

Feet Out Rowing



BRITISHROWING

Technique Exercises

Why?

- Emphasises the posture for the finish movement and pressure on the feet during the finish and recovery.

Progression

- Start with feet out for short slide work, move up to full slide feet out, and then feet out and increase to full pressure paddling.

COACHING POINTS

If the boats being used don't have shoes, instruct rowers to leave the shoe straps undone.



Equipment

Boats and blades for each participant

General Advice

Ensure that equipment is in good working order

Activity
Cards

Level | **Difficult**

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Feet Out Rowing

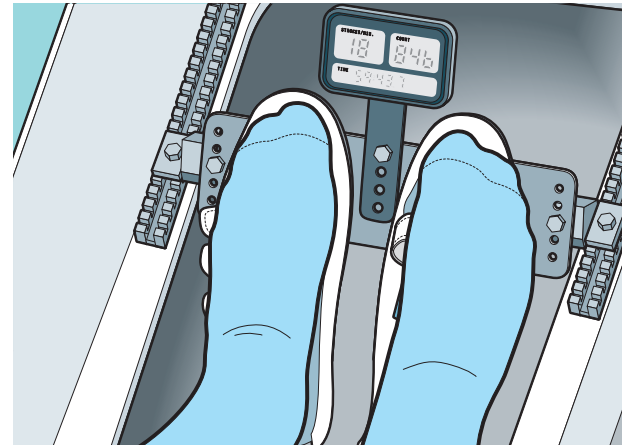


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Technique Exercises

How?

- Take your feet out of the shoes and place on top.
- Keep the pressure smooth throughout the stroke.
- Sit up and keep the core engaged.
- Remind participants to keep their weight on their feet and the connection to the foot stretcher.



Activity
Cards

Level | **Difficult**

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