

# DRILLS

## Grip Drills

Aiming for correct overlap on both drive & recovery  
Left hand leading both ways, in fingers, right hand tucked  
Ensure thumbs in correct position at all times

### “Fingers”

- Have rowers row using only fingers; starting with index finger only
- Add in each finger until all four are gripping handle
- 20 strokes each finger

### “Hands-Away Pause”

- 1 / 3 / 5 / 10 strokes, pause hands away
- Ensure pause is *minimum* of 3sec, allow rowers to visually check grip

### “Thumbs”

- Must have 50% of the crew setting the boat while other 50% perform drill
- Start at finish w/ proper grip
- “Flair” fingers out straight
- Using only their thumbs, athlete moves oar from finish to the catch
  - all feather; no squaring at finish or catch
  - outwards pressure out into catch position

## Body Position Drills

Aiming to establish correct body position  
Strong and relatively straight back  
Sit bones engaged at all points in the stroke  
Pivot from hips

### “Hands & Body Away Pause”

- 1 / 3 / 5 / 10 strokes, pause hands and body away
- Ensure pause is *minimum* of 5sec
  - Check and correct position during pause

### “Feet out”

- Place feet on top of shoes (\*Note: do not let rowers “crush” heels of shoes)
- Add this into other drills, as it forces proper finish position

### “The Sitbone Swing”

- All four drill
- Have crew start at finish
- Focusing on pivoting forward through the hips, crew travels into the catch, pause
- Use feet to “pull” the catch to them, rather than going to meet it
- Aim is to travel towards finish line, without actually taking a stroke

### **Sequencing Drills**

Aim is to have crew moving all together in both directions

#### “Pause”

- Any pause drill works very well for this
- Finish / Hands away / Hands and body away ; individually or all three in one pause cycle
- 3 / 5 / 10 strokes

#### “Eyes Closed”

- Rowing continuously, rowers alternate every 5 / 10 / 20 strokes eyes open / closed
- Learn to “feel” the rhythm of the boat
- Learn to “hear” each other at the catch and finish

#### “Switching”

- 3 rowers, 1 out; switching every 10 / 20 strokes
- Start with bow out; move to 2-seat; then 3; then stroke; back to bow
- Trying to have as little disturbance in the rhythm as possible

### **All Four Drills**

Aim it have whole crew moving as one

Maintain a straight course over any distance

#### “God the Coxwain”

- Bow person establishes course
- Stroke seat marks a fixed point on horizon
- *Under a very watchful eye from coach*, crew tries to get to “finish line” without any course checks.
- Start with small distances, move to larger as crew improves

#### “Pause”

- Any pause drill works very well for this

- Finish / Hands away / Hands and body away ; individually or all three in one pause cycle
  - 3 / 5 / 10 strokes
- “Gunnel”
- Like “Switching”, only with 1 or 2 rowers in/out
  - “Out” rowers sit at hands & body away pause position
  - Hands are pushed down to as low as is physically possible onto the gunwales
  - 10 / 20 stroke cycles

## **Tactical Drills**

Aim is to have crews able to switch power / rate on the fly  
 Crews able to finer aspects of the sport

### “Starts”

- Break it down into 3 parts: 1<sup>st</sup> 4; high 20 ; settle 20
  - Note that when learning - high 5/10; settle 5/10
- 1<sup>st</sup> 4
  - 1/2 ; 1/2; 3/4 ; Full
  - Vertical body position
    - “legs and arms only”
- High 20
  - Maintain vertical body
  - Quickness and control
    - do not sacrifice control for quickness!
    - find the “max” rate
- Settle 20
  - Add body swing; “18, 19, NOW”
  - Lean back on “now”, then swing forward
  - focus on the “now” stroke +/- 2

### “Move”

- 40 stroke cycle
- 5 @ (..) stroke rate ; 20 up (..) beats ; 5 back to start rate
- Maintain uniform pressure throughout
- Teach that the rate happens “through the water”, not “on the slide”

### “Sprint”

- Learn to move rate up 2 beats every (..) strokes
- Generally 40 – 80 stroke cycles
- As rate goes up, back to “legs and arms” (start) style of rowing

### “Square”

- Adding square blades to any of the above drills works great

- As long as crew/athlete is ready

- *“If a crew/athlete can do it on the square, they can do a lot of other things correctly as well.”*