

# Roll-Ups



BRITISHROWING

## Technique Exercises

### Why?

- Use to practice the catch preparation and placement at full reach. Look for early square and the blade being covered whilst the seat wheels are still moving forward.
- Can also be used to monitor posture during the recovery sequence and on placement of the blade.

### Progression

- Beginners should do this exercise in a stable boat. Progress by completing the exercise in a single scull or with more crew members doing it together in crew boats.

### COACHING POINTS

Remind the participants not to rush up the slide to place the blade in the water. The movement up the slide should be done with control.



### Equipment

Boats and blades for each participant

### General Advice

At a higher level, can also be used to get the crew moving together.

# Roll-Ups



BRITISHROWING

## Technique Exercises

### How?

- Start from the finish position / back stops.
- Extract the blade, perform a controlled recovery sequence with the blade off the water (feathered) and place the blade in the water at the catch / front stops position.

