

Roll-Ups



Technique Exercises

Why?

- Use to practice the catch preparation and placement at full reach. Look for early square and the blade being covered whilst the seat wheels are still moving forward.
- Can also be used to monitor posture during the recovery sequence and on placement of the blade.

COACHING POINTS

Remind the participants not to rush up the slide to place the blade in the water. The movement up the slide should be done with control.



Equipment

Boats and blades for each participant

Progression

- Beginners should do this exercise in a stable boat. Progress by completing the exercise in a single scull or with more crew members doing it together in crew boats.

Activity
Cards

Level | Medium

britishrowing

General Advice
At a higher level, can also be used to get the crew moving together.

Roll-Ups



Technique Exercises

How?

- Start from the finish position / back stops.
- Extract the blade, perform a controlled recovery sequence with the blade off the water (feathered) and place the blade in the water at the catch / front stops position.

