

## <<< THE DRIVE PHASE



### LATE DRIVE

- The trunk levers through last part of leg drive to accelerate the boat.
- The sculler must maintain pressure through the feet and handles to keep pressure on blades.



### MID DRIVE

- The body is still and horizontally suspended between the feet and handle to lever the boat past the blade in the water.
- Hanging through shoulders with trunk engaged.
- Hands are level.
- ▣ **Tip:** The handles are drawn horizontally throughout the drive.



### EARLY DRIVE

- The catch to the maximal handle force is a critical part of the stroke.
- The gluteal and quadricep muscles dominate the power output.
- Horizontal forces are maintained with a braced body.
- The sculler hangs off the oar handles with relaxed shoulders and arms.
- ▣ **Tip:** Look for consistent bend in the oars from catch to finish.



### THE CATCH

- Body is tall, braced and still. It is suspended between feet and handles. Chin is over the knees with shins vertical.
- A strong core is needed to transmit leg power to blade force.



### FINISH

- Finish pressure is maintained through effective sequence of power application against the foot stretcher and the handles.
- Legs are held down flat and even.
- Body is braced and still.
- The handles maintain consistent flow around the back turn.
- Sculler is tallest at the Finish.
- ▣ **Tip:** Check that the handle is tapped down with a flat wrist.



### RELEASE

- Pressure creates a vacuum behind the blades to allow a clean tap down.
- Release the pressure and tap down with flat wrists.
- Hands go in and away at constant speed with the left hand in front and over the right hand.



### HANDS AWAY

- Hands lead away independent of the body.
- Hands are over knees before sliding the seat.
- Hand speed away should be timed with the speed of the boat.



### EARLY RECOVERY

- The body rocks over from the hips, into the catch position, with legs down.
- The controlled and coordinated sequencing of the recovery is crucial.
- The oars are balanced between the riggers and feet.
- ▣ **Tip:** Ensure the shoulders are in front of the seat before moving the seat – hands, body, then slide.



### LATE RECOVERY

- Early preparation for the catch.
- Relaxed grip to roll the handles to square the blades.
- Light on feet.
- ▣ **Tip:** Look for flat wrists and reach around the riggers.



### THE CATCH

- Shoulders are loose and relaxed.
- CATCH the blades in the water as the seat changes direction.
- Hands follow an arc out & up to full reach to catch the water.

## THE CORE ESSENTIALS

LENGTH & POWER // BLADEWORK & RHYTHM

## THE RECOVERY PHASE >>>



**FEATHER GRIP -**  
Soft hands –  
no tension.



**CATCH GRIP -**  
Flat wrists and  
loose hands.