

# Hands Down the Loom



## Technique Exercises

### Why?

#### Sweep Rowing:

Emphasises the use of the outside hand for maintaining connection of power to the blade through to the finish of the stroke. It will also help the rower to feel the weight of the blade in the hand.

#### Sculling:

Encourages the shoulders to stay low and wide for good posture at the catch.

#### COACHING POINTS

In sweep rowing the outside wrist should remain flat. Look out for participants who are feathering using their outside hand.



### Equipment

Boats and blades for each participant

Activity Cards

Level | Easy



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#### Extra Advice

Begin in stable boats, only some crew. Move on to whole crew and small boats.

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## Technique Exercises

### How?

#### **Sweep Rowing:**

- Put your inside hand on to the loom of the blade (or put your hand behind your back).

#### **Sculling:**

- Move both hands from the rubber grips and scull holding the blade loom.
- This can also be done square blades to help participants who have small hands and can't grip the loom of the blade.

