

# Drills for Various Phases of the Stroke Cycle



KEVIN SAUER, UVA WOMEN'S ROWING

# Release: What's Important?



- Body position
- Handle position
- Timing
- Flow
- Connection through release
  
- Drills: Release to pause (stationary), Chop, Pair Circles / Snake, 1 stroke draw to pause (arms only, body, full slide etc.)

# Body Position: What's Important



- Everyone the same
- Biomechanics – In a good position to pull
  - Shoulders square to work
  - Connection through hips – “push / pry”
  - Leaning slightly into rigger
  - Grip
- Drills: Release, pause, square blades, one-side square blades, snake drill / pair circles

# Entry: What's Important



- Timing
- Connection
- Quickness / Anticipation
  
- Drills: Catch Drills, quarter slide cut, square blades, legs only, hydroplane

# Drive: What's Important?



- Connection from catch to release
  - Acceleration – “push / pry”
  - Moving together / same force curves
  - Strong body position
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- Drills: Pair circles / snake drill, square blades, legs only, add-in / flow drill, hydroplane

# Release and Preparation



- Video URL:

[http://www.youtube.com/watch?v=RHa\\_m7RXvnU](http://www.youtube.com/watch?v=RHa_m7RXvnU)

<http://www.youtube.com/watch?v=pms8nMaGlBc>

<http://www.youtube.com/watch?v=pHoMwiBuovo>

# Entry / Drive / Timing



- Video URL:

<http://www.youtube.com/watch?v=y100ajw4weg>