

Backing Down



BRITISHROWING

Technique Exercises

Why?

- Backing down is useful in assisting with learning the correct movement of the spoon through the water and handle into and away from the body. In addition, it is an important manoeuvre to master for turning, getting on and off pontoons, out of tricky situations and essential for racing from a standing start.

Progression

- Progress to backing down with both blades at the same time.

COACHING POINTS

Draw participants' attention to the direction the boat moves when backing down with one blade.

When backing down with both blades, ask them to keep equal pressure on both blades so the boat moves forward in a straight line.



Equipment

Boats and blades for each participant

Extra Advice

This exercise might take some practice to get right!

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How?

- Sit in the safe position with legs flat and back straight.
- Keep one spoon flat on the water and the hand into the body for stability.
- Keeping the other blade square, turn it upside down. Move the blade away from the body.
- Repeat with the other hand and blade.

