

Sequencing or Front end Sequencing



Technique Exercises

Why?

- Improves the sequencing of body movements throughout the stroke cycle. It is based on teaching the rower from front stops / catch position.
- It is a progressive drill with stages which gradually build the stroke length and corresponding body sequences, all from a strong catch position.

COACHING POINTS

If balance is an issue, you can get two participants to sit the boat, or do half the boat rowing, half sitting.



Equipment

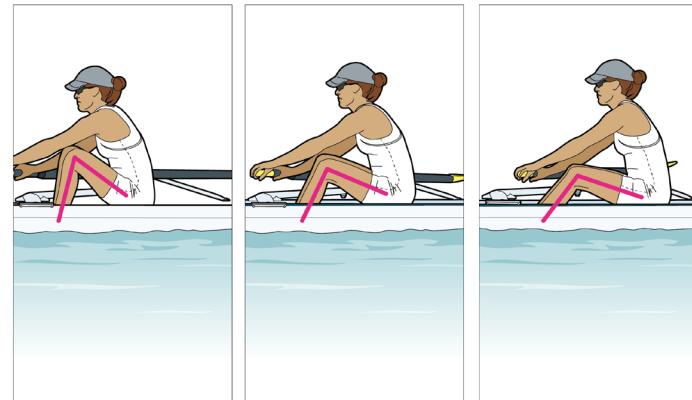
Stable boats and blades for each participant

Sequencing or Front end Sequencing



Technique Exercises How?

- Start the drill by sitting at front stops in a strong catch position and tapping the blades in and out of the water without any propulsion.
- The second part of the drill is to drive the legs flat, with no change in the body angle from the catch; learn where the legs lose traction and therefore where the hips should open.
- The third part is to add the hips, so that the duration of the leg drive is extended.
- Next, generate momentum from the shoulders to “break the elbows”, this is to determine the timing of the arm pull.



- The last part of the drill is to add in the arm pull but with release (light hands) at the end.

Activity
Cards

Level | **Medium**

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