



CRNZ Coach Development

Skills and Drills

Team Boats

2010

Introduction:

Below are a selection of drills that you can use to develop stability, timing and team work.

Try these drills with your eyes closed as well!!

1. Pause Paddling Drill

○ **3 Strokes-Pause Drill**

The crew takes three strokes, and then pauses in the air before the next stroke with blades just over the water. The crew should hold the pause for a count of 2, or get them to say a phrase.

Emphasis: Hold Rotation (upper body, core, legs).
Keep opposite leg down.
Pressure on footrest.

○ **3 strokes - 2 swings drill**

This is a great drill to work on timing, stability, proper weight transfer, rotation and lower body - upper body connection. The crew gets the boat moving and then starts the drill by taking 3 strokes, doing 2 "swing strokes", and then taking 3 strokes again. The drill continues from there.

Emphasis: Good weight transfer "up the boat"
Big rotation from upper body, core and ensure the lower bodies are engaged as well, even during swing strokes
Good pressure on the footrest- even during the "Swing strokes"
Timing and communication

Progressions:

Inexperienced crews will start this with their hands very low due to balance, but try to progress to hand arm being in the correct position. In addition, beginner crews may not have their lower bodies involved right away, so be sure to emphasize that.

Progress from 3 - strokes-2 swings to 2 strokes-3 swings

○ **Eyes Closed Drill**

This is a great drill to feel the glide of the boat and the timing of the crew at the catch, draw and exit. As the drill is titled, simply have everyone close their eyes as they paddle. Note: unless you have a wide-open area, it's a good idea to have the stroke open his / her eyes periodically!

- **3 - 3 - 3 Drill**
Take 3 strokes on 1 side (e.g. left side). Focus on good technique, rotation, lower body, hand positions. - take 3 regular strokes - take 3 strokes on the opposite side (e.g. over to the right side)
- **Tap ear-tap water drill -**
Although a kayaker's top hand should never be near their ear or face, this drill is an exaggeration, as well as stability drill. The complexity of this drill can be built upon every time it is done. - After the exit- have the paddlers touch their ears with their top hands, then touch the water with the blade of their paddle where the paddle exited.

Key Points:

Ensure paddlers understand that after touching the ear, their top hands should go back to the proper position at the catch.

When touching the water and lifting the paddle out again, ensure the elbows stay down, below the top hand.

Have your paddlers focus on keeping the opposite leg down (i.e. hold the rotation), and good pressure on the footrest.