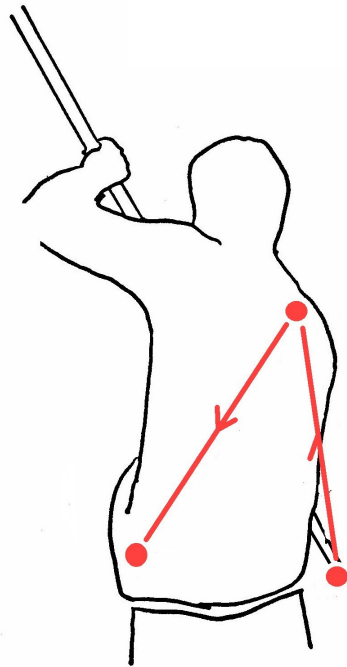


## Moving the Boat Past the Paddle

**The Blade is locked at the catch and the opposite hip drives the boat forward as the trunk unwinds powerfully against this fixed point**



The crucial connection between blade and opposite hip(boat)





## Key Teaching Points

- Slide the boat past the fixed paddle
- Make a good connection between the blade and the opposite hip, and back to the blade
- The opposite hip moves the boat forward against the fixed catch
- Keep the connection between the hip and the blade all through the stroke

## Images the coach can use

- Walk like a penguin and see how the hip swings forward
- Squeezing and gliding the boat forward
- In a tennis backhand – using the hip movement for power

## Practices to use

- Sit on a trolley on wheels or a skateboard – grab a fixed point and slide boat past arm.
- Walk like a penguin – walk using the hip to move leg and body forward
- Warmup on land, practice a visualised catch + move past it with eyes closed
- Sit on floor and move forward by moving hip and buttock forward – bumwalking – a good circuit training game