



British rowing technique - The perfect stroke

Good technique is about producing maximum power for minimum effort

Moving the boat as far as possible each stroke in the most efficient way.

Coaches need to understand that in order to move a boat or ergometer well, several concepts about technique need to be understood.

Differences in size, strength and ability mean that different athletes achieve maximum efficiency in slightly different ways. Coaches need to be able to spot where changes in technique can be made to maximise efficiency.

Link together the kinetic chain

Most of the concepts that contribute to efficient technique can be summed up in one or more of the pictures. However, the concept of 'link together kinetic chain' applies to the whole stroke. The rowing stroke requires constant movement and application of power or controlled recovery to be effective. The whole of the body is engaged in the activity and therefore each part of the body chain needs to transfer the power. Hence posture and trunk stability are key to rowing efficiently.

Sculling technique

The left hand should remain in front and slightly above the right hand. Keep this relationship during the drive phase and the recovery.

The hands should move into and out from the body at the same speed. As the rating comes up, so all the movements speed up to keep the same stroke ratio.



Photography: Marty Aitken
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