

# Flat Hands



BRITISHROWING

## Technique Exercises

### Why?

- Enhances the feel during the recovery of correct downward pressure on the handle. It ensures that the grip is loose and correct.

### Progression

- This can be practiced first as a static exercise, then adding propulsion. You could also develop this to make it more difficult by including keeping flat hands (open fingers) when the blade is dropped into the water for the catch.

### COACHING POINTS

Encourage participants to stay relaxed with their grip and through the shoulders.

Keep the drive phase relaxed so the blades sit at the correct level in the water and the handles stay in the fingertips.



### Equipment

Boats and blades for each participant

### General Advice

Ensure that equipment is in good working order

# Flat Hands



BRITISHROWING

## Technique Exercises

### How?

- Scull with the handles in the fingertips, keeping the hands as flat as possible throughout each stroke.
- Place the blades in at the catch, allowing them to find the correct depth and guiding them back to the body.
- The sculler opens the fingers of one or both hands from the grip during the recovery.

