



**Session** 2

**Module** 4

**Duration** – 60 min

### **New Skills:**

- Arms, Body, Slide Sequence

### **Prep**

Consult master checklist, have experienced rowers to ensure adequate stability of the boat. Review Module 2 for key technique points and sequence covered. If progress is good, there are drills in Modules 7&8 which can be introduced earlier. If rowers have sculled in Module 2, consider sweep rowing in Module 4, etc.

### **Alternative plan**

Most parts of this module can be conducted on the ergs if needed. The only exception is in teaching the rowers to slow the boat and to stop the boat. If you have a rowing tub/tank or static boat at the slip to demonstrate, this would allow you to cover all skills in the module.



**Session 2**  
**Module 4**  
**Duration** – 30 min

## Session

**Crew Brief** – relay that the session will include;

- Learning/Reinforcing the proper sequence of the stroke, either on the erg or in the boat
- Learning how to stop a boat
- Practicing how to row backwards with one oar to help turn a boat

**Recap** skills introduced in Module 2, ask one participant to correctly explain and demonstrate 1 item each and make corrections/adjustments as needed (if necessary, get an experienced rower to demonstrate);

- Getting in and out of boat safely
- Proper grip and posture
- Arms, Body, Legs

### Arms, Body, Slide Sequence

- Take time getting the boat OTW, and crew into the boat, coaching them where necessary to remind them of correct way and safety considerations, adjusting foot stretchers as needed.
- Show rowers the slide and indicate the  $\frac{1}{4}$ ,  $\frac{1}{2}$ ,  $\frac{3}{4}$  and full slide positions for the seat.
- Once they are all comfortable and ready have them number off and push away from slip with all crew in safe position.
- To remind them of the control they have over the balance and stability of the boat, quickly do a simple balancing drill, as in Module 2 (Arms).
- In 1's or 2's work through the crew rowing arms only and then arms and body. When not rowing crew should be in the safe position.
- Introduce the concept of  $\frac{1}{4}$  slide,  $\frac{1}{2}$  slide,  $\frac{3}{4}$  slide and full slid



$\frac{1}{4}$  slide, small break of knees after arms are straight and body is at 1 o'clock



$\frac{1}{2}$  slide, knees further towards chest, weight even on seat, seat half way along slide



**Session 2**  
**Module 4**  
**Duration** – 30 min



**Full slide, shins are vertical, arms are straight and body remains at 1 o'clock**

- In 1's and 2's work through crew at each point in the slide. Check for the following;

A slight tension in hamstrings before the knees rise

Arms remain straight and body remains forward as they go up the slide

Slide is controlled, blades are off the water as they slide

Shoulders and grip are relaxed, core is engaged

At full slides shins are vertical, if unable to get vertical check position or angle of foot stretcher.

Rowers should feel a stretch at full slide but be able to hold the position for a few seconds.

- Encourage them to take their time, work through the sequence fully and fluidly
- Stress technique rather than pressure through the water, they are just learning and not expected to move the boat.
- Once the rowers have demonstrated the skill individually you can increase the number rowing. If technique breaks down stop and start again.
- Find the positives and encourage the crew while making corrections to technique
- When you need to stop and turn the boat involve the rowers who are rowing at the time in the manoeuvre.

Demonstrate how to hold/stop the boat, with blades squared and buried.

Demonstrate how to row backwards on one side, let each rower try.

If skill level and time allows, demonstrate how to row backwards on one side and forward on the other to turn the boat (will need further practice)



**Session 2**

**Module 4**

**Duration** – 30 min

Return to slip and coach crew through returning the boat to the rack.

**Crew Debrief** – Quickly recap the new skills covered in this session (Safety, carrying/launching boat, slide sequence.) Give the crew time to tell you how they felt about the session, what they liked and what they didn't like.

Remember, a debrief is only effective if there is two way communication. Thank them for their time and make sure they know when the next session is scheduled.

**Conclusion** – At the end of the session rowers should be able to;

- Demonstrate the proper sequence of the recovery & preparation, either on the erg or in the boat
- Demonstrate how to stop a boat
- Demonstrate how to row backwards with one oar to help turn a boat.