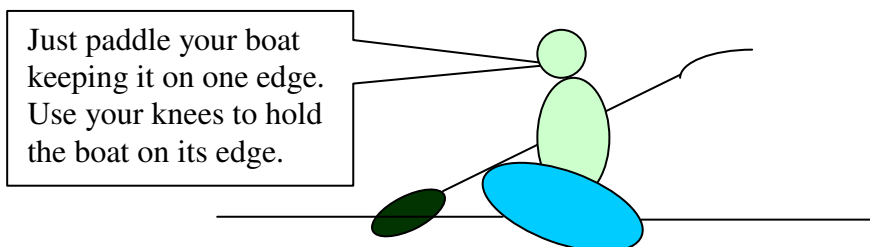


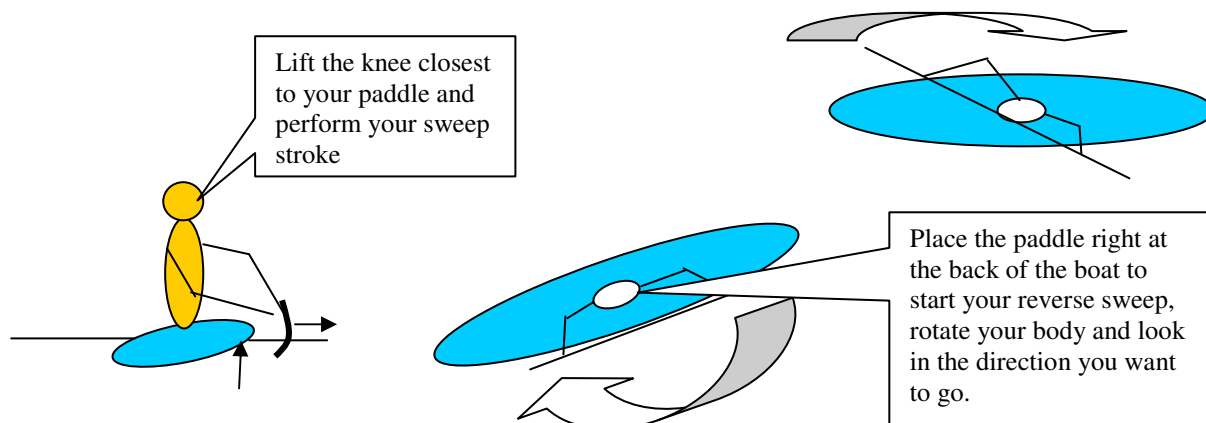
Coaching Notes -Boat Skills.

Edge Control. Make sure that you fit in your boat correctly. The footrests should be high enough to push your knees up against the thigh braces. You may need to pad out the sides of the seat to prevent your backside sliding around in the boat. Some players tighten their footrests very slightly for a game and loosen them when they know they will be in their boat for some time for example during training.



Use your knees to control the edge of the boat. Make a simple course that includes simple turns. Once you get good at this try edging the boat more until it's really of balance.

Dip Turns. Start by putting in a good forward sweep stroke. This will start the boat turning. In the direction you want.

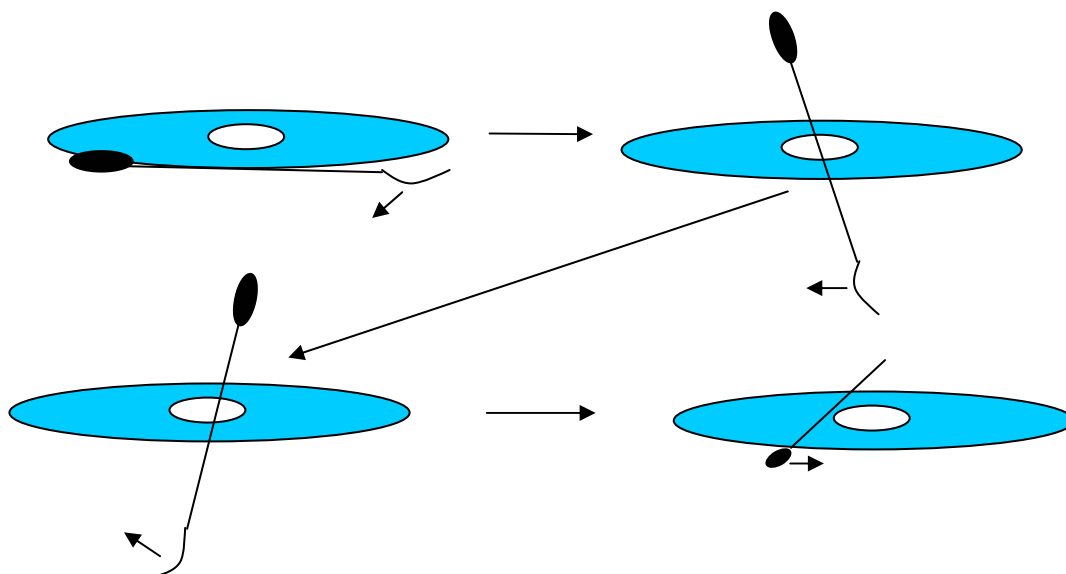


To perform your reverse sweep, place the paddle as far back as you can. Looking in the direction you want to turn will improve your trunk rotation. Lift the knee closest to the paddle and with the back of your blade perform the sweep. The boat will cut into the water. Let the boat spin while locking your knee. See how far you can go with one sweep and keeping the back of the boat underwater.

Keeping the knee lifted is very important. A common fault is to let the knee drop, the boat will pop to the surface early, shortening the amount of turn you can make with one stroke.

Coaching Notes -Boat Skills.

The Bow Draw. This simple combination stroke will allow you to accelerate out of



To start just keep your boat flat for this one. Perform a conventional sweep stroke. When the paddle gets to the cockpit area, switch from using the back of the blade to the front of the blade. Draw the blade to the front of the boat, when the blade reaches the bow, turn the drive face towards you and pull to accelerate. Once you get the hang of this. Combine it with the dip turn. When your boat is under the water it is under compression this will help the boat accelerate forward with the power stroke at the end of this move.