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

- 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=pms8nMaGlBc

http://www.youtube.com/watch?v=pHoMwiBuovo
Entry / Drive / Timing

- Video URL:
  [http://www.youtube.com/watch?v=y100ajw4weg](http://www.youtube.com/watch?v=y100ajw4weg)