

Distance per Stroke



Technique Exercises

Why?

- Encourages rowers to think about how they can make each stroke as efficient as possible. It links together a number of drills such as rollups and sequencing drills, as well as grip and flat hands.
- The aim is for the rower to perform a controlled recovery to front stops / catch position, place the blade in the water where they reach (remaining in a strong position) and perform an effective drive (staying connected to the water through to a strong finish position), thus encouraging them to row an effective stroke length.

COACHING POINTS

Participants can decide initial number of strokes and set their own target to beat.

Watch out for participants who might have weak lower backs/core; encourage them to push with the legs.



Equipment

Boats and blades for each participant
Marker to indicate distance

Distance per Stroke



Technique Exercises

How?

- Green square: Pick a distance and see how many strokes it takes participants to cover the distance.
- Blue square: Record the number of strokes.
- Pink square: Repeat and aim to reduce the number of strokes it takes them to complete the exercise.

