

## Strength Training and Rowing Technique

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## Learning Technique

- Sport skills are learned through repetition
  - Various intensities
  - Various conditions
  - With and without decisions

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## Learning Technique

- The rowing stroke is a discrete skill
  - Same movement is performed on every stroke
  - Technique is not dependant on what an opponent does
  - Discrete skills are easier to learn than open skills
    - Change in response to an opponents movements

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## Why are there errors?

- Movement has not become automated
  - Lack of practice
  - Fatigue due to training
  - Unvarying practice conditions

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## Why are there errors?

- Lack of knowledge
  - Rower does not understand what is being asked of them
  - Rower has never seen the desired technique modeled
  - Coach does not full understand the technique they are trying to coach

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## Why are there errors?

- Coaching
  - Ineffective feedback
    - Does not clearly identify problem and corrective measures
  - Inadequate feedback
    - Athletes deemed not as good often get overlooked or receive less attention
  - Too much feedback
  - Feedback style does not match athlete's learning style
  - Rigging

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## Why are there errors?

- Physical limitations
  - Strength and flexibility can limit an athlete's ability to perform a technique
    - Limit range of motion
    - Limited body control
    - Strength imbalances cause subconscious changes in movement patterns

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## Determining the Cause of Errors

- Underlying cause of an error must be determined before it can be corrected
- Need to take a hard honest look at the program and your interaction with the athlete

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## Error Cause Checklist

- Does the athlete understand what they are supposed to do?
- Have they seen the technique?
- Have I used video and other tools?
- Is the rigging right?
- Has another coach tried to correct the error?

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## Error Causes

- Once you have eliminated other causes of error physical limitations are the likely cause

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## Assessing Physical Cause of Technical errors

- Multi step approach
  1. Clearly define the error and proper technique
  2. Define conditions under which the error occurs
  3. Identify the muscles used in that part of the stroke
  4. Identify the muscles the athlete is trying to avoid
  5. Determine if the error is replicated outside the rowing stroke
  6. Assess physical ability

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## Anatomy of the rowing Stroke

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## Anatomy of the Rowing Stroke

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## Common Errors

- Shooting slide
- Early arm bend
- Shortening the stroke
- Trunk collapse near release
- Knees pull together

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## Correcting Physical Errors

- May require several months or in some cases years
- May require decrease in rowing volume
- Dedicated strength training year round
- Daily flexibility program

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