

# Catch Dips or Chopping



BRITISHROWING

## Technique Exercises

### Why?

- Helps to focus on feeling for the boat's balance and at what level the spoons should be entering the water.

### Progression

- You can progress this exercise by moving up the slide until participants are at the catch position (front stops).

### COACHING POINTS

Emphasise just covering the spoon, only using the hands and not the shoulders to move the handles up and maintaining correct posture in the catch position.



### Equipment

Boats and blades for each participant

### General Advice

In crew boats, get half the crew to stabilise the boat to begin with.

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## Technique Exercises

### How?

- Sit at back stops with the legs flat and back straight, blades squared at hands away. Or when feeling more confident sit at the catch position with blades square in the water.
- The shoulder blades should be set down and wide.
- Dip the blade in and out of the water.

