**Technical Essentials (adapted from RNZ introduction to coaching module)**

Release

* In sweep rowing the outside hand releases the blade out of the water with clean downward pressure
* Inside hand feathers the blade
* In sculling both hands release the blade, feather mostly with the fingers

Recovery

* Hands lead away
* Body follows the hands, lead away by relaxed, straight arms
* Body pivots from the hips; maintain good posture
* Hold the knees down until the handle(s) clear the knees
* Set the catch position by half slide
* Body (particularly shoulders) stay relaxed and stable into the front stop
* Seat rolls in behind ankles until shins vertical (thighs rise to the chest)
* Blades square before arriving at the catch

Catch

* Place blades in water at farthest reach
* Cover blades quickly in one smooth motion
* Hands move to execute the catch – keep the shoulders/body from lifting

Drive

* Start drive with legs
* Body connects hands to feet
* Body weight suspended off handle, light on the seat, hanging
* From the front stops - Engage the most powerful muscle groups first: The legs start the movement, the trunk continues and accelerates the movement, the arms finalise the movement.
* Handles pull weight right through, elbows past the body