

# Technical Spotlight

# BRITISH ROWING WEBINARS

ASSOCIATION WITH





# Hugo Gulliver

University of London Chief Coach Great Britain U23 Crew Coach





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#### Introduction

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









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









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







#### Rotation







What makes a good catch?

And what drills help improve the catch?







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?







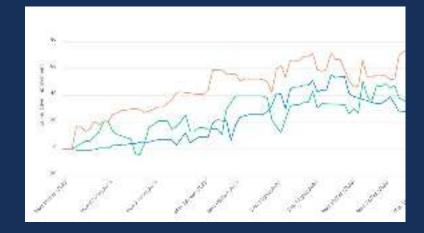


# Coaching multiple crew boats in large teams

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?

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THE POWER TO KNOW.