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