

**DESCRIPTION OF SCULLING DRILLS**

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No.	SKILL	DESCRIPTION	RECORDING
1	CIRCLES	Single hand grip in safety position (oars perpendicular to boat) hands circle each other as fast as possible. Count the number of times the right hand comes to the top in 30 seconds. Change direction after 15 seconds.	Repetitions in 30 seconds
2	BALANCE	Static balance. Hold the blades of the water as long as possible. Take the best of 10 trials with each sculler responsible for own time by counting aloud "one empacher.... two empachers.... three empachers etc". One Empacher = 1 second.	Seconds in best trial
3	DOUBLE SLAP	Single hand grip, blades square in safety position, drop and raise hands so all of both blades are out of the water and slap down. Note : if done with flat blades there is a danger of damage to the rigger of shoulders of the boat.	Repetitions in 30 seconds
4	ALTERNATE SINGLE SLAP	Double hand grip with both handles in both hands to form one unit. Roll boat from side to side to cause each blade to slap the water alternately. Missed blade slaps cannot be counted.	Repetitions in 30 seconds
5	RIGGERS UNDER, SITTING	Single hand grip, raise and lower hands until part of the end of the rigger touches the water surface	Repetitions in 30 seconds
6	RIGGERS UNDER, STANDING	Same as 6 but standing. The best scullers should have a higher score standing than sitting by using their body weight effectively.	Repetitions in 30 seconds
7	360 DEGREE TURN	Sculler points stern towards coach/timekeeper and moves the length of the boat through a complete circle and calls out to the timekeeper when completed.	time
8	CAPSIZE DRILL	This is a safety skill where a capsized sculler in the water can be reseated in the boat within 60 seconds. The best times have been recorded from scullers doing this exercise in shark and crocodile infested water.	a sculler who cannot achieve this in deep water in 60 seconds could be deemed a safety risk.