

Drive Finish Slump

By: Mike Purcer

The Drive Finish Slump measures boat acceleration below 0.05m/s^2 between oar perpendicular and blade feather. This value provides insight to speed loss through the blade release and allows coaches to review blade movements and technique deficiencies.

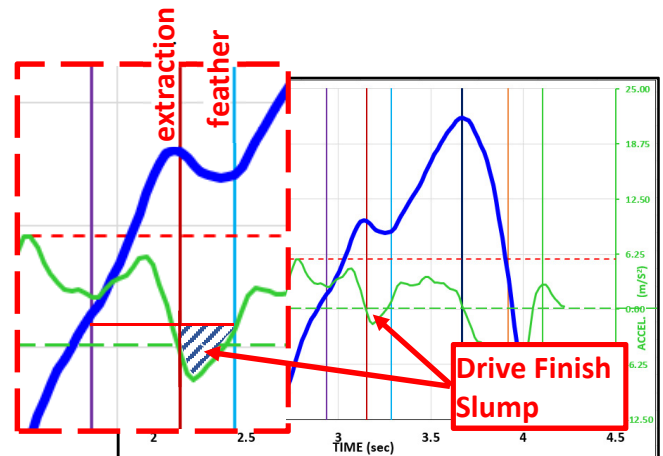
4 Drive Finish Slump (t.x<.05 accl) **0.170** value accel. below 0.5m/s^2 multiplied by time, (oar perp. to feather)

Purcerverance Boat Speed Curve Sheet – drive finish slump

Speed variation through the late drive and release can have significant effects on performance. Between the late drive and release, the blade changes direction relative to the water. When the blade is extracted from the water poorly, additional drag is transferred to the boat, and the loss in acceleration can be a loss in speed. Coaches can easily spot sloppy blade releases that splash up water. They can also see blades that feather underwater and are dragged out partially on the feather. The Drive Finish Slump factor value objectively evaluates how the release affects the boat's speed. The Late Drive Acceleration and Release Efficiency factors reference the same part of the stroke; however, the Drive Finish Slump measures the loss in acceleration and provides a unique value.

Coaching:

- Monitor blade depth in the late drive phase to ensure the connection is maintained.
- The forearm taps down from the elbow during the release. The torso maintains posture and does not continue back once the release begins.
- Ensure there is no lower back collapse during the late drive or release.
- High Drive Finish Slump values result from blade extraction inefficiencies (splashing) and poor rowing technique through the release.
- Coaches review the trunk, arm, forearm, and wrist movements to identify rowing technique errors.



Drills: (same as Release Efficiency)

- Finish pic drill
- Rowing on the square, or alternate strokes on the square
- Pause one – emphasis on a clean, quick release, and good finish position
- Sweep rowing – inside arm only
- No power finish focused on maintaining blade depth as long as possible before extraction
- Progressions $\frac{1}{4}$ feather, half feather, $\frac{3}{4}$ feather. Out clean
- Inside arm only, or outside arm only to emphasize the movements of each arm in the release.