

# 360° Turn



BRITISHROWING

## Technique Exercises

### Why?

- This helps with working out coordination, how to row the boat, how to back the boat down and is good for manoeuvring skills.

### Progression

- To begin with, row on one side only. Progress to rowing on alternate sides, and finally both sides together.
- This can also be progressed by timing how long it takes and challenging rowers to perform their fastest 360 degree turn.

### COACHING POINTS

Explain that rowing on/backing down on one side will create a bigger revolution.

Rowing alternate strokes on one side and backing down on the other will turn the boat faster and use less space. Rowing on one side and backing down on the other simultaneously is the quickest way of turning the boat. This is advanced manoeuvring so caution is advised.



### Equipment

Boats and blades for each participant  
Stopwatch

# 360° Turn

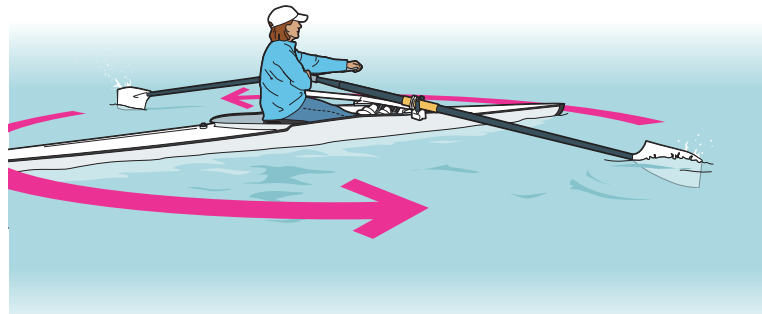


BRITISHROWING

## Technique Exercises

### How?

- Using powerful (whole body) strokes, turn the boat round as close to on the spot as possible.
- The drill is complete when the boat is returned to its original starting position.



Activity  
Cards

Level | **Difficult**

     britishrowing