



**Session 3**  
**Module 5**  
**Duration** – 60 min

### New Skills:

- Sequence from catch

### Prep

Module 5 will be conducted on ergs so make sure you have enough machines (and mirrors if possible) and they are situated in such a way that all rowers can hear and see you.

### Alternative plan

As the entire module is conducted on the erg no alternative plan should be needed. It could be achieved on the water if that is easier, but experienced rowers may still be needed for balance. If on water, it will be harder for the coach to communicate and give individual attention, and the session will take much longer.



**Session 3**

**Module 5**

**Duration** – 60 min

## Session

**Crew Brief** – Explain to the crew that this session is to reinforce and progress the skills they have already learned and well as break down the movements and sequence during the ‘drive’ phase of the stroke. By the end of the session they will be able to;

- Demonstrate the proper, grip, posture and sequence of the full stroke on the erg.
- Have more confidence in the sequence of the stroke from backstops to the catch.
- Demonstrate the correct sequence from the catch to the finish position on the erg.

**Erg – Reinforcement of prior learning** - This module should be used as a check point to ensure that the skills introduced thus far have been acquired on a basic level, we aren’t looking for perfection. At each point the rowers should be encouraged to ask questions and communicate.

- Put rowers on the ergs, making adjustments to screen, foot plates and resistance as needed.
- Have rowers demonstrate the proper grip on the erg handle, in the fingers with a loose hook, not in the palms holding tightly. Make corrections as necessary, verbally or by demonstration – avoid touching rowers. When happy with skill level, move on to;
- Rowing arms and body, emphasizing the arms first, then body swing, 1 o’clock position as they swing forward from this hips, keep head and shoulders up – they are moving on the horizontal, not the vertical. Make corrections, stay positive, draw the handle to the body and repeat.
- Rowing arms, body and  $\frac{1}{4}$  slide, emphasizing that  $\frac{1}{4}$  slide is only a small break in the knees, they should feel a slight stretch in the hamstring before they bend the knees. Make corrections, move on. **Don’t be afraid to go back and correct grip, arms or body portion of stroke.**



- Rowing arms, body, and  $\frac{1}{2}$  slide, emphasizing the sequence, and progression up the slide. Make corrections, move on.



- Rowing arms, body and  $\frac{3}{4}$  slide emphasizing arms are straight and body remains at 1 o'clock as they progress up the slide. Make corrections, move on.



- Rowing arms, body, full slide emphasizing the sequence, at full slides the shins should be vertical and shoulders relaxed. Make corrections; invite the rowers to do a bit of self-assessment of their strokes in the mirrors if possible.

**Erg – Posture, Grip, Sequence from catch** – Once you feel the crew has a good understanding of the skills above, it is time to give them a breakdown of the movements from the catch to the finish of the stroke. Briefly introduce and demonstrate the following;

**LEGS** - Push off the toes with your arms straight and body in 1 o'clock position







**Session 3**  
**Module 5**  
**Duration – 30 min**

**BODY** - Once legs are flat swing the body back to the 11 o'clock position



**ARMS** – Arms draw through to the body to finish the stroke. Check height is base of rib cage.



- Put rowers on the ergs, making adjustments to screen, foot plates and resistance as needed.
- Have rowers come forward to the full slide position  
 Legs compressed, shins vertical  
 Arms straight, shoulders relaxed
- Have them practice rowing legs only - flattening legs but keeping body leaning forward and arms straight. Check that body stays at 1 o'clock throughout.
- Add in swinging the body back to the 11 o'clock position once the legs are straight. Don't make it too mechanical a movement, we want to encourage fluidity in the stroke
- Once they have the legs and body in sequence, add in the arms, making sure they understand the main power from the stroke doesn't come from the arms, the arms are just finishing the stroke.
- Allow them to practice, encourage them to check mirrors for form as you move around the rowers checking their sequence from various angles. Correct and encourage along the way.



**Session 3**  
**Module 5**  
**Duration** – 30 min

**Note on sequence** – Coaches may choose to alter the sequence if this has been done in earlier modules.

**Crew Debrief** – Quickly recap skills covered in this session (grip, posture, arms, body, slide sequence and sequence from the catch). Give the group time to tell you how they felt about the session, what they liked and what they didn't like. Thank them for their time and make sure they know when the next session is scheduled.

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

- Demonstrate the proper, grip, posture and sequence of the full stroke on the erg.
- Have more confidence in the sequence of the stroke from backstops to the catch.
- Demonstrate the correct sequence from the catch to the finish position on the erg.