

Freestyle Discipline Support Module Summary

This document provides a summary of the British Canoeing Freestyle Discipline Support Module for course organisers and candidates.

Overview

The British Canoeing Freestyle Discipline Support Module is designed to assist coaches who want to gain more knowledge about the specialist discipline of freestyle. The course introduces and explains the basic techniques and coaching strategies. The module seeks to support the continuing process of good coaching practice on the riverbank, with the syllabi written to focus on coaches who are likely to be supporting early development athletes.

Audience

The module is aimed at coaches who are interested in developing their knowledge to coach introductory techniques. Freestyle paddling skills are not required.

Prerequisites

At the point of registration the following prerequisites are required;

- £17.50 Registration Fee for Home Nation Members
- A British Canoeing Coaching Qualification
- Age 16 years of age, or older

Course Length

6-hours.

Delivery

The course includes both practical and theory sessions. Classroom sessions will be supplemented by demonstrations, group activities, videos and worksheet resources. Practical activities will be in context of the core skills covered in the British Canoeing 3 Star Freestyle. Coaches will work toward understanding these core skills, while building freestyle specific coaching tools to aid the delivery of fun and productive freestyle sessions. The course is designed to be delivered indoors and/or outdoors.

Learning Outcomes

Upon completion of this module candidates will;

- Understand the role of the British Canoeing Freestyle Committee, International Canoe Federation and competition framework
- Understand equipment design and its application to freestyle paddlesport
- Understand the basic physical and mechanical properties of selected muscles
- Be able to discuss and analyse selected movements and their application to freestyle paddlesport
- Be able to perform analysis of movement patterns and problem solving
- Be able to deliver practical activities to enhance students learning and understanding of movement
- Demonstrate student centered learning and application of knowledge

After the Course

After completing the module candidates receive a certificate of attendance.

Further Reading

BCU Coaching Handbook. Franco Ferrero (ed.) 2006. ISBN: 0-9547061-6-1.

Chapter 19, Freestyle.