

# Racing Starts



## Technique Exercises

### Why?

- Emphasises the process required to get the boat moving.

### Progression

- Progress to 30 seconds or one minute pieces / races incorporating these racing starts.  
If you have two boats it's good to practice manoeuvering skills to make sure both boats are in the right place.

#### COACHING POINTS

Ensure that participants are not rushing the slide in the first two draw strokes, as this will counteract the point of these strokes.



### Equipment

Boats and blades for each participant

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## Technique Exercises

### How?

- This is usually done from a standing start.
- Come to front stops with blades squared and buried in the water.
- The next sequence (five strokes) can be altered according to what works best for the individual/crew. The aim is to get the boat up to top speed as quickly as possible.
- The following is a common sequence:
  - Two draws** – these are powerful strokes usually done at  $\frac{3}{4}$  slide with no body rock and with control.
  - Three wind strokes** – these are quick, punchy strokes with the hands moving very fast – usually at  $\frac{1}{2}$  slide with no body rock.
- Easy at hands away and let the boat run.

