OFFICIAL ANALYTICS PARTNER OF BRITISH ROWING

Sculling Catch

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TEAMWORK | OPEN TO ALL | COMMITMENT

Introduction

1. Principles moving the boat
2. Basic technical requirements
3. Drills, training and racing
4. Day to day coaching process
5. Monitoring improvement
6. Case study Windsor 2018
7. Audience questions

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Principles- quick overview

Think direction of forces!

All athletes slow the boat down at the catch!

Best rowers slow the boat down the least

KEEP IT SIMPLE

Rowing is A to B as fast as possible

Produce forces that promote the speed and travel of the hull

Question- When placing the blade what splash do we want to see? (minimal, back splash (bow), V-splash, stern splash)?

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Think direction of forces!

Keeping it simple

- **Equal and opposite Forces**
- **Timing & Connection**
- **Power at the right time**
- **The skill is simple but takes a long time to master the timing correctly**
- **Need to make it a natural event**

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Think direction of forces!

BAD FORCES
- Body Dumps
- Back Splash
- Footboard pressure not connected
- Vertical

GOOD FORCES
- Connected Foot Board Pressure
- Drive in Horizontal Direction
- Force on stern side of spoon
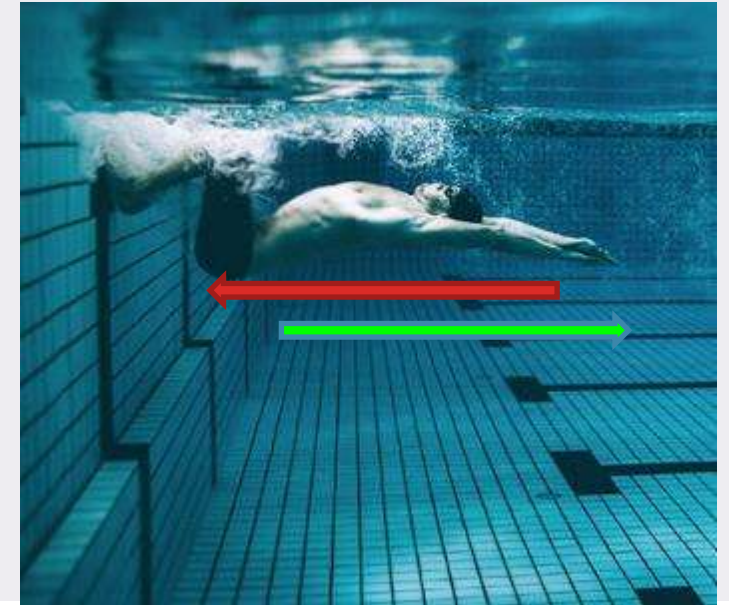
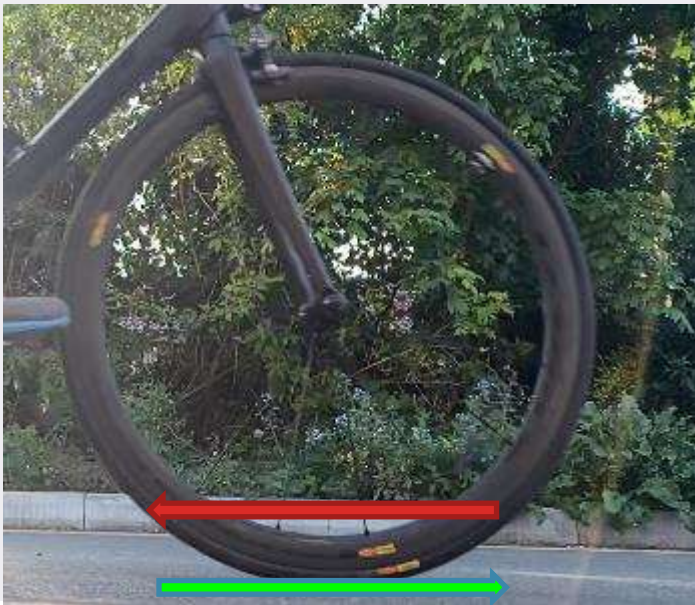1

2

3

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Other actions to think about

Think direction of forces! Make it a natural event

- **Cycling**
- **Running/Walking**
- **Swimming start or turns**

Imagine holding wheel or foot above the ground and trying to go forward
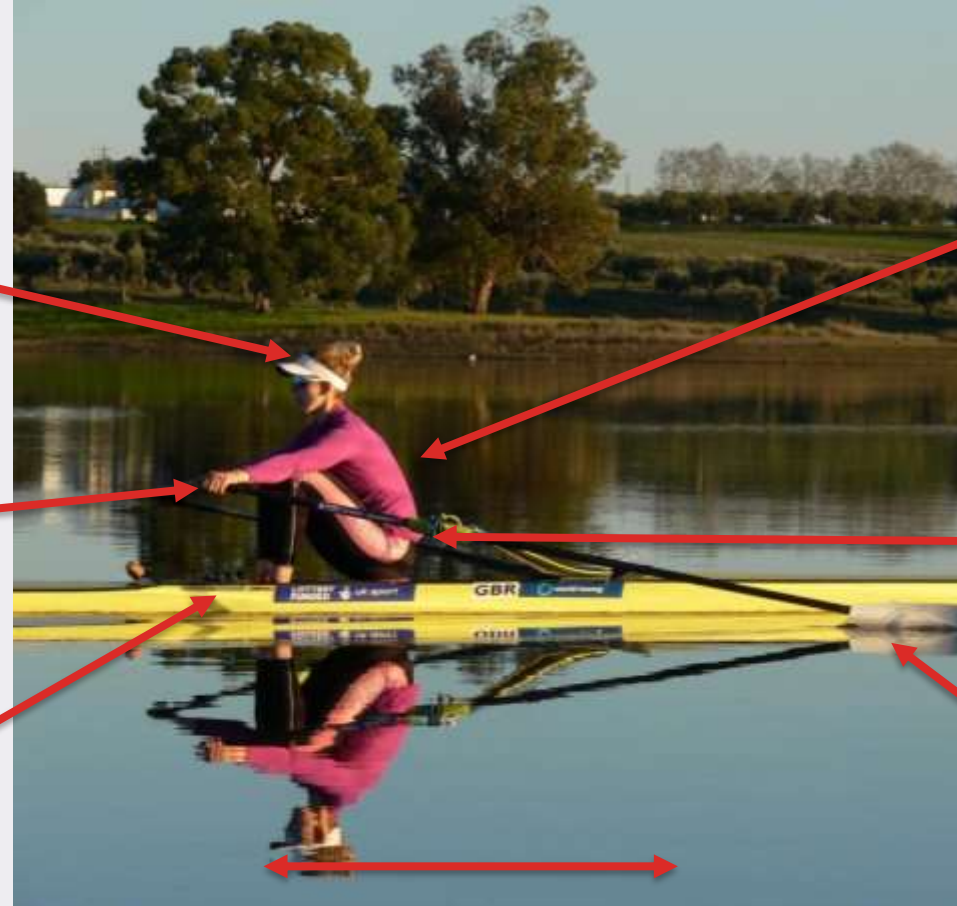Imagine pushing off the swimming pool wall, but 3 m short of it

BRITISH ROWING

Do the basics well- Process and Outcomes

Clear technical model

Conditioned to hold position- core

Subtle grip to make "wall of water"

Hip hinge

Conditioned to "load" connection
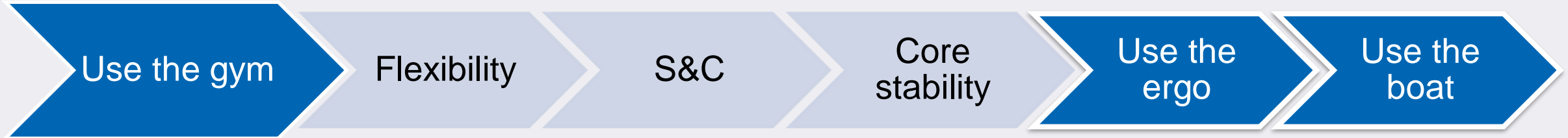
OUTCOME "Quiet" catch

In range

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Clear technical model

- Create a reference point for athletes
- Athletes, coach's, S & C staff and support staff should be unified
- Provide relevant examples to athletes

Working toward the front turn

Use the gym → Flexibility → S&C → Core stability → Use the ergo → Use the boat

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The Catch

How I coach it

- **Blade into the water**
- **Maximise drive time and force production under the water**
- **Kinetic Chain**
- **Move the boat, not the athlete**
- **Minimize boat slowing down**
- **Make it quiet**
- **Time the system**

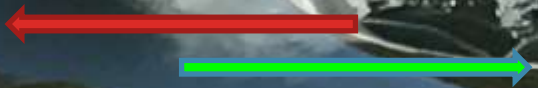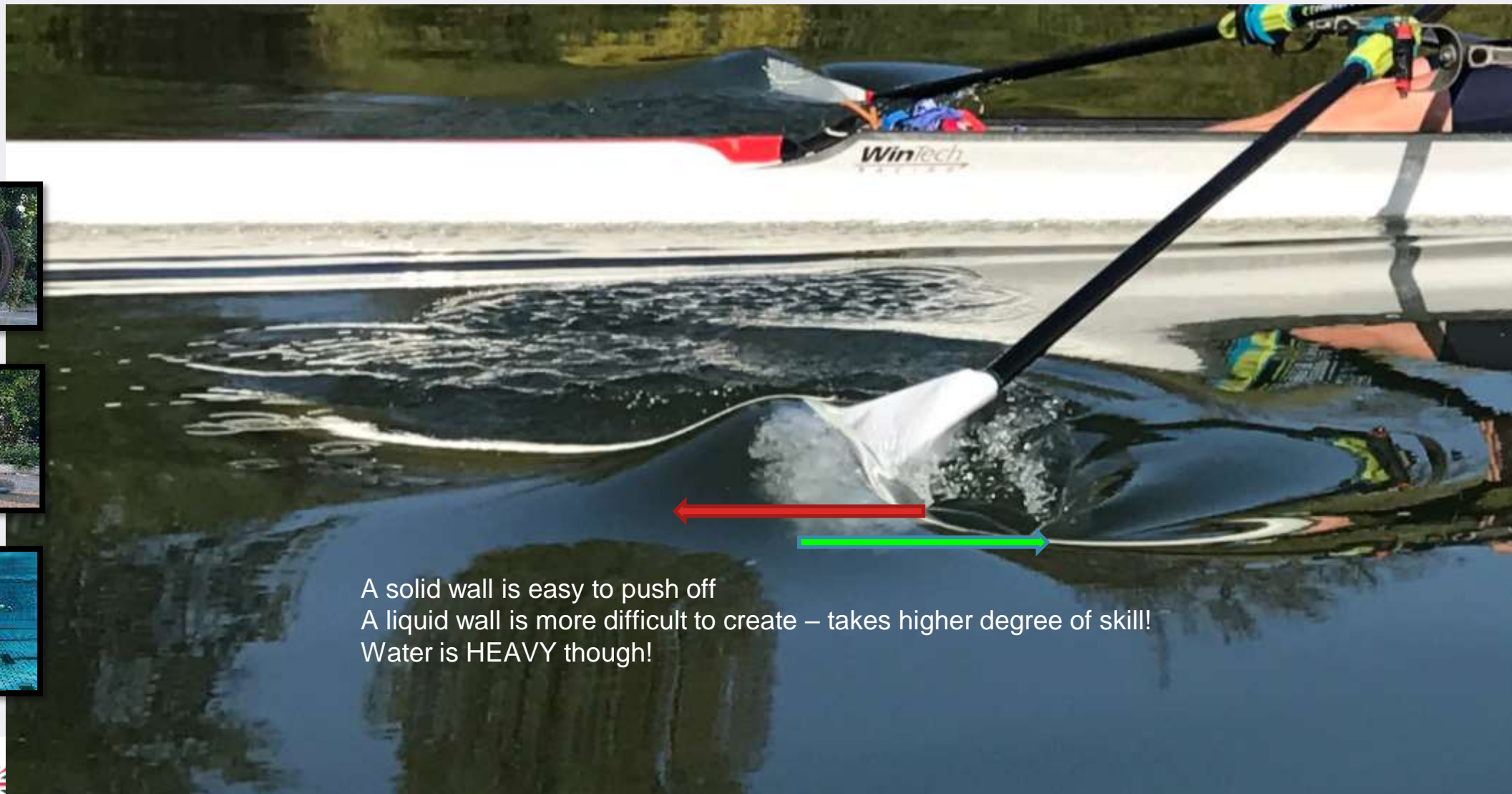**Pretty standard stuff!**

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The system is linked

Time them together

- HULL
- HANDLE
- SPOON
- ATHLETE
- WHEELS
- FOOTBOARD
- WATER

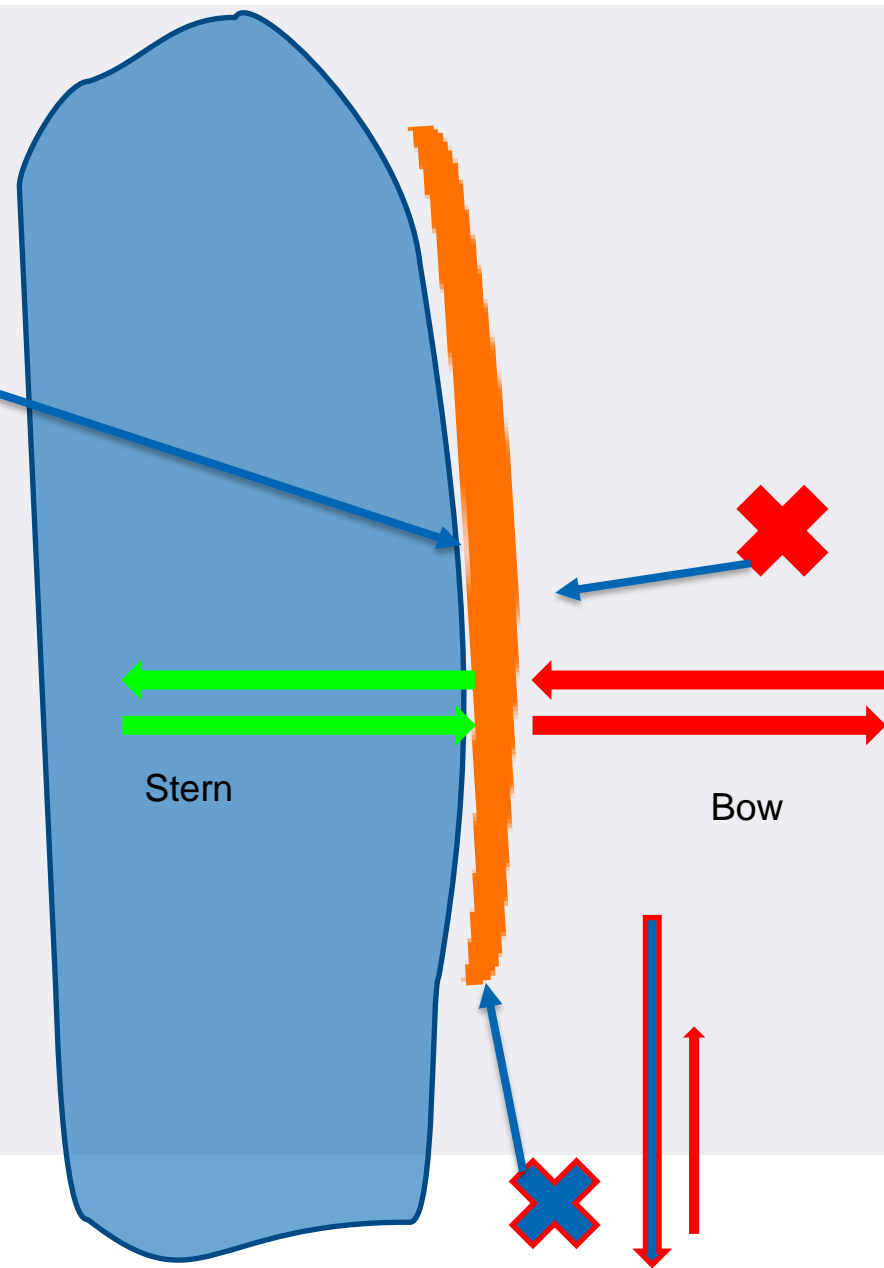## MAKE a wall and push off IT - Can you make WALL OF WATER?

A solid wall is easy to push off
A liquid wall is more difficult to create – takes higher degree of skill!
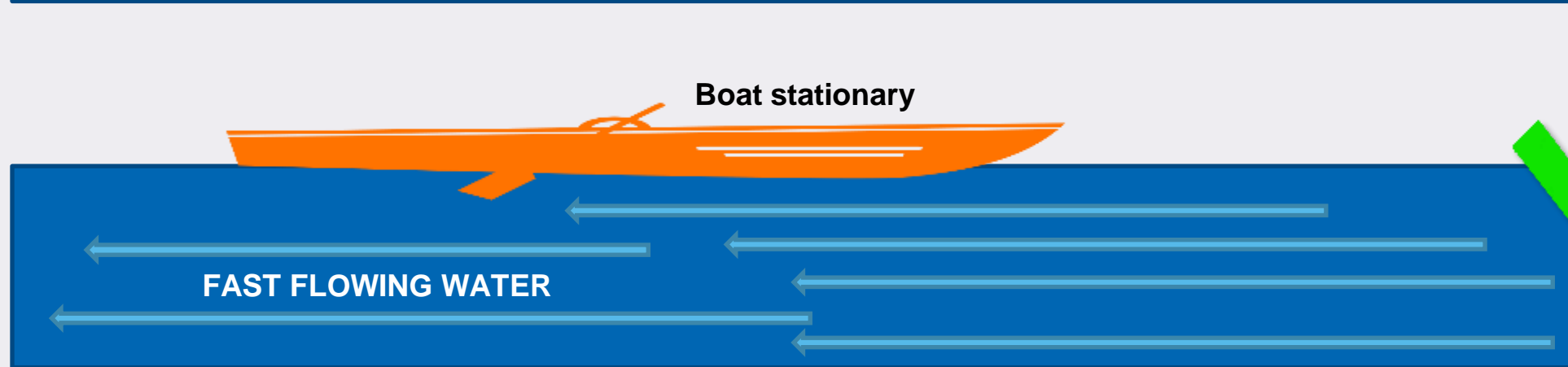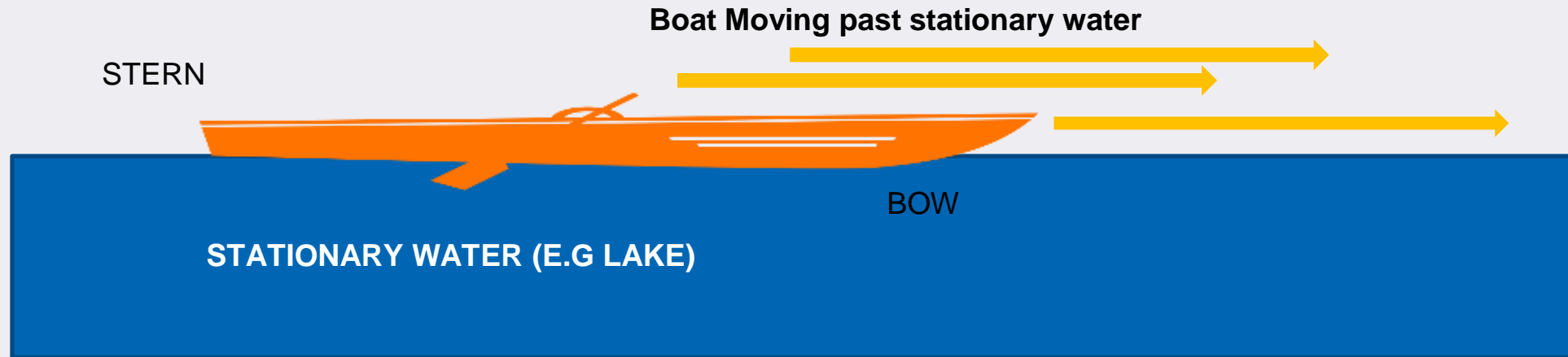Water is HEAVY though!

Side of the spoon to get pressure

Like bottom of foot against wall in swimming turn

Stern

Bow

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How I coach it

Boat past the water or water past the boat?

Boat Moving past stationary water

STERN

BOW

STATIONARY WATER (E.G LAKE)

Boat stationary

FAST FLOWING WATER

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Want to be really good? Practise going upstream!!

How is the blade going into the water?

Pressure needed here

1? **3?** **5?**

2? **4?**

STERN

BOW

FAST FLOWING WATER

BRITISH ROWING
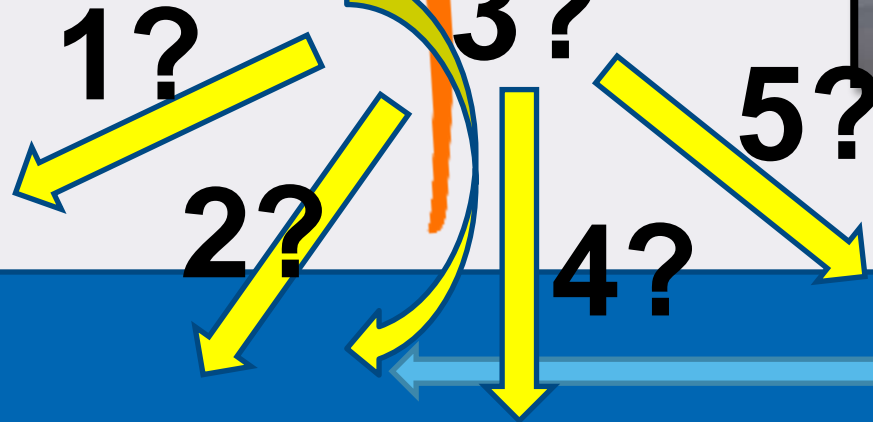
Blade profile

BLADE HOOKS DOWN
HANDLE HOOKS UP

CLOCKFACE ROWING

STERN

BOW

FAST FLOWING WATER

BRITISH ROWING
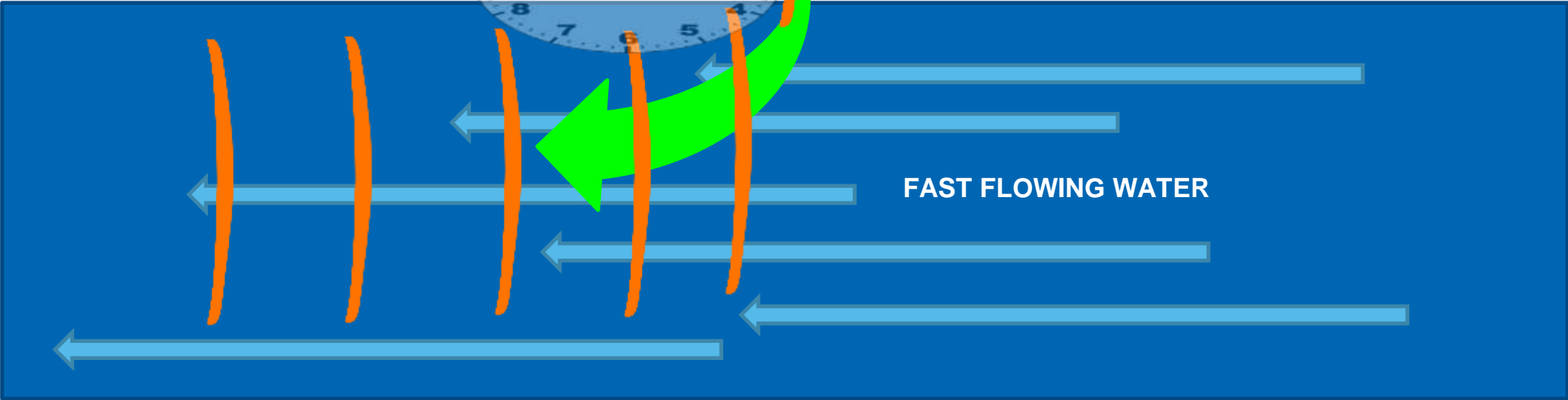
What are the hands doing?

Remember the amount the hands move is multiplied at the spoon

STERN

IN water

OUT water

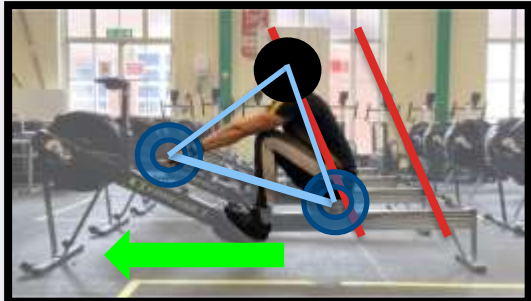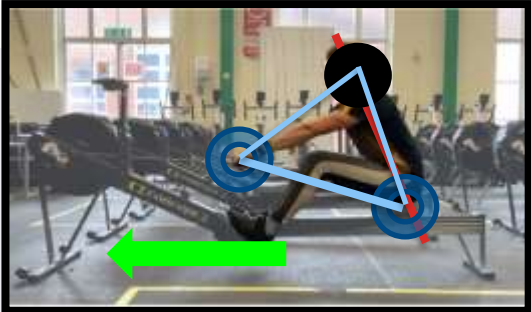Catch

Finish

12

12

9   3   9   3

6   6
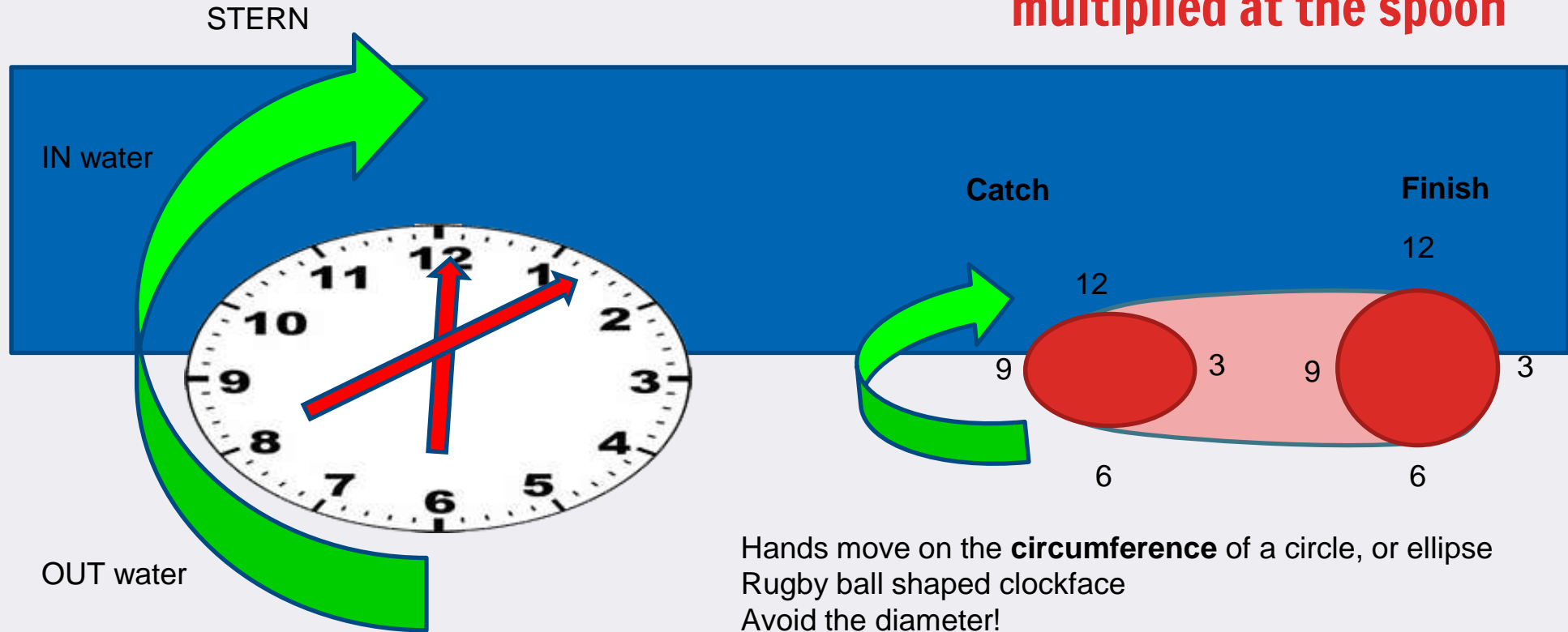
Hands move on the **circumference** of a circle, or ellipse
Rugby ball shaped clockface
Avoid the diameter!

Remember – this is about COACHING!

**Wrist watch at the catch
Wall clock at the finish**

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Make it easy to get connected

TRIANGLE

- Head
- Seat
- Hands
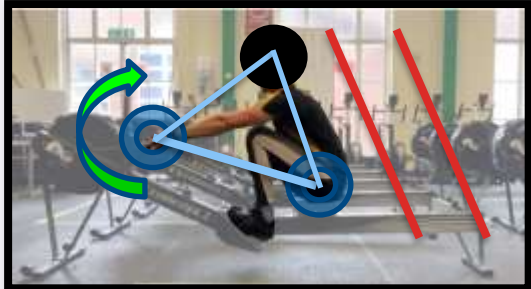
Linked &
CONSISTENT!

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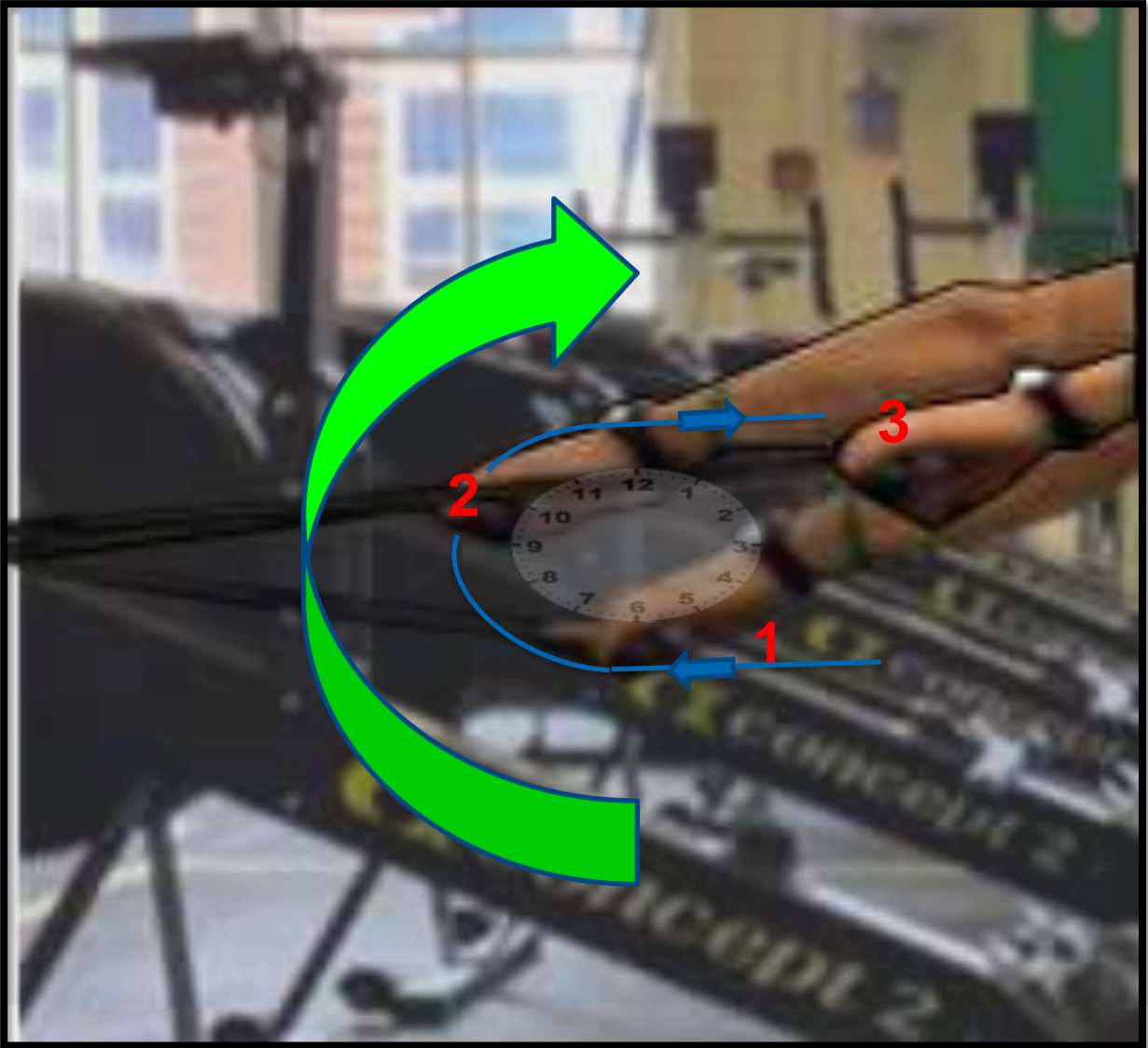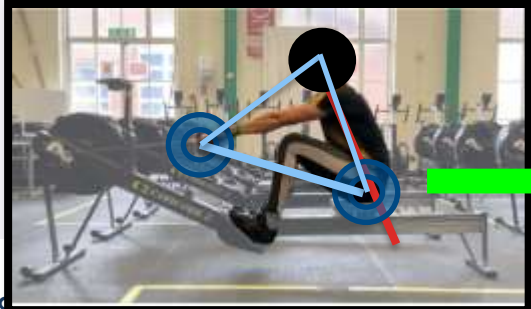
Timing the entry - linked system!

CATCH POINT *(most effective length or target range)*

1 2
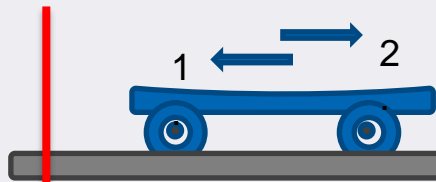
No matter how quickly, seat ~~v~~
STOP,
and then change direction

CATCH POINT
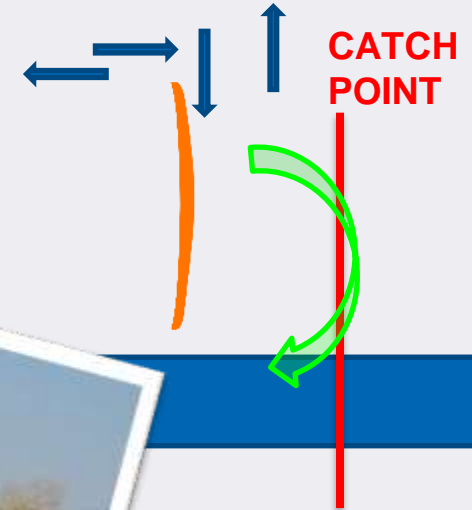
STERN

BOW
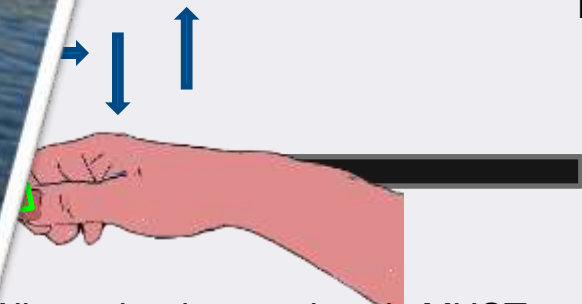
When wheels stop, hands MUST
keep moving!

Coaching it - The Boat
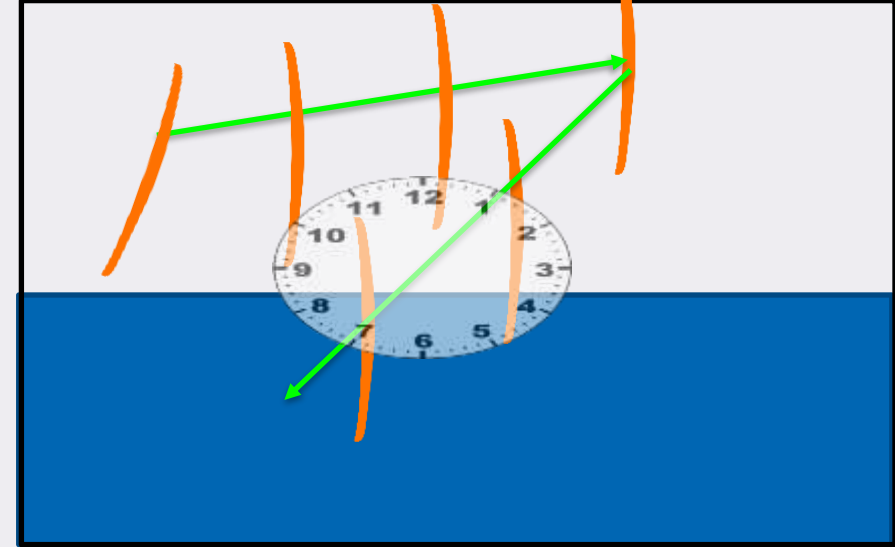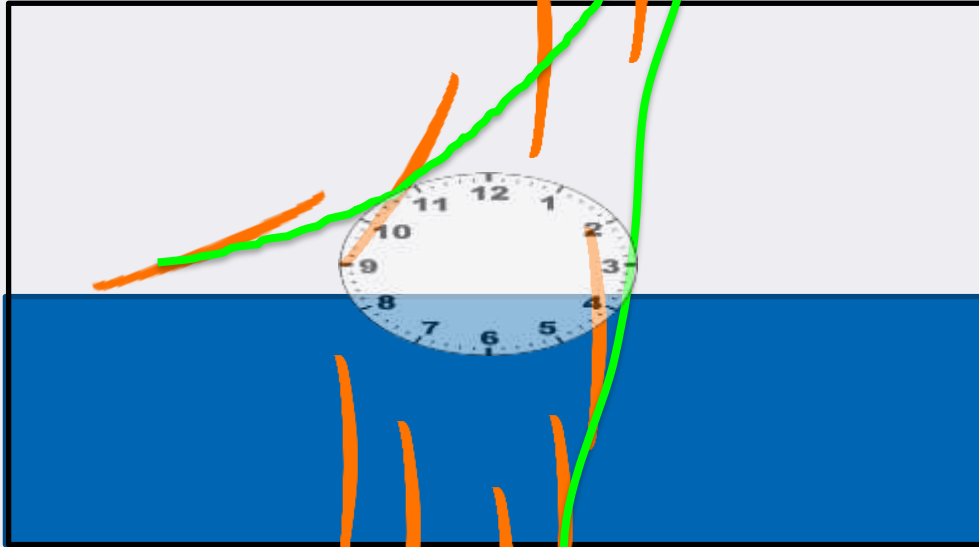
Faults & Reasons

Sky & Chop	Body Dump at Catch	Lifting shoulders to connect	Poor Blade preparation	Poor understanding
• Blade on water? • Blade not square in time? • Body Dump • Pressure on Spoon?	• Poor Hip Hinge • Not extended enough through ¼ slide	• Dump in Lift out • Poor connection • Poor handle control • Poor timing	• Set up on the boat • Hands control • Hands on Clockface?	• Coaching • Practise • Lazy? • Hands stop with wheels? • Drive too early

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DRILLS

Drills to encourage the development of skill

Loads of drills and adaptations – creative but transferability . Be consistent!

Understand what you are trying to achieve – where are the forces

- *Hand Hooks*
- *Glute Nudges*
- *Pre-set up roll up*
- *Pre-set roll up with push & suspend*
- *Pre-set roll up with 1/2/3/4/5* **strokes**

In a quad, do this in 1/2/3/4s
Use 2x/1x

**PROGRESSION!
Repeat, Repeat, Repeat…**

NOT A MAGIC WAND

Not a 'one hit wonder'

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Coaching it- The programme

Feedback to athletes

Use different boat types

Overall training aims include tech objective

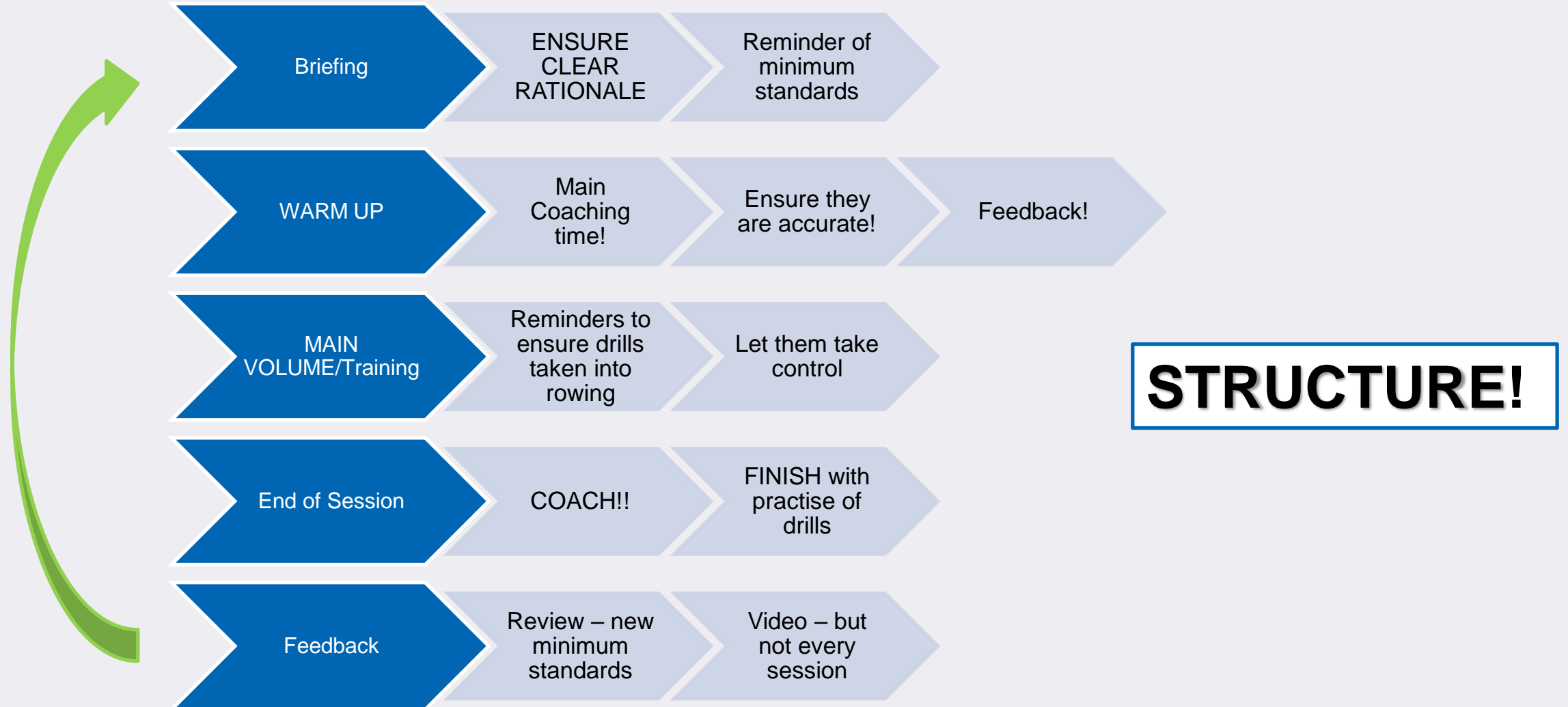| High	MON 1	TUE 2	WED 3	THUR 4	FRI 5	SAT 6	SUN 7	Notes
7:30-9:30	TRAVEL	Rig and 8km paddle UT2 (check equipment) (2x)	8km paddle tech with starts (2x)	12km tech - tough couple of days- leave crew to do drills in pairs- keep an eye on delivery of message (4x)	12km paddle UT2 with 5x12 str str r26-34 (4x) (video for front turn feedback)	12km with 8km tech (4x) (adjust based on video work at pace- heavily coached)	12km paddle tech (4x)	First two days establish matrix rank. After use 4x and 2x. Tech focus on front turn, accuracy of connection. Timing last turn of the wheels with well connected blade against the footplate. Work should focus on implementing that model through increased work load and rates. Final day of camp 2k piece free rate to establish baseline 4x pace. Keep an eye on form under pressure.
09:30		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
11:00-13:00		2x matrix (3x1500 free)	2x matrix (2x1500 free)	12km UT2 with starts (4x)	12km with 2x 4x2'on 2' off rate 24 (4x) bungee and no bungee	S&C Prog 1- key movements and core	12km with 3x2km r26/28, 28, 28/30 (4x)	
13:00-16:30		Lunch & Study	Lunch & Study	Lunch & Study	Lunch & Study	Lunch & Study	Lunch & Study	
16:30-18:00	4km paddle (2x)	8km recovery paddle (2x)	10km tech- underpin key drills (4x)	OFF	10km paddle UT2 with 5x12 str str r26-34 (4x)	8km tech (4x) (less coached- more athlete delivery)	OFF	
	TRAINING CAMP							

Opportunities for athlete delivery

Incremental and consistent practice at varying paces

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Coaching it- The session

Briefing	ENSURE CLEAR RATIONALE	Reminder of minimum standards
WARM UP	Main Coaching time!	Ensure they are accurate!
MAIN VOLUME/Training	Reminders to ensure drills taken into rowing	Let them take control
End of Session	COACH!!	FINISH with practise of drills
Feedback	Review – new minimum standards	Video – but not every session

(WARM UP row also includes: **Feedback!**)

STRUCTURE!

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Coaching it - The boats

Using different boat types

1x

Individual adjustments

Make mistakes

Slow boat- timing

2x/4x

Stable environment

Tech work in units

Increased boat speed as a crew

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Coaching it - The boats

Using different boat types- example tech programming

1x for individual assessment and main training	2x for new skill	4x for skills in units of 2-3	1x for refining learning	2x for skill into paddling as a unit	1x for skill under pressure- e.g pieces	4x for skills at speed- e.g bursts	4x to refine skills at speed	4x racing

Keep monitoring and moving between boat types in order the achieve a well executed technical change
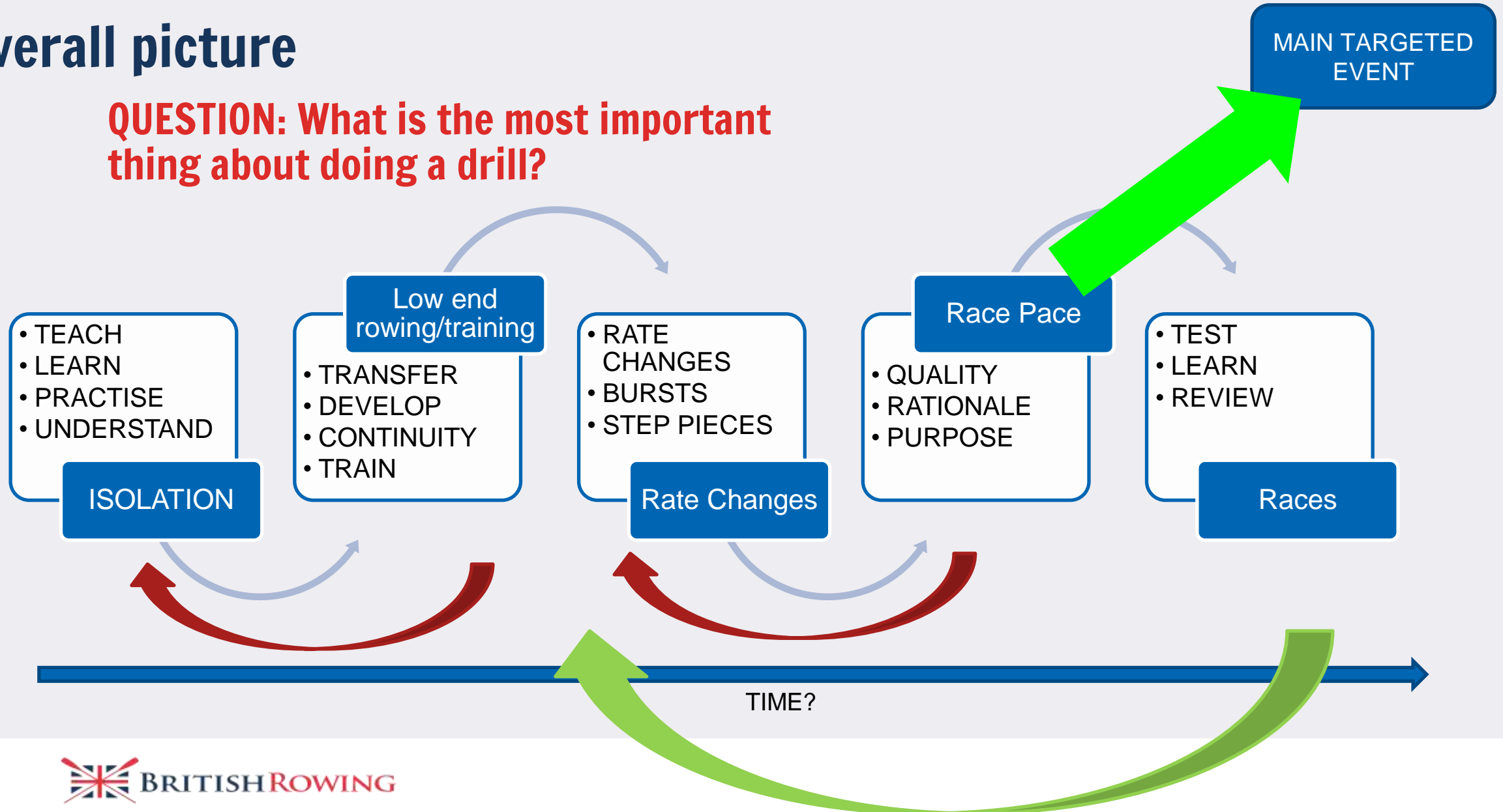
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Coaching it - Coaches and technology

Monitoring improvement

- Technical training programme

- Develop your coaching eye

- Use accessible technology- Video, coaching apps

- Give athletes the tools to understand and monitor themselves

- Execution - Test in racing

- Keep going back to slower speeds, smaller boats to improve

- Technology or coaches eye?

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Overall picture

QUESTION: What is the most important thing about doing a drill?

MAIN TARGETED EVENT

- TEACH
- LEARN
- PRACTISE
- UNDERSTAND

ISOLATION

Low end rowing/training

- TRANSFER
- DEVELOP
- CONTINUITY
- TRAIN

- RATE CHANGES
- BURSTS
- STEP PIECES

Rate Changes

Race Pace

- QUALITY
- RATIONALE
- PURPOSE

- TEST
- LEARN
- REVIEW

Races

TIME?

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It's a process

Case study - Windsor Boys School 2018 4x

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TYPICAL LEARNERS AS J14/J15s

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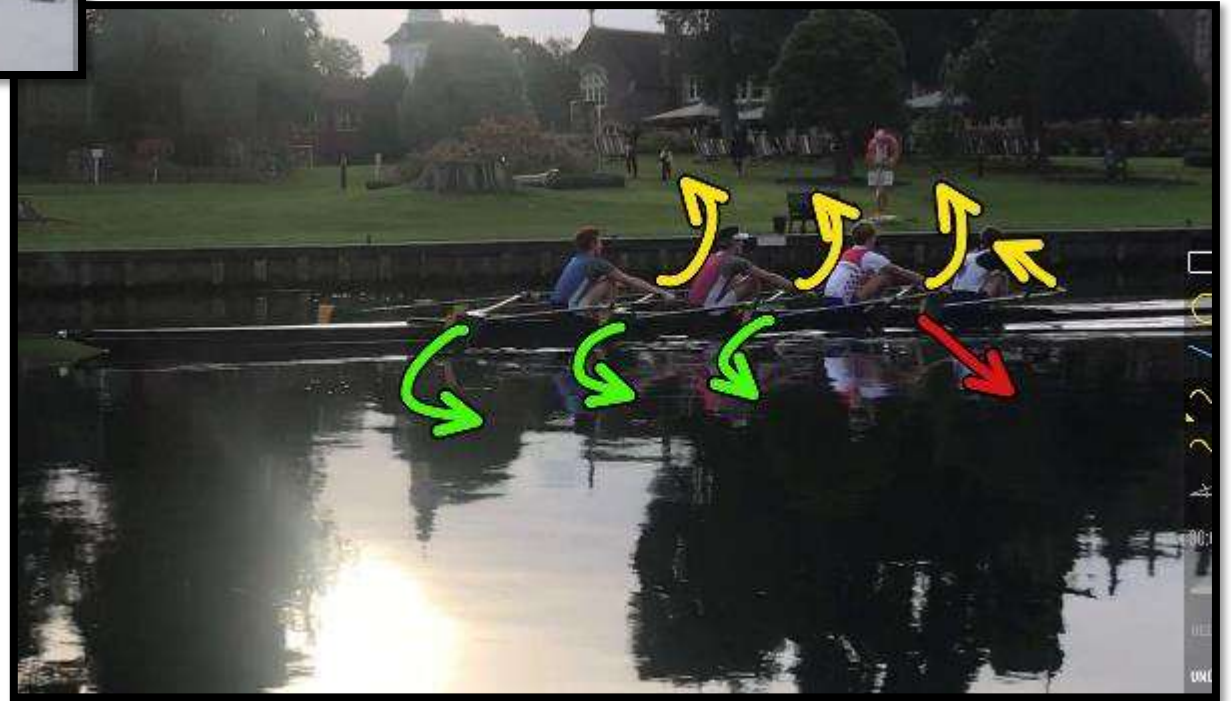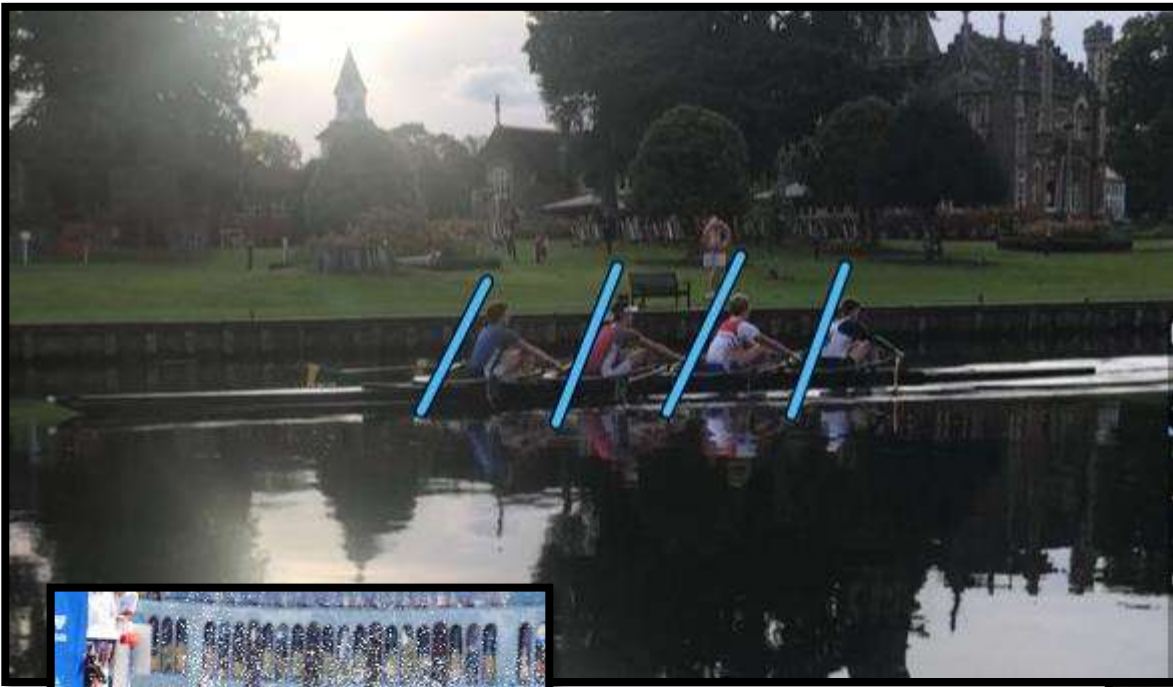
As J17/18s

- *HRR Winners 2017 2018*
- *Championship 4x/2x/1x*
- *British Team Successes*

- *Variations of crew*
- *A TEAM*

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QUESTIONS?

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