

Hand Spins or Spinning the Hands



BRITISHROWING

Technique Exercises

Why?

- To help with the timing and rhythm.
- Also to increase the rating by spinning the hands without rushing the slide and keeping the movements controlled.

COACHING POINTS

Ensure participants don't rush the slide. Observe if there is boat check – if so take the rating down to a point where there is more control. Boat check – how much the boat is slowed during the recovery by poor technique.



Equipment

Boats and blades for each participant

Hand Spins or Spinning the Hands



Technique Exercises

How?

- This drill is usually done at $\frac{1}{2}$ slide.
- Row normally at a low rating, say 18 strokes per minute.
- Then call “Up two”.
- Following the stroke person, the rating needs to go up two strokes per minute to 20. This is done by starting to spin the hands faster.
- Continue doing this.
- The rating should increase as should the boat speed.

