



# Fixed Seat British Rowing Technique

UKCC Level 2

# Fixed Seat Rowing Technique

## Technique in detail

1. Good Posture
2. Grip
3. Recovery/Return
4. Catch
5. Drive
6. Finish and Extraction



# 1. Good posture

# Good Posture



A comfortable and strong posture.  
Head forwards, looking towards the stern.  
Pelvis rocking over from the finish.

# Good Posture



Lower back set at catch.  
Link together 'kinetic chain'.



# Good Posture - Summary

- Pelvis rocking over from finish of stroke
- Rock over to a comfortable and strong posture
- Lower back set at catch
- Link together 'kinetic chain'
- Place and push

## **Good posture**

The grip

The recovery

The catch

The drive

The extraction





## 2. The Grip

# The Grip



Ensure the handle/s are an appropriate size.  
Handle/s in the base of the fingers, wrists flat.  
Position of outside hand varies depending on boat type and regional tradition.



# The Grip



Grip 1-2 hand widths apart.  
Outside hand provides leverage, and places and extracts the oar.  
Inside hand squares and feathers the oar.



# The Grip - Summary

- Ensure the handle/s are an appropriate size.
- Handle/s in base of fingers with the wrists flat.
- Grip 1-2 hand widths apart.
- Outside hand provides leverage, and places and extracts oar.
- Inside hand squares and feathers the oar.

Good posture

**The grip**

The recovery

The catch

The drive

The extraction



# Posture & grip

## Possible effect of Underhand vs. Overhand Grip



# Posture & grip

## Possible effect of Underhand vs. Overhand Grip





# 3. The recovery phase

# The recovery / return phase



Smooth, controlled body movement forward.  
Hands-Body-Legs.



# The recovery / return phase



Retain good posture.  
Hands leading body forward, arms straight.  
Maintaining balance through feet.



# The recovery / return phase



Body prepared and ready for the catch on the last part of recovery / return.

Prepare the blade for the catch by starting to square as the handles pass the knees.



# The recovery/return phase - Summary

- Smooth, controlled body movement forward.
- Hands body and legs - Hands leading body forward – straight arms.
- Retain good posture.
- Maintaining balance through feet.
- Body prepared and ready for the catch on the last part of recovery/return.
- Prepare the blade for the catch by starting to square as the handles pass the knees.

Good posture  
The grip  
**The recovery**  
The catch  
The drive  
The extraction



# 4. The catch

# The catch



Back set at catch.  
Body in pre stretched position.  
Hands over feet.  
The catch is taken with one smooth continuous movement of hands (no pause).



# The catch



Raise hands from the shoulder to place blade in the water at point of maximum reach.  
Lock up face of blade square in the water.



# The catch - Summary

- Back set at catch.
- Body in pre-stretched position.
- Hand over feet.
- Raise hands from the shoulder to place blade in the water at point of maximum reach.
- Lock up face of blade square in the water.
- The catch is taken with one smooth continuous movement of hands (no pause).

Good posture  
The grip  
The recovery  
**The catch**  
The drive  
The extraction



# 5. The drive phase

# The drive phase



Push equally off both legs, and then open body, using arms as linkage. Maintain strong body posture.



# The drive phase



The legs + upper body + shoulders + arms accelerate the handle throughout the drive.



# The drive phase



Equal pressure through feet throughout the drive.

Blade square as long as possible.

# The drive phase - Summary

- Push equally off both legs, and then open body, using arms as linkage.
- Maintain strong body posture.
- Equal pressure through feet throughout the drive.
- Blade square as long as possible.

Good posture  
The grip  
The recovery  
The catch  
**The drive**  
The extraction





# 6. The extraction/finish

# The extraction / finish



Maintain acceleration until the hands reach body.  
Tap blade out square with outside hand, feather with inside hand.  
Hands down and away at the same speed as they come in

# The extraction / finish



Finish position may differ depending on inboard length and seat position in boat.



# The extraction/finish - Summary

## In all boat types;

- Maintain acceleration until the hands reach body.
- Blade square as long as possible.
- Tap blade out square with outside hand, feather with inside hand.
- Hands down and away at the same speed as they come in.

Good posture  
The grip  
The recovery  
The catch  
The drive  
**The extraction**

## Limited by inboard length;

Keep shoulders, hips, and feet in alignment with keel (footrest adjusted to enable that position).

Keep bodyweight behind oar for as long as possible, both shoulders driving evenly to the bow.

# Fixed Seat Rowing Technique

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2. Grip
3. Recovery/Return
4. Catch
5. Drive
6. Extraction/Finish

# Rhythm & ratio

- Rhythm and ratio refers to the relationship between time taken on the drive vs. time on the recovery.
- Rhythm and ratio are affected by the length of stroke, power of stroke, and number of strokes (stroke rate).
- Rhythm and ratio affect the distance the boat travels each stroke and boat speed.
- An increase in the stroke rate should be reflected in an increase in boat speed .
- The boat is moving under the athlete not the athlete up the boat. Therefore, as the boat speed increases the athlete will move at a quicker speed due to the run of the boat and will be able to rate higher.
- Even at rating 36 the athlete should feel they have time and control into the catch, emphasising the last quarter.



# Five key concepts

# 1. Hang/suspend weight from the handle



## 2. Connection is low down in the body not in the shoulders



**3. The placement of the blade in the water should take place as the last part of the recovery**

# 4. Hands out from the finish at the same speed they come in

# 5. Long efficient strokes move the boat



Place the blade in the water at the catch.  
Accelerate the boat past the blade.

# Summary of 5 key concepts

1. Hang/suspend body weight on the handles.
2. Connection is low down in the body not in the shoulders.
3. The placement of the blade in the water should take place as the last part of the recovery.
4. Hands away from the finish at the same speed they come in .
5. Efficient rowing using long strokes. Place the blade in the water at the catch. Accelerate the boat past the blade.



# Level 2 technique outcomes

On successful completion of the Level 2 award you will be able to:

- Coach key aspects of Fixed Seat Rowing Technique in the drive and recovery phases, and at the catch and extraction/finish.
- Identify the ways in which individual technique varies from the models of Fixed Seat Rowing Technique.
- Use questioning to elicit feedback from participants.
- Plan and deliver sessions which incorporate development of rowing technique.

# Exercises to develop technique

- Single strokes
- Few strokes
- Continuous rowing
- Stroke Progressions
  - Hands only
  - Arms only
  - Arms and Body
  - Arms, Body and Legs
- Square blades
- Squaring early
- Measuring minimum strokes (distance per stroke)
- Catch and finish exercises
- Tied ergo handle
- Slide Progressions
  - From catch position
  - Legs Only
  - Bring in body
  - Bring in arms



# Exercise

- Pick one of the 6 key aspects of the rowing stroke - Posture, Grip, Recovery/Return, Catch, Drive, Finish/Extraction.
- List the key components of that phase of the stroke.
- Plan a 5 minute exercise to coach to a crew to develop those key areas.