

Periodization of Technique



KEVIN SAUER, UVA WOMEN'S ROWING

What Makes a Boat Go?



- **Effective Power**
 - If you're connected, faster handle = faster boat
- **Effective Length**
 - If you have effective power, more length = more acceleration = more speed

What is the Most Important Technical Factor?



- Effectively putting the most power on the blade as long as possible
- Issues arise: What IS effective power / length?
 - Biomechanics – what is the strongest position to be in?
 - Different shapes and sizes must conform
 - Stroke is a cycle, effective length/power starts way before catch
- How do we achieve this?

Finish Body Position



- **General Body Position/Preparation**
 - Seat position—on sit bones/pockets showing
 - Grip—hands relative to shoulders/wrist slightly above knuckles
 - Lay back to position of strength like water skier
 - Slight lean into rigger
 - Outside shoulder higher than inside (because of lean)

<http://www.youtube.com/watch?v=OLaETNl6JoQ>

Out of Bow



- Simultaneously stretch arms and swing (rock) body out of bow from hips
- As handle passes knees slide starts
- All body prep by half slide (except for full rotation around pin)

<http://www.youtube.com/watch?v=PfnQsck9CTE>

2nd Half of Slide



- Body is set and in strong position
- Final rotation around pin
- Legs fully compress while body rotates
- Feet in contact

<http://www.youtube.com/watch?v=mCIn4EebnXs>

Catch



- Handle moves like ski tip at end of recovery
- Blade enters as it is moving toward bow ball

<http://www.youtube.com/watch?v=QZPZBWqjMP4>

Drive



- Connection throughout, including blade
- Acceleration throughout, including finish
- Handle moves faster than slide
- Power through the hips
 - Push/pry
 - One motion
 - Heels down
 - Angle between body and legs opens always

<http://www.youtube.com/watch?v=HHzvcG21gzw>

Finish AND Release



- **FINISH:** from acceleration of first 2/3 of drive, handle speed maintained to just short of body
- **RELEASE:** from pressure on face of blade, release is quiet and moving out of bow

http://www.youtube.com/watch?v=RHa_m7RXvnU

Periodization of Technique 4: Everything Else



- Rhythm
- Timing
- Dynamic

Common Technical Hang-Ups



- Solid contact positions
- Proper body prep/position- recover to strength
- Catch timing/speed
 - Miss water
 - Catch too slow
- Solid body connection
 - Shoot slide
 - Upper and lower body not connected through hips