

COACH PAT BRADLEY- THE LEG DRIVE

Pat Bradley ~ WORLD CHAMPION Coach who has led Team USA & Team Canada to multiple GOLD medals. Here he demonstrates the importance of good leg drive throughout the dragon boat stroke.

<https://www.youtube.com/watch?v=31oRXeEgts&t=27s>

Transcript of video with screen shots

Hey everybody, Pat Bradley here with Pan Am Dragon Boat in Tampa, Florida. Today's technical tip is on leg drive. In order to have effective leg drive, we need a solid connection with our feet. There's two points of contact between our body and the boat. One is our butt, one is our feet. But the only fixed point of contact is our feet. So, our feet are our base, our foundation, for the stroke. So, it's important that we've always got weight on our feet, and it's connected, in a strong connection to the boat. Okay. If we were to take a stroke and come back, sit up way too tall and come back where our shoulders end up behind our hips, then we've got less weight on our feet. The less weight we have on our feet, the less connection to the boat, which means the less power that we can generate through our legs.

Only fixed point of contact is our feet



Sitting up with shoulders behind hips results in less weight on feet and loses the connection to boat



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So, at the catch, we want our outside leg in a position where it's bent like a spring, ready to drive. It's got to bend, we can't just have it straight. So, it relaxes during the recovery, and that all happens by leading with our hip at the exit.

Outside leg is bent at the catch



Okay, so I'm at the exit here, thumb knuckle at my hip. You'll notice my shoulders are just ahead of my hips. So, my weight, I still got weight over my legs, and my feet are anchored. As I come through I'm going to lead with my hip, so I come through this way, and watch what happens to my leg. I'm at the end of my stroke.

Outside leg straightens during leg drive



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And as I come through, lead with my hip, my leg has to bend to allow my hips to rotate. I rotate through. My leg is nicely bent there in a really strong position. Now I can drive aggressively off that leg. It pushes my hip back. It comes back to my hip bone, thumb knuckle to my hip bone. Okay, I just got that enormous drive off my leg there, and then again I lead with my hip. You'll see as the outside leg comes up and relaxes, the inside leg straightens as my hips rotate through the boat.

*Thumb knuckle comes to hip bone
as the hip pushes back*



Then lead with the hip off the exit



*Hips rotate, outside leg comes up & relaxes,
the inside leg straightens*



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Okay, so this is what it would look like. Okay, so I'm rotating up to the catch. See how this (outside) leg is bent. And then I drive down and press, press, press. As I drive down and press, I'm going to drive off this outside leg. As I come through, so this (outside) leg is straight, and look what's happened, as I push this (outside) hip back, this (inside) leg is relaxing. It's almost like riding a bicycle.

1. Rotate up to catch, outside leg bent



2. Drive down and press



3. Drive off outside leg, straightening it, hip is pushed back



4. Lead with hip off exit, rotate up to catch



Come forward.

Push off the leg.

Lead with the hip off the exit.

Press, drive through, through, through. And I'm going to lead with my hip. See how the legs change? Back to the setup. Drive down.

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So, it's all about hips and legs, hips and legs, hips and legs. Anyway, hope that was helpful. Enjoy your day, and we will talk to you soon.