

Eyes Closed Rowing



Technique Exercises

Why?

- This is an opportunity to really feel the movement of other crew members and the run of the boat beneath them, which will help them move together rather than just following, as well as moving with the boat.

COACHING POINTS

If the boat's rhythm starts to deteriorate get the participants to open their eyes. When things are back on track you can start the exercise again.



Equipment

Boats and blades for each participant

Eyes Closed Rowing



Technique Exercises

How?

- In a coxed boat, close your eyes whilst rowing.
- In a boat without a cox, the crew should take it in turns to close their eyes.
- For a rower in a single sculling boat, make sure they are on a stretch of water with no obstacles, guide them and limit the amount of time with their eyes closed.
- Learn to feel how the boat moves in order to stay in time rather than watching other people. If you are waiting until you see someone else put their blade in the water you will always be behind!

