

COACH PAT BRADLEY- 3 POSITIONS OF THE STROKE

Pat Bradley ~ WORLD CHAMPION Coach who has led Team USA & Team Canada to multiple GOLD medals. Here he demonstrates the importance of an explosive exit at the back of the stroke.

https://www.youtube.com/watch?v=8N_G1rXxFDM

Transcript of video with screen shots

The three positions of the dragon boat stroke.



Position 3 – at the exit. Shoulders ahead of hip. Thumb knuckle at hip. Top hand just about 8 inches over the gunnel.



Position 2 – halfway through the recovery. This is where we come forward, top hand at 45 degrees across the boat, the shaft of the paddle is on the same plane as your shoulders.

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Position 1 – is at the setup. You are rotated and the top hand is over the water.

From Position 1, you go down to Position 3, then Position 2, then forward to Position 1 again.

Pos. 1 - Setup

Pos. 3 – Exit

Pos. 2 – Halfway thru recovery



Pos. 1 - Setup

