

Racing Starts



BRITISHROWING

Technique Exercises

Why?

- Emphasises the process required to get the boat moving.

Progression

- Progress to 30 seconds or one minute pieces / races incorporating these racing starts. If you have two boats it's good to practice manoeuvring skills to make sure both boats are in the right place.

COACHING POINTS

Ensure that participants are not rushing the slide in the first two draw strokes, as this will counteract the point of these strokes.



Equipment

Boats and blades for each participant

General Advice

Ensure that equipment is in good working order

Racing Starts



Technique Exercises

How?

- This is usually done from a standing start.
- Come to front stops with blades squared and buried in the water.
- The next sequence (five strokes) can be altered according to what works best for the individual/crew. The aim is to get the boat up to top speed as quickly as possible.
- The following is a common sequence:
 - **Two draws** – these are powerful strokes usually done at $\frac{3}{4}$ slide with no body rock and with control.
 - **Three wind strokes** – these are quick, punchy strokes with the hands moving very fast – usually at $\frac{1}{2}$ slide with no body rock.
- Easy at hands away and let the boat run.

