Sculling Catch

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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
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)?
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
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

Think direction of forces!
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
Do the basics well - Process and Outcomes

Clear technical model

Subtle grip to make “wall of water”

Conditioned to “load” connection

In range

Conditioned to hold position - core

Hip hinge

OUTCOME “Quiet” catch
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

[Images of people engaging in various exercises and rowing in a boat]
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!
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
How I coach it

Boat past the water or water past the boat?

Boat Moving past stationary water

Boat stationary

Want to be really good? Practise going upstream!!
How is the blade going into the water?

Pressure needed here

1?  2?  3?  4?  5?

STERN

FAST FLOWING WATER

BOW
Blade profile

BLADE HOOKS DOWN
HANDLE HOOKS UP

STERN

CLOCKFACE ROWING

FAST FLOWING WATER

BOW
What are the hands doing?

Remember the amount the hands move is multiplied at the spoon

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

Wrist watch at the catch
Wall clock at the finish

Remember – this is about COACHING!
Make it easy to get connected

TRIANGLE

- Head
- Seat
- Hands

Linked & CONSISTENT!
Timing the entry - linked system!

CATCH POINT (most effective length or target range)

1. No matter how quickly, seat will STOP, and then change direction.

CATCH POINT

STERN

When wheels stop, hands MUST keep moving!

BOW

British Rowing
Coaching it - The Boat

Faults & Reasons

Sky & Chop
- Blade on water?
- Blade not square in time?
- Body Dump
- Pressure on Spoon?

Body Dump at Catch
- Poor Hip Hinge
- Not extended enough through ¼ slide

Lifting shoulders to connect
- Dump in Lift out
- Poor connection
- Poor handle control
- Poor timing

Poor Blade preparation
- Set up on the boat
- Hands control
- Hands on Clockface?

Poor understanding
- Coaching
- Practise
- Lazy?
- Hands stop with wheels?
- Drive too early
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’
## Coaching it - The programme

**Feedback to athletes**

**Use different boat types**

**Overall training aims include tech objective**

<table>
<thead>
<tr>
<th>High</th>
<th>MON 1</th>
<th>TUE 2</th>
<th>WED 3</th>
<th>THUR 4</th>
<th>FRI 5</th>
<th>SAT 6</th>
<th>SUN 7</th>
<th>Notes</th>
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</thead>
<tbody>
<tr>
<td>7:30-9:30</td>
<td>TRAVEL</td>
<td>Rig and 8km paddle UT2 (check equipment) (2x)</td>
<td>8km paddle tech with starts (2x)</td>
<td>12km tech - tough couple of days - leave crew to do drills in pairs - keep an eye on delivery of message (6x)</td>
<td>12km paddle UT2 with 5x12 str str r26-34 (4x) (video for front turn feedback)</td>
<td>12km with 8km tech (4x) (adjust based on video work at pace-heavily coached)</td>
<td>12km paddle tech (4x)</td>
<td>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.</td>
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<td>09:30</td>
<td>Breakfast</td>
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<tr>
<td>11:00-13:00</td>
<td>2x matrix (3x1500 free)</td>
<td>2x matrix (2x1500 free)</td>
<td>12km UT2 with starts (4x)</td>
<td>12km with 2x 4x2' on 2' off rate 24 (4x) burgee and no burgee</td>
<td>S&amp;C Prog 1 - key movements and core</td>
<td>12km with 3x2km r26/28, 28, 28/30 (4x)</td>
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<td>13:00-16:30</td>
<td>Lunch &amp; Study</td>
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<tr>
<td>16:30-18:00</td>
<td>4km paddle (2x)</td>
<td>8km recovery paddle (2x)</td>
<td>10km tech - underpin key drills (4x)</td>
<td>OFF</td>
<td>10km paddle UT2 with 5x12 str str r26-34 (4x)</td>
<td>8km tech (4x) (less coached - more athlete delivery)</td>
<td>OFF</td>
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**Opportunities for athlete delivery**

**Incremental and consistent practice at varying paces**
Coaching it - The session

**Briefing**
- Ensure CLEAR RATIONALE
- Reminder of minimum standards

**WARM UP**
- Main Coaching time!
- Ensure they are accurate!
- Feedback!

**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

**STRUCTURE!**
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
Coaching it - The boats

Using different boat types - example tech programming

Keep monitoring and moving between boat types in order to achieve a well executed technical change.
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?
Overall picture

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

- **TEACH**
- **LEARN**
- **PRACTISE**
- **UNDERSTAND**

**ISOLATION**

- **Low end rowing/training**
  - **TRANSFER**
  - **DEVELOP**
  - **CONTINUITY**
  - **TRAIN**

**Rate Changes**

- **RATE CHANGES**
  - **BURSTS**
  - **STEP PIECES**

**Race Pace**

- **QUALITY**
- **RATIONALE**
- **PURPOSE**

**Races**

- **TEST**
- **LEARN**
- **REVIEW**

**MAIN TARGETED EVENT**

**TIME?**

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*British Rowing*
It’s a process

Case study - Windsor Boys School 2018 4x
TYPICAL LEARNERS AS J14/J15s
As J17/18s

- HRR Winners 2017 2018
- Championship 4x/2x/1x
- British Team Successes
- Variations of crew
- A TEAM
QUESTIONS?