

# Cutting the Cake



BRITISHROWING

## Technique Exercises

### Why?

- Focuses on timing and rhythm, particularly at hands away.

### COACHING POINTS

To improve concentration as well you can always increase the number of normal rowing strokes, so for example, every 5th stroke participants cut the cake.



### Equipment

Boats and blades for each participant

### General Advice

Ensure that equipment is in good working order

Activity  
Cards

Level | **Difficult**

 britishrowing

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## Technique Exercises

### How?

- This can be done in both small and larger boats.
- Start by taking a normal stroke.
- At the finish, extract the blade, feather and move to hands away.
- Then bring the hands back into the body, blade still feathered.
- Then take the next stroke as normal, preparing the blade by squaring for the catch.
- Repeat the drill.

