Outrigger Warm up – Legs, rotation, and balance

1. Forward lunges x 10
2. Backward lunges x 10
3. Walking lunge with leg lift and twist torso to tap your ankle with your outstretched arms x 10
4. Sumo squats x 1
5. Frog jumps – Squat, squat, Jump x 10
6. Repeat walking lunge with Leg lift and Twist of arms x 10
7. Rotation – Seated, bend your knees, place one hand on opposite shoulder, other arm reaching oblique across the body, rotate torso back towards the floor with stop at 45 degrees, return and repeat.

Outrigger Drills for practicing technique

Why drills?
• Drills help break down movement patterns and isolate muscle groups.
• Repetition builds muscle memory and strength – you are what you repeat.
• Help you continually evolve your technique.
• The final destination is continual learning, not arriving at perfection.

1. Tip Drag Drill
*Lightly* skim the edge of the blade along the top of the water during recovery. Never lose contact with the water – especially at the very front of the stroke when you set the blade.

The purpose of this drill is:
1. Creates awareness of your blade over the water – paddle stays low
2. Helps find optimum reach - limits your reach so as not to reach beyond where you can fully bury the blade, helps you **reach down at front as you recover for a better catch**
3. Emphasizes **load on the blade**
4. Dynamic, focused, intentional recovery
5. In OC6 unifies the teams’ stroke

*Tip - don't let the top arm drop on the recovery; diagonally lift the top arm across your body during recovery.

2. Straight arm paddling drill
Lock your elbows throughout the entire stroke, rotate from your center – Imagine your belly button as the center you are rotating around and from. **EXAGGERATE all your movements, especially the recovery (DO NOT BEND YOUR ARMS)**
1. Warms up back and core muscles
2. Turns on back and core muscles
3. Focuses everyone’s catch at the front of the stroke
4. Breaks the habit of pulling at the back of the stroke (stops your from bending the bottom arm, or using top arm as a leaver)

Tip* - Bury your blade - listen to your stroke and if it’s noisy, you need to get your paddle deeper under water

**Pull / Twist drill**
This is a static drill (boat still, not forward paddling). Set and bury the blade fully underwater by your foot. During the pull phase, imagine dragging your bottom hand downwards. Drive through your legs as you rotate your body. Create as much resistance as you can against the water. Twist back to the front, keeping the paddle underwater, and using your core muscles to twist back (not your arms to push back).

1. Warms up and turns on back and core muscles
2. Practice getting ‘feeling’ for the water – YOU create resistance through your technique
3. Counter rotation helps train oblique muscles

*Tip - Be aware of not overreaching past your foot when you set the blade in the water. When you twist back to the start, look to see that your blade stays underwater and does not lift at the front.

**Choke blade drill**
Grip your paddle below the T grip (on the shaft) by flipping your top hand over, so the back of your hand is facing you with your thumb down. (Keep thumb together with your fingers, not around the back alone)

1. Helps you feel and find your perfect reach
2. Develops feeling for the set and catch
3. Forces a vertical blade during the pull

*Be sure to use your whole body in an exaggerated way to get the most out of this drill