



BRITISHROWING

Technical Spotlight

Hugo Gulliver & Richard Chambers

**BRITISH ROWING
LOCKDOWN WEBINARS**



IN ASSOCIATION WITH

THE POWER TO KNOW.



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Hugo Gulliver

University of London Chief Coach

Great Britain U23 Crew Coach



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Richard Chambers

Oxford Brookes University Women's High Performance Coach

Great Britain U23 Crew Coach



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Introduction

Coaching the basics

Coaching multiple crew boats in large teams

Team Management



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Coaching the Basics

What is your first technical focus in September to have everyone on the same page?



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Coaching the basics

How do you prepare athletes to slide forward for a good catch?



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Coaching the basics

Rotation



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Coaching the basics

What makes a good catch?

And what drills help improve the catch?



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Coaching the basics

How do you stop tightness in the shoulders during the drive phase?





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Coaching multiple crew boats in large teams

Are pairs and fours an important step to make the eights move fast?



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Coaching multiple crew boats in large teams

Ludum – How effective have UL found it in managing training and individuals performance?



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Team Management

How do you manage a competitive training environment alongside academic commitments?

Education – Nutrition

Time management

Anti - Doping



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Thank you

Questions?

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