

BIOMECHANICS



**MAXIMUM
PROPULSION**
During Drive Phase



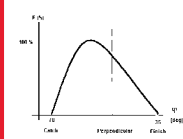
**MINIMUM
RESISTANCE**
During Recovery Phase

TECHNIQUE



LONG STROKE

- Large Catch Angle
- Optimal Finish Angle



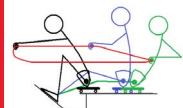
HIGH FORCE IN DRIVE PHASE

- Fast Increase of Force
- Maintaining Force



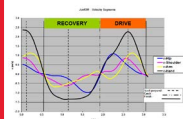
PROPER SEQUENCING

- Drive (Legs, Upper Body, Arms)
- Recovery (Arms, Upper Body, Legs)



HORIZONTAL MOVEMENT

- Upper Body Swing
- Hand Movement



CONTINUOUS MOVEMENT

- Minimize Changes in Speed
- No Pauses

COACHING

GENERAL TECHNIQUE GUIDELINES

- Smooth movement
- Correct/light grip on oar handle; flat wrist
- Minimize horizontal changes in speed
- Minimal vertical movement
- Synchronise boat, blade and crew
- Balance (stability of body and oar)

TECHNIQUE DURING DRIVE PHASE

- Proper sequencing (legs, hip/body, arms)
- Entry timing leads to direct catch
- Proper suspension between footstretcher and handle
- Force application during drive phase
 - Long time (angle length)
 - High load
- Maintain pressure/linear blade path

TECHNIQUE DURING RECOVERY PHASE

- Proper sequencing (arms, body/hip, legs)
- Minimize loss of speed
- Timing of extraction, body pivot, feel on footstretcher, blade height
- Proper body preparation (strong posture) to take load

