

Square Blade Paddling



BRITISHROWING

Technique Exercises

Why?

- Reinforce square extraction and to emphasise the correct blade height off the water, if early catch preparation is to be achieved.

Progression

- Beginners should practice paddling a stable boat with square blades particularly at shorter slides.
- As confidence develops rowers should be able to paddle square blade in all boat types.
- Progressions include alternate stroke square / feather with the focus on keeping the same extraction shape and hands level for the feathered recovery as for the square recovery.

COACHING POINTS

Because the participants don't need to worry about squaring and feathering the blade, the focus should be on body position and placing the blade in at the right position at the catch.



Equipment

Boats and blades for each participant

General Advice

When participants start feathering ensure they maintain the same handle height as during square blade rowing

Activity
Cards

Level | **Medium**

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Square Blade Paddling



Technique Exercises

How?

- Keep the spoons of the blade square throughout the stroke.
- Extract the blade from the water cleanly and tap down enough to keep the blade off the water throughout the recovery phase.
- Good to practise alone or in pairs.

