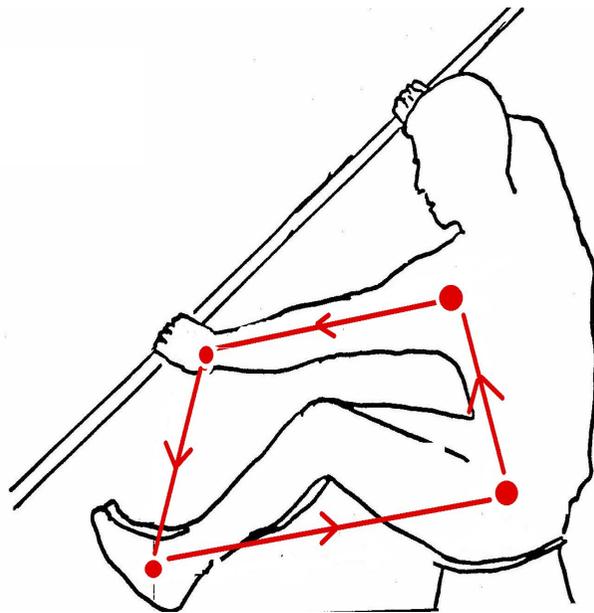


Developing The Catch

The lower arm is straightened and the paddle is driven down into the water in front of the cockpit using the power of the whole connected trunk.

The paddle blade becomes a fixed point in the water to move the boat past.

The footrest, hip and trunk are all connected to the paddle blade to drive it into the water and then hold onto the blade in the water it throughout the stroke.





Key Teaching Points

- Drive the paddle downwards in front of the cockpit
- Ensure there is a good connection between shoulder and blade, hip and foot on each side
- The foot/water on the stroke side provides a good support for the catch
- Fix the blade in the water. Lock the blade
- Hang on the fixed catch
- Put the bodyweight onto the paddle blade

Images for the coach to use:

- Spearing Fish – beware slapping the water, so think of spearing a fish 30 cm below the surface
- Think of the blade being stuck in a concrete block just under the water. (this is close to the facts – a full size wing blade can grip a block of up to 35kg of water at the catch)
- Holding onto a fixed post in the water

Practices to use:

- The coach holds the shaft so the paddler can tension and feel a good connection with the shoulder, hip and foot.
- The paddler hangs from chins bar – feeling the tension as they pull themselves up
- The paddler holds an upright pole and tensions against it.

Note: *The often used word “Pull” can be very confusing. It is suggested that coaches think to avoid its use, especially with beginners, as it encourages the incorrect image of pulling the blade back through the water. In fact the idea of pulling against a fixed point is fine, but the beginner may not grasp this to start with causing confusion, and may forget the over riding principle that the blade stays still in the water and the boat moves forward.*