

Coach's Corner by Chris Crain

Sweep Stroke

After the forward stroke, a good sweep may be the next most useful stroke. The forward sweep is much the same as a forward stroke, except that the blade is drawn back in a wide 180 degree arc, reaching well out to the side of the kayak and continuing farther back to the stern.

It's a turning stroke, and is used in a variety of situations:

- Turning the kayak quickly to a new heading
- Course correction, when your kayak wanders off course (using only a slight sweep)
- Spinning the kayak in place, using a combination of forward and backward sweeps
- Offsetting wind coming from the side (Sweep on same side as wind is blowing from while continuing normal forward stroke on the other side.)

Note that many paddlers wrongly use a stern rudder for course corrections or for turning while moving forward. That has it's place, but results in a **serious** loss of forward momentum. Master the sweep!

Check out the following instructional video clips to see sweep strokes in action.

Kayak Technique - Sweep Strokes 4:42 <https://m.youtube.com/watch?v=Ctw1acMafug>

Kayak Sweep Strokes 3:09 <https://m.youtube.com/watch?v=GWpaWh8AcZw>



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<https://sites.google.com/site/mysnckc/home/coach-s-corner>