

Slalom Discipline Support Module (Part 1) Summary

This document provides a summary of the British Canoeing Slalom Discipline Support Module Part 1 for course organisers and candidates.

Overview

The British Canoeing Slalom Discipline Support Module Part 1 is designed to assist coaches who want to gain more knowledge about the specialist discipline of canoe slalom. 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 beginners.

Audience

The module is aimed at coaches who are interested in developing their knowledge to coach introductory gate techniques.

Prerequisites

At the point of registration the following prerequisites are required;

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

Note – Coaches new to slalom techniques are advised to complete the British Canoeing Slalom Discipline Support Module Part 1 and the associated logbook prior to Part 2. Experienced slalom coaches/athletes can by-pass Part 1 with a reference from a current British Canoeing Slalom Support Module Director, HN Coaching Manager or approved referee. A reference section is available in the British Canoeing Slalom Discipline Support Module Part 1 Logbook.

Course length

6-hours.

Delivery

Practical activities will be in context of the core skills covered in the Canoe Slalom Technical Manual. Coaches will work toward understanding these core skills, while building slalom specific coaching tools to aid the delivery of fun and productive slalom sessions.

Learning outcomes

Upon completion of this module candidates should be able to:

- Identify the key demands of introductory slalom performance
- Recognise and understand the key elements of the basic slalom strokes
- Recognise and understand the key elements of basic stagger technique and regular upstream technique

- Recognise and understand the elements of preparation, delivery and review within an introductory competition environment (linked to British Canoeing Level 1 and/or Level 2 Coaching Syllabi)

After the course

After completing the module candidates receive a letter confirming attendance from their Home Nation. During the course candidates are issued with a British Canoeing Slalom Discipline Support Module Part 1 Logbook. The Logbook is used to record work done out in the field with a mentor, and focuses on developing the key technical elements covered within the module. Candidates who successfully complete the logbook return this to their Home Nation for British Canoeing Slalom Discipline Support Module Part 1 Certification.

Further reading

Canoe Slalom Technical Manual

BCU Coaching Handbook.

Chapter 18, Canoe Slalom Racing.

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