

# <<< THE DRIVE PHASE



## LATE DRIVE

- The trunk levers through last part of leg drive to accelerate the boat.
- The rower must maintain pressure through the feet and handle to keep pressure on blade.



## MID DRIVE

- The body is still and horizontally suspended between the feet and handle.
- Tip: The handle is 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.
  - The rower hangs off the oar handle with relaxed shoulders and arms.
  - The rower's shoulders rotate with the handles arc.
- Tip: Look for consistent bend in the oar from catch to finish.



## THE CATCH

- Hands move up in a semi circle – the last movement on the recovery.
  - Inside leg is straight with outside leg brushing body.
  - The shoulders and arms are loose and relaxed.
  - CATCH the blade in the water as seat changes direction by driving legs and pushing heels down.
  - Body is tall, braced and still. It is suspended flat between feet and handle. Chin is over knees with shins vertical.
- Tip: Lever the boat past the blade in the water.

# THE CORE ESSENTIALS

LENGTH & POWER // BLADEWORK & RHYTHM



## FINISH

- Finish pressure is maintained through effective sequence of power application against the foot stretcher and the handle.
  - Legs are held down flat and even.
  - Body is braced and still with most of the weight through the outside arm.
  - The handle maintains consistent speed around the back turn.
  - Rower is tallest at the Finish
- Tip: Check that the handle is tapped down with a flat wrist.



## RELEASE

- Pressure creates a vacuum behind the blade to allow a clean tap down.
- Release the pressure and tap down with the outside hand.
- The inside hand feathers the blade.
- Hands go in and away at constant speed and independent from the body.



## EARLY RECOVERY

- Hands lead the body rock over into the catch position.
  - The body rocks over from the hips with legs down.
  - The controlled and coordinated sequencing of the recovery is crucial.
  - The oar is balanced between the rigger and feet.
  - Hand speed away should be timed with the speed of the boat.
- Tip: Ensure the shoulders are in front of the seat before moving the seat – hands, body, then slide.



## MID RECOVERY

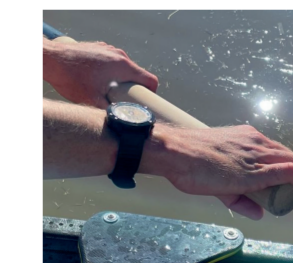
- Arms extend loose and relaxed.
  - The rower is in balance with the boat.
  - Constant slide speed, moving with boat speed.
- Tip: Once the seat starts moving the body remains still.



## LATE RECOVERY

- Relaxed grip to roll the handle to square the blade with the inside hand to engage load through the connection.
  - Light on feet.
- Tip: Look for flat wrists and head central.

# THE RECOVERY PHASE >>>



**CATCH GRIP** - Flat wrists and loose inside hand.



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



**FINISH GRIP** - Inside hand feathers the blade & outside hand guides the handle around the back turn.