeling of a strong catch position

- In pairs or individually take 2-3 stokes backward (get the boat travelling backwards) and on the 2nd/3rd backing stroke hold the blade in the water for a slight pause to allow blade to be dragged towards the bow
- Then take a full stroke watching for blades staying submerged and backs not collapsing as power is applied on the legs
- Athletes who have issues getting their hips through the pin should feel them pull up the slide but when the desired catch position is achieved they need to hold firm and resist the water from pushing them further

Bobbing at the catch (square blades) – gives rowers and instructors an opportunity to focus on the movement needed to place the blade in at the catch cleanly without compromising the strength of the catch position

- Getting a feel for the handle height difference between buried and clear of the water
- Enforcing the placement at the catch is a movement from the shoulders and not an opening of the back or bending of the arms

Back-slashing drill into rowing (square blades) - Using the idea of over-exaggerating the blade placement will help rowers learn how their hands need to move in the final ¼ of the recovery and will fight the tendency to sky the blade before the catch.

- Rowing on the square have the rowers try and splash backwards as they come up to the catch
- With closed eyes, eyes forward or watching the blade which sweeping can all be opportunities for the rowers to think about the path of the blade as it comes to the catch.

Gunwale/leg tapping drill – takes the thought of a linear handle pathway from the release and adds a drop of the handle which will force the rower to lead the handle up towards the catch. Great for reducing skying at the catch.

- rowers raising the hands into the catch after the blade is squared up
- blade should be on the feather as handles pass over knees, at the body over position the handle is lowered to the gun-whale or legs, after the tap the blade is squared up and the rest of the recovery is done with the handle on a consistent trajectory upwards to the catch.
- Scullers will tap their knees and sweep rowers will tap the handle on the gun-whale

INTERNAL CLUB NOTES:
