Technical Spotlight
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Hugo Gulliver

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Great Britain U23 Crew Coach
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Great Britain U23 Crew Coach
Introduction

Coaching the basics
Coaching multiple crew boats in large teams
Team Management
Coaching the Basics

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

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

Rotation
Coaching the basics

What makes a good catch?

And what drills help improve the catch?
Coaching the basics

How do you stop tightness in the shoulders during the drive phase?
Coaching multiple crew boats in large teams

Are pairs and fours an important step to make the eights move fast?
Coaching multiple crew boats in large teams

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

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

Education – Nutriton
Time management
Anti - Doping
Thank you

Questions?