

Session 1: Rowing Movements

Total Duration	Duration	Session Content	Coaching Points / Exercises	Coaching Methods
5'00	5'00	Briefing	<ul style="list-style-type: none"> - Explain we'll learn basic movements of rowing today & that until the skill is learned they may not feel they're getting a work out but stick with it. - Explain it's complicated but reassure they'll be able to do this without thinking soon! (Like learning to drive a car) - Explain by end of session they'll be able to row, then we'll build on that in coming weeks. - Tell them you will email a capsize video. 	- Explanation
10'00	5'00	Set up boat on land	<ul style="list-style-type: none"> - Safe lifting and carrying (a new boat costs over £10,000!) - Go through naming of parts of the boat (bow, stern, bow side (green), stroke side (red), rigger, gate, foot stretcher, slide, seat, front stops, back stops. - Go through naming parts of a blade (spoon, handle, loom, collar, button). - Explain stroke and bow side blade. - Show how to put blade in gate with collar gate facing forward - How to get in boat safely, standing on reinforced area with squares. - How to put their feet in to the shoes - Why we use a sliding seat (longer stroke) - Show how to adjust foot position. Show that if you undo the nuts too far they will come off. Show them how to lift the whole footplate in order to move it. Get everyone to set it with three notches showing but leave all nuts loose. This is so they don't undo them more when they get in the boat. 	<ul style="list-style-type: none"> - Explanation and Demonstration - If many learners, split in to two groups. One going through how the boat works, the other, Rowing sequence.

30'00	20'00	Demonstrate movements of rowing on ergo or stationary boat on grass	<ul style="list-style-type: none"> - Set up each learner in correct backstops position. - Show how to hold the oar handle. (The 'wedding ring' knuckle is almost vertical and the top of the hand flat.) - Use Assistant to demonstrate rowing sequence using 'Rowing Sequence Document' - Have each rower practice the movement at stroke and bow, with friend helping then swap over. - Coach help set feet with fist gap between hands. Tell them to remember where their feet are. - Coach & Assistant continue to watch and coach corrections 	<ul style="list-style-type: none"> - Ergo or boat on land - Visual: showing movements with own body - Aural: explaining as you do it - Kinaesthetic: Doing the movement themselves
40'00	10'00	Set up boats	<ul style="list-style-type: none"> - Line up in height order, assign to boats, sort feet for each rower - Take boats to water - How to get in boat safely (use L2R version of Launching/Landing document) 	Explain using visual aid of boat and asking to copy, learning by doing – visual, aural and kinaesthetic learning
50'00	10'00	Practice	<ul style="list-style-type: none"> - Individually go through motions learned on land with water (only square blading), practicing how to tap down and bring blade through water - In pairs, slowly, learning to row together - In threes with one dropping in and out as coach calls - Tell them to relax. Tell them they have a hamster between their hands and they're trying not to kill it! It's easier if you're not gripping the blades. The hands are just guiding. 	<p>Kinaesthetic: learning by practicing the movement</p> <p>Aural: Coaching from cox's seat</p> <p>Visual: learning from watching each other</p>
60'00	10'00	Turn the boat	<ul style="list-style-type: none"> - Explain that easy means stop rowing. Call easy. Ask them to work out how to stop the boat. Explain that's holding it up. - Ask them to work out how to turn the boat. They will pull on one blade. Ask them what they could do with the other blade to turn faster? They will row the other way. Show how to turn blade round. - Explain how to turn the boat rowing on one blade and backing down on the other. Let them practice. - Have a laugh about how complicated it is. Show them how to click their hands forward and back together to make turning the blade less complicated. - Call row on stroke bow side/ click back, back down stroke/bow side, click forward etc. - If they really struggle get them to turn in pairs. 	<p>Kinaesthetic: working it out for themselves</p> <p>Visual: watching someone else and copying</p> <p>Aural: explaining what's happening, why we're doing it</p>

65'00	5'00	Backing it down	<ul style="list-style-type: none"> - Explain that if they're going to hit something they need to know how to make the boat go the other way. Ask them to work it out. Teach backing it down. Get everyone together. - Congratulate them. They've processed a lot in a short time! 	<p>Kinaesthetic: working it out for themselves Visual: watching someone else and copying Aural: explaining what's happening, why we're doing it</p>
70'00	5'00	Feedback	<ul style="list-style-type: none"> - How does it feel? (They'll say it's more complicated than they thought! Have a laugh; reassure it gets better!) - Is there anything you'd like to go over? 	Learning from each other
80'00	10'00	Practice	<ul style="list-style-type: none"> - Explain you'll say full crew, from backstops, are you ready, row on, go! Start rowing in pairs - Build up to rowing together as a quad - Practice rowing - How's the hamster? Is he dead? Ok, you're brining him back to life...don't kill him again! 	- Watching, coaching from cox's seat
85'00	5'00	Cool Down	- Lighter rowing to bring the boat in. (follow L2R Launching/Landing Guidelines) Maybe drop to 3 rowers, 2 rowers, 1 rower	Aural and kinaesthetic
105'00	20'00	Off the water	<ul style="list-style-type: none"> - How to land - How to safely exit boat - Safe lifting and carrying - Boat maintenance - wash the boat down 	Explanation and practice: aural and kinaesthetic learning
115'00	10'00	Debrief + stretch	<ul style="list-style-type: none"> - Ask for feedback. How did they get on? What observations have they made? Any light bulb moments they want to share? Questions? - Explain what we've learned: <ul style="list-style-type: none"> - Feet – legs – rock over – arms - Tapping down - Square blading - Explain we'll build on that in the coming weeks and we'll have more time on the water each week. 	Explanation

Session 2: Feathering

Total Duration	Duration	Session Content	Coaching Points / Exercises	Coaching Methods
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5'00	5'00	Briefing	<ul style="list-style-type: none"> - Recap last week - Explain today we'll learn feathering - Using the ergo with stands to show how to square and feather. - Ask them to bring half the blades to the boat, leave the other half bankside 	- Explanation
10'00	5'00	Set up boats on dry land		
20'00	10'00	Demonstrate feathering technique	<ul style="list-style-type: none"> - Using the ergo with stands to show how to square and feather. - Bankside, show how to roll blade with fingers not wrists - Give everyone a blade to practice rolling with fingers, with partner holding other end of blade. Swap over. 	- Visual: demonstrating yourself.
30'00	10'00	Recap last week	<ul style="list-style-type: none"> - Recap hands, body, slide, slide, body, hands using one rower. - Remind arms stay straight as long as possible. - Show how the blades tap out square at backstops, feather in air, square as hands come over knees, travel through the air square then drop in at frontstops. - Practice. Swap over. 	<ul style="list-style-type: none"> - Ergo or boat on land - Visual: showing movements with own body - Aural: explaining as you do it - Kinaesthetic: Doing the movement themselves
40'00	10'00	Set up boats & launch	Recap: <ul style="list-style-type: none"> - Set feet - Safe lifting and carrying - How to check a boat - Heel restraints - How to put a blade in gate correctly - How to get in boat safely 	Explain using visual aid of boat and asking to copy, learning by doing – visual, aural and kinaesthetic learning
50'00	10'00	Warm up	<ul style="list-style-type: none"> - Row square blading in pairs, add in third then row together as a quad. - Start to feather in own time. 	Kinaesthetic
55'00	5'00	Drill: cutting the cake	<ul style="list-style-type: none"> - Feedback? - We're going to practice getting blades in and out square by taping up and down stationary at backstops, together. - That's how it should feel when your blades come in and out of the water. 	

65'00	10'00	Practice	<ul style="list-style-type: none"> - Row 5 strokes square blades, 5 feathered to feel how the blade comes in and out square but feathers in the middle. - When they've got that, call to square early as hands come over knees. 	<p>Kinaesthetic: learning by practicing the movement Aural: Coaching from coxes seat Visual: learning from watching each other</p>
75'00	10'00	Turn and get Feedback	<ul style="list-style-type: none"> - Remind how to turn. Help them if they've forgotten. - How does it feel? - Is there anything you'd like to go over? 	Learning from each other
85'00	10'00	Feathering Drill	<ul style="list-style-type: none"> - Explain we're hesitating before putting blades in at frontstops because we're squaring late. - Pause paddling: 3 strokes, then pause at backstops – make sure feathering in time with stroke - At backstops, blades should be square. - Practice a few times then pause at arms away. Blades should be feathered as hands come over knees. - Practice then feather at frontstops. Blades should be square, ready to go in the water. 	<p>Aural: coach explaining Visual: watching other learners Kinaesthetic: practicing</p>
90'00	5'00	Practice	<ul style="list-style-type: none"> - Row together as a quad with feathered blades trying to feather in time with stroke - Give out bronze, silver and gold stars for early squaring. 	- Watching, coaching from cox seat
95'00	5'00	Cool Down	- Lighter rowing to bring the boat in	Aural and kinaesthetic
115'00	15'00	Off the water	<ul style="list-style-type: none"> - How to land - How to safely exit boat - Safe lifting and carrying - Boat maintenance 	Explanation and practice: aural and kinaesthetic learning
115'00	5'00	Debrief + stretch	<p>Feedback? How did it go? Any light bulb moments to share? Recap what we've learned:</p> <ul style="list-style-type: none"> - Feathering, because it's easier to go fast when not fighting wind and risking catching blades on water 	Explanation

Session 3: The Slide

Total Duration	Duration	Session Content	Coaching Points / Exercises	Coaching Methods
10'00	10'00	Set up boats. Take blades to water. Put boats on trestles.	Recap: <ul style="list-style-type: none"> - Safe lifting and carrying - How to check a boat - Heel restraints - Set feet. 	Explanation.
15'00	5'00	Briefing	<ul style="list-style-type: none"> - Recap last 2 sessions - Explain ¼ slide, ½ slide, ¾ slide and full slide on bank using stationary boat on trestles 	<ul style="list-style-type: none"> - Aural: Explanation - Visual: Demonstrate with body
25'00	10'00	Boats on water	Recap: <ul style="list-style-type: none"> - How to put a blade in gate correctly - How to get in boat safely 	Explain using visual aid of boat and asking to copy, learning by doing – visual, aural and kinaesthetic learning
35'00	10'00	Warm up	<ul style="list-style-type: none"> - Row in pairs, threes, as a crew using feathered blades 	
45'00	10'00	Practice	Explain now rowing at full slide. Ask them to go down to three quarter slide in 3, 2, 1. <ul style="list-style-type: none"> - Row half slide – remind to feather even earlier – they have less time! - Row quarter slide – it's fast, keep up! - Back up to half, three-quarter, full. 	Kinaesthetic: learning by practicing the movement Aural: Coaching from coxes seat Visual: learning from watching each other
55'00	10'00	Turn boat & Feedback	<ul style="list-style-type: none"> - Remind how to turn. Are they getting better? - How did that feel? - What is your core doing at each of the positions? - Why do you think this matters? - Explain how the boat runs underneath you. After you give it a push, it accelerates, then it starts to slow down. You want to push it again as it slows down, not before, so slow the slide down, recover, let the boat run underneath then push again. 	Learning from each other

65'00	10'00	Practice	<ul style="list-style-type: none"> - Rowing together, slowing down the slide. - Slow down as you come up to frontstops. 	Kinaesthetic
70'00	5'00	Feedback	<ul style="list-style-type: none"> - Stroke, how does your back feel? - Explain how they throw their weight forward as they rock over and come up the slide. - Explain if they all rush up the slide at different times it hits stroke in the back. - Explain how it puts the breaks on if they all judder forward at different times. We want one long movement with all the weight coming forward together. 	
80'00	10'00	Practice	<ul style="list-style-type: none"> - Practice rowing again, early squaring, slowing the slide, mirroring the person in front, following shoulders not blades. 	- Watching, coaching from cox seat
90'00	10'00	Cool Down	<ul style="list-style-type: none"> - Slowing slide more so rowing becomes very gentle and light - Down to three quarter, half, quarter slide. 	Aural and kinaesthetic
105'00	15'00	Off the water	<ul style="list-style-type: none"> - How to land - How to safely exit boat - Safe lifting and carrying - Boat maintenance 	Explanation and practice: aural and kinaesthetic learning
115'00	10'00	Debrief + stretch	<p>What we've learned:</p> <ul style="list-style-type: none"> - The slide - Using the core - Racing starts - Speed of the slide and how it aids recovery and allows boat to glide 	Explanation

Session 4: The Catch

Total Duration	Duration	Session Content	Coaching Points / Exercises	Coaching Methods
15'00	15'00	Get blades, boats and Set up boats	<ul style="list-style-type: none"> - Blades to water, boats on trestles, sort feet. - Ask them to check each other. - Ask crews to check boats for themselves. Reminding of anything missed. 	<ul style="list-style-type: none"> - Explain using visual aid of boat and asking to copy, learning by doing – visual, aural and kinaesthetic learning
20'00	5'00	Briefing	<ul style="list-style-type: none"> - Recap last 3 sessions - Explain the importance of clean entrance and exit in water: the catch 	<ul style="list-style-type: none"> - Aural: Explanation - Visual: Demonstrate with body
30'00	10'00	Launch boats	Get them to do as much of it as possible. Ask which side is bow and stroke. Remind if do something wrong but let them do it.	
35'00	5'00	Warm up	<ul style="list-style-type: none"> - Build up slide from ¼ slide to full as a full crew 	Kinaesthetic
45'00	10'00	Practice	Practice rowing thinking about entrance and exit as full crew then have one rower drop out and watch until all have had a go	Kinaesthetic: learning by practicing the movement Aural: Coaching from coxes seat Visual: learning from watching each other
55'00	10'00	Turn boat and Feedback	<ul style="list-style-type: none"> - Help them turn boat if needed but get them to do it themselves. - What was everyone else doing right and how can they improve? - What's stopping you getting a clean entrance and exit? 	Learning from each other

70'00	15'00	Drill: Cutting the Cake	<ul style="list-style-type: none"> - ALWAYS HAVE ONE PERSON BALANCING THE BOAT. Cut the cake at backstops as a crew, getting timing right, feeling how blades should feel when clean in and out of water - Add in rolling away and feathering with cutting the cake (roll ups) so they cut the cake 3 x then arms away and feather. - Add in coming up to frontstops so cut the cake 3 x, roll away, feather, up to frontstops square. Balance the boat! Drop blades in, until all rowers can feather and enter water clean - Add in a stroke with clean exit. Practice cutting cake three times then taking 1 stroke a few times 	Kinaesthetic
90'00	20'00	Practice	<ul style="list-style-type: none"> - Practice rowing, thinking about going in and out with stroke - Remind of previous sessions as rowing: following stroke up slide, feathering with stroke, in with stroke, out with stroke - Build up to full crew entering and exiting water clean. 	- Watching, coaching from cox seat
95'00	5'00	Cool Down	- Slowing slide, cooling down from full slide to quarter slide	Aural and kinaesthetic
115'00	20'00	Off the water	<ul style="list-style-type: none"> - How to land - How to safely exit boat - Safe lifting and carrying - Boat maintenance 	Explanation and practice: aural and kinaesthetic learning
120'00	5'00	Debrief + stretch	<p>What we've learned:</p> <ul style="list-style-type: none"> - Can they explain the catch? - What does a good catch look like? - What does a good exit look like? - How does it affect the boat's movement if the entrance and exit are not in time with other rowers in crew? 	Explanation

Session 5: Race Training

Total Duration	Duration	Session Content	Coaching Points / Exercises	Coaching Methods
15'00	15'00	Get blades, boats and Set up boats	<ul style="list-style-type: none"> - Blades to water, boats on trestles, sort feet. - Ask them to check each other. - Ask crews to check boats for themselves. Reminding of anything missed. 	<ul style="list-style-type: none"> - Explain using visual aid of boat and asking to copy, learning by doing – visual, aural and kinaesthetic learning
20'00	5'00	Briefing	<ul style="list-style-type: none"> - Recap last 4 sessions - Explain the key principles to racing: the start, the timing, the power, the speed 	<ul style="list-style-type: none"> - Aural: Explanation
25'00	5'00	Video: London 2012 highlights	Watch the pros in a race. What makes the winning crew good? Now let's go practice being them...	Visual – video
35'00	10'00	Launch boats	<ul style="list-style-type: none"> - Ask crews to check boats for themselves before getting into them. Reminding of anything missed. 	Explain using visual aid of boat and asking to copy, learning by doing – visual, aural and kinaesthetic learning
40'00	5'00	Warm up	<ul style="list-style-type: none"> - Row full crew building up slide 	
50'00	10'00	Practice	<ul style="list-style-type: none"> - Remind crew of what we've learned: rowing in time with stroke on slide, feathering, entrance, exit - Get into rhythm as a crew - Eyes closed rowing, feeling the movement of the crew and boat - Bring weight forward together. 	Kinaesthetic: learning by practicing the movement Aural: Coaching from coxes seat Visual: learning from watching each other
55'00	5'00	Turn boat and feedback	<ul style="list-style-type: none"> - How does it feel? You've come on a long way. Now let's work on making you fast! - How are you going to speed up the boat? (pace or pressure) 	

60'00	5'00	Drill: Racing starts	There are lots of racing starts. Crews get very technical with all sorts of complicated versions. We're going to do a simple one. Come forward to frontstops. This is coming forward to row. It means we don't waste any time, so the blades go in the water on go. We're going to take 3 x ¾ strokes then go into full slide. This chops through the water quickly to get us off the start line. Try it. Feedback	
65'00	5'00	Practice racing starts	- Practice 3 x ¾ strokes into 5 full, relaxing down into strong strokes with good timing.	Aural, Kinaesthetic, visual
80'00	5'00	Feedback and explain pressure	- Explain we can also go faster by putting down more pressure. This comes from the bum and legs. We want to press down into the footplate, engaging our core.	Aural and Visual
90'00	10'00	Practice pressure	- Start on a racing start. Row as a crew with light pressure, medium pressure and firm pressure, switching regularly to teach rowers how they feel and the difference it makes to the boat - thinking about following rower in front up the slide, mirroring their body with yours Then practice racing start followed by slowing the slide over 5 strokes, building pressure over 10 strokes	Kinaesthetic and Visual
95'00	5'00	Practice: Race	- Racing start into 10 firm into medium pressure - Practice rowing together as before with different pressures, bringing in reminders of other rowing skills learned. - Cox explaining fictional race to make it fun: "They're gaining on us, medium pressure", "You're ahead, win sportsmanly: light pressure" "Almost the end, everything you've got, full pressure!"	- Watching, coaching from cox seat
100'00	5'00	Cool Down	- Slowing slide, moving down from full to quarter slide	Aural and kinaesthetic
115'00	15'00	Off the water	- How to land - How to safely exit boat - Safe lifting and carrying - Boat maintenance	Explanation and practice: aural and kinaesthetic learning

120'00	5'00	Debrief + stretch	<p>What we've learned:</p> <ul style="list-style-type: none"> - What makes a good/winning crew? - In firm pressure it's a good work out – where hurts? Indicator of which muscle being used - Explain we'll build on using the glutes, quads and core more in later sessions 	Explanation
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Session 6: Friendly Competition				
Total Duration	Duration	Session Content	Coaching Points / Exercises	Coaching Methods
5'00	5'00	Briefing	<ul style="list-style-type: none"> - Here to have fun & put all that learning into practice - It's like a mini Regatta, which is what many of us love to do as rowers 	<ul style="list-style-type: none"> - Aural: Explanation - Visual: Demonstrate with body
25'00	20'00	Set up boats and launch	<ul style="list-style-type: none"> - Ask crews to check boats for themselves before getting into them. Reminding of anything missed. 	Explain using visual aid of boat and asking to copy, learning by doing – visual, aural and kinaesthetic learning
30'00	5'00	Warm up	Row full crew building up slide	
40'00	10'00	Practice on way to the start	<ul style="list-style-type: none"> - Practiuce racing start, into 5 full lengthening, firm pressure for 10 strokes. - Remind crew of what we've learned as rowing: rowing in time with stroke on slide, feathering, entrance, exit - Get into rhythm as a crew - 	<p>Kinaesthetic: learning by practicing the movement</p> <p>Aural: Coaching from coxes seat</p> <p>Visual: learning from watching each other</p>
45'00	5'00	Race 1	Putting last week's race training into practice, crews compete using racing start and pressure differences learned	<p>Kinaesthetic</p> <p>Coach take video and photos from bank</p>

60'00	15'00	Swap boats and Feedback while other crew practices to start	<p>Debrief after race:</p> <ul style="list-style-type: none"> - How did it feel? What went well, what went wrong? Were you going too fast with the adrenaline? - Coach give crew and individual feedback using video and photos from race 	Kinaesthetic
65'00	5'00	Race 2	Putting feedback into practice, crews compete again. May bring in dills on way up to start depending on feedback	- Watching, coaching from cox seat
80'00	15'00	Swap boats and Feedback while other crew practices to start	<p>Debrief after race:</p> <ul style="list-style-type: none"> - How did it feel? What went well, what went wrong? Were you going too fast with the adrenaline? - Coach give crew and individual feedback using video and photos from race 	Kinaesthetic
95'00	20'00	Put boats etc away		
110'00	10'00	Cool Down	Cool down on bank led by rowers: each rower comes up with a fun cool down or stretch	Aural and kinaesthetic
120'00	10'00	Debrief + stretch	Have you had a good day? And have you enjoyed learning to row? In just 6 sessions you've gone from no experience to racing! Give out feedback forms, membership forms and invite to improver sessions. Silly awards such as 'least splashy rower', 'crew comedian', 'rhythmic genius' etc. Tea and cake.	Explanation