



Developing Body Rotation

The trunk rotates

The whole upper body, the trunk, rotates on the firm base provided by the legs and pelvis.

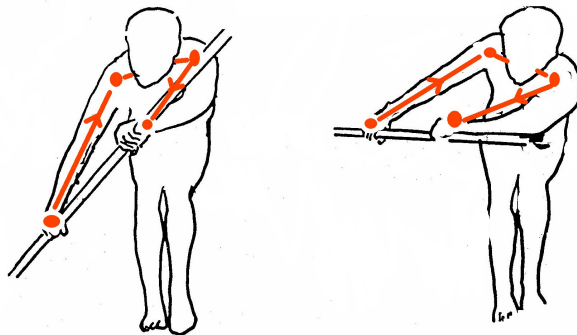
This whole structure moves as one, keeping an upright posture.

The arms connect the trunk to the paddles but do not work independently.

The diagrams show the trunk structure rotating from the hip upwards.

There are good connections between shoulders and the paddle blades, and from shoulder blade to shoulder blade.

The upper body remains connected and functions as a strong structure.



The trunk rotates vigorously ready for the next stroke, then





Key Teaching Points

- Trunk Rotation is round a central axis
- There is a good connection between shaft and shoulders – a strong structure
- The paddle shaft and chest/shoulders remain parallel – the body rotates
- The body follows the shaft round
- The two arms work as one
- The stroke is kept in front of hips – the blades come out before hip – so the hand will finish the stroke just past the knee.

Images for coaches to use

- Think of a stretched membrane between the paddleshaft and shoulders. Keep it stretched, with no wrinkles. Wrinkles = a lost connection
- Think of two arms working as one
- Think of the structure as an eggshell – as long as it is complete it is strong. If you bend the arms at the front of the stroke or during the stroke, or lose the whole rotating trunk, you lose the strong structure - it becomes weak like a dented eggshell.

Practices to use:

- In the warmup - horizontal arm swings at shoulder level, keep whole structure rotating as one
- The coach holds the paddle shaft. The paddler tensions and feels the tension/compression in both shoulders.
- Horizontal rotation with a shaft in the boat or on an ergo.
- Use a very wide hand grip in training to encourage greater rotation
- Touch the water with the little finger each time at the end of the stroke

