

Single strokes or Pause Rowing



BRITISHROWING

Technique Exercises

Why?

- Use in a crew boat to check that the rowers use the correct recovery sequence and move together and that the hand and blade heights are correct at all points for balance.

Progression

- This exercise can be progressed to move from pausing at arms away to pausing at arms away with body rock, pause at ½ slide etc.
- Make more challenging using double pauses, or keep people concentrating by only pausing every three or five strokes.

COACHING POINTS

Crews should be pausing together with good balance. Single scullers should be looking for balance and correct position at all points. Ensure that the participants can hear your “Go” command.



Equipment

Stable boats and blades for each participant
Megaphone

General Advice

For the single sculler, the exercise will be about balance and correct recovery sequence.

Single strokes or Pause Rowing



Technique Exercises

How?

- Start rowing and pause at arms away, or at the pre-defined points of the recovery, with the blades balanced off the water.
- You (or the cox) then say “Go” and the rower / crew takes the next stroke pausing again at arms away, or the pre-defined point of the recovery, with the blades balanced off the water.

