

# Suspension and Drive



## Technique Exercises

### Why?

- The most important area for all rowers to grasp is the feeling of hanging the weight from the blade during the drive phase of the stroke. It also encourages rowers to push with the legs and not pull with the arms first.

### Progression

- The difficulty can be increased by trying to hold the position for a timed period.
- Try backing down and suspending the weight on the handles.

#### COACHING POINTS

Remind the participants that care must be taken when returning to the seated position as the seat might have moved and they could hurt themselves on the runners.



### Equipment

Boats and blades for each participant  
Stopwatch

#### General Advice

The best place to start this is on the rowing machine.

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## Technique Exercises

### How?

- Move to the catch position and place the blades squared in the water.
- Taking a stroke, drive into the feet into the foot stretcher and raise your bottom off the seat by no more than a few inches, aiming to maintain (a) suspension (b) straight arms (elbows will flex naturally at the end).

