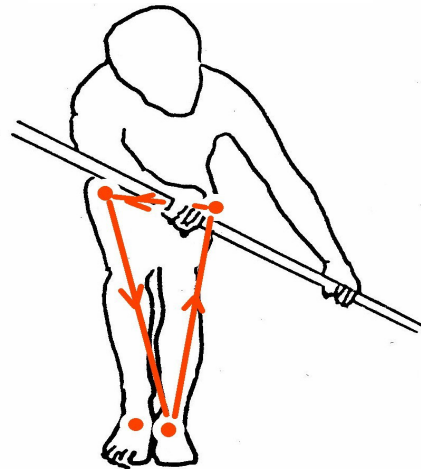


Developing the Legs and Buttocks Connection

The forward paddling stroke is built on the support of the water. The body is connected to the water by the feet/footrest and the bum on the seat. Each foot compresses the footrest to gain support for the stroke on that side. There should be a good connection with the hip as the foot presses on the footrest. If that is in place then there is a firm base for the paddling stroke.

The diagrams show the connections between foot and hips.



The powerful compression of the footrest and the connection to the hip is the base of forward paddling





Key Teaching points

- Compress the footrest
- A strong leg movement with both legs alternating
- Good connections between the footrest(boat/water) and bum(seat/water)
- Press on the footrest and the movement of bum on the seat is going backwards and round.

Images for coaches to use:

- Squashing a peach under the foot and squeezing out juice.
- Bicycling

Practices to make clearer:

- Set up to pull open a very stiff door – front foot presses hard onto floor to give support. This is the role of the foot on the footrest.
- In Tug of war – the front foot is placed forward and presses hard to give support for maximum pulling power