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Technical Model Example

Novice rowers should have a clear picture of what technique looks like and all coaches should be teaching the same technical model. Uniformity is important at all levels in your program. Below as an example of a technical model.

>> [Click here to access the technical benchmarking file](#) <<

The following are a list of common errors made by novice rowers, how to identify them and example drills to help fix the technique.

Holding The Oar Handle

Sculling: [Coaching the correct grip](#)

Sweep: [Coaching the correct grip](#)



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Recovery

Common Error	How to Identify	Drills To Fix
Hands and body not moving out of the bow before knees break	Knees break before the upper body angle is set	Pause Drills https://youtu.be/LxxhHvD30w0 Body Over Pauses on Ergometer https://youtu.be/gsHgy2wec9U Cut The Cake Drill https://youtu.be/eo0a-jiMUN4
Rushing the Slide	Rower accelerates toward the catch not allowing the boat to run underneath them	Understanding what that should feel like. Here is a link to an article** from Decent Rowing that the rowers can read that helps them to understand what that should feel like. Teach the rower to use the oarlock(s) as a means to control the speed of the slide.



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Catch

Common Error	How to Identify	Drills To Fix
Skying the blade	Rowers blade moves away from the water line at end of the recovery	Catch Placement https://youtu.be/Pvr0dfaQGgA Slap Catches
Missing the catch	Blade moves toward the stern before it is placed in the water	Tap Drill https://youtu.be/yKImT9R_3Pw Slap Catches
Blade and rower not connected early in the drive	No bend in the oar until later in the drive.	Backing drill https://youtu.be/yAwBEYJCL2o



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Drive

Common Error	How to Identify	Drills To Fix
Opening the back to early on the drive	Rowers shoulders move toward the seat.	Tap Drill https://youtu.be/yKImT9R_3Pw Drive Sequencing Drill https://youtu.be/3jzaBpf8fel On Erg Legs Only Drill https://youtu.be/WmL4ALpYK4M
Missing the catch	Blade moves toward the stern before it is placed in the water	Tap Drill https://youtu.be/yKImT9R_3Pw Slap Catches
Blade and rower not connected early in the drive	No bend in the oar until later in the drive.	Backing drill https://youtu.be/yAwBEYJCL2o
Blade goes deep during the drive	Rower “rowing over a barrel	Allow the rower to partially let go of the blade so that the blade “sits” at the correct height in the water.
Rower not accelerating through the stroke to the release	You can see that the rower is not accelerating through the drive.	Acceleration drill



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Release

Common Error	How to Identify	Drills To Fix
Blade not buried through to the finish	Puddle becomes messy, you can see the blade coming out of the water early. Rower drops the outside elbow at the release.	Bring the outside hand close to the inside hand. https://youtu.be/ucKWyvZNH Cc Learn How To Feather and Square https://youtu.be/W-PmMDqtx Ow
Outside wrist breaks and elbow drops too low	You can see the rower breaking the wrist at the release and leaning away from the rigger with the elbow too low.	Drill to help teach the correct positioning of the elbow at the release. https://youtu.be/ucKWyvZNH HCc
Blade feathers early	Rower has difficulty getting the blade out of the water.	Late feather drill Needs a video ¼ feather drill Needs a video Square Blade Paddling
Rower not tapping down to release the blade	You can see that the blade doesn't clear the water or there isn't much space between the blade and the water as they feather to blade and move the blade toward the bow.	Pause Drill Pausing at the release with the blade out of the water. Needs a video Square Blade Paddling