

Slalom Discipline Support Module (Part 1) Syllabus

This document provides details of the British Canoeing Slalom Discipline Support Module (Part 1) for course organisers and candidates.

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 canoe 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 athletes can by-pass Part 1 with a reference from a current British Canoeing Slalom Support Module Director; a reference section is available in the British Canoeing Slalom Discipline Support Module (Part 1) Log Book.

Course Length

6-hours

Overview

The British Canoeing Slalom Discipline Specific Support Module (Part 1) is designed to assist coaches who want to gain more knowledge about the specialist discipline of slalom. The course introduces and explains the basic techniques and strategies for coaching slalom paddlesport. The course is a mix of theory and practical activity to ensure everyone has time to try things out. 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 the beginners.

Delivery

Practical activities will be in context of the core skills covered in the Slalom media workbook. Coaches will work toward understanding these core skills, while building slalom specific coaching tools to aid the delivery of fun and productive slalom sessions. The course will involve both bank and water based practices. The content will include the foundation skills of slalom, some training theory and discipline specific coaching practice.

Learning Outcomes

By the end of this module participants should be able to:

- Identify the key demands of canoe 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 a competition environment (linked to British Canoeing Level 1 and/or Level 2 Coaching Syllabi)

During the course, participants will also;

- Have been introduced to the basics of planning & organising a slalom session
- Have experienced slalom coaching in a small group
- Have decided what they need to do next as a slalom coach ... and where to find help and more information

Further Reading

British Canoeing Canoe Slalom Media Workbook.

BCU Coaching Handbook. Chapter 18, Canoe Slalom Racing.

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

Session	Objective	Learning outcome	Key content (Slalom paddler pathway)
<p>1. Canoe Slalom explained</p> <ul style="list-style-type: none"> • What is Canoe Slalom? • What are the key demands of Canoe Slalom? • What are the Core Skills of Slalom? • Introduce Paddler pathway 	<p>Theory and background knowledge</p>	<p>The coach understands:</p> <ul style="list-style-type: none"> • The essence of Canoe Slalom • The core skills which Slalom requires • The principle of TTPP 	<p>Introduce paddler pathway.</p> <p>Introduce overview of basic, intermediate and advanced levels within paddler pathway model.</p> <p>Upstream gates; DSM 1;</p> <ul style="list-style-type: none"> • Regular 3 stroke • Regular 2 stroke • S' Regular <p>Downstream gates;</p> <ul style="list-style-type: none"> • Forward strokes / Bow Rudders and Sweep Strokes • Forward with Back Blades • Spin • Back Off • Down Stream in Eddies

Session	Objective	Learning outcome	Key content
2. Canoe Slalom Coaching <ul style="list-style-type: none"> • What is a Canoe Slalom Coach? • Boat v Bank-based coaching. • Basic goal setting for slalom. • Principles of Training • Dynamics of a session • Assisting a session • Use of Video 	Theory and coaching practices	The coach understands: <ul style="list-style-type: none"> • What a slalom coach is • The pros and cons of coaching from the water or the bank • The fundamentals of goal-setting using SMARTER expand SMARTER as per Level 1 (Slalom/competition use) • How Training works • How a session can change • Assisting or supporting another coach • Filming <i>and analysis from video</i> 	
3. Slalom Equipment <ul style="list-style-type: none"> • Slalom Boat Types • Fittings and points of contact • Paddles • Clothing • Sizing • Progression 	Theory and background knowledge	Coach understands: <ul style="list-style-type: none"> • The issues of equipment type, size and spec on coaching slalom at introductory level 	
4. The Basics of Planning Slalom Session <ul style="list-style-type: none"> • A 3 point focus; <ul style="list-style-type: none"> – Safe – Enjoyable – Learning 	Hands on awareness of planning a session	Coach has experience of: <ul style="list-style-type: none"> • Risk assessing a slalom site to be able to run a safe slalom session • Use of CLAP for dynamic risk management • What makes a slalom session enjoyable! • Creating a learning environment for slalom techniques and skills to be coached • Rescue options, managing the site and group 	

Session	Objective	Learning outcome	Key content
5. Fitness and warm-up <ul style="list-style-type: none"> Basic Physiology of warming up and warming down Demo warm up for slalom 	Theory Coaching practices Practical skills	The coach understands: <ul style="list-style-type: none"> How to direct a warm up appropriate to the activity and warming down The physiology of slalom 	
6. The principles of slalom <ul style="list-style-type: none"> 3 dimensional movement. Trim Edge and Rotation. Edging Vs Leaning. Basic paddle use. 4 quarters of the boat 	Theory	<ul style="list-style-type: none"> The coach is able to understand the principles of static & 3 dimensional movement The appropriate use of edging and leaning Basic paddle use for slalom and placement around boat 	Key principles and philosophy of slalom skills; <ul style="list-style-type: none"> Keep developing Forward Paddling Start using different stroke patterns around gates Experiment with edging your boat Maintain sound posture boat
7. Foundation Slalom Skills	Practical	The coach is able to deliver: <ul style="list-style-type: none"> the use of foundation skills in order to develop slalom paddling and its techniques The fundamentals: Posture, Connectivity, Power transfer and Feel TTPP Boat Body Blade 	Forward paddling <ul style="list-style-type: none"> Good rotation in trunk Placement Vertical Blade on entry (A-Shape) Pressure kept on blade face Drive down with top arm. Apply pressure on footrest Drive boat passed the paddle Pull out at hips Blade kept close to boat (top hand controlled)

Session	Objective	Learning outcome	Key content
<p>8. Basic slalom techniques</p> <ul style="list-style-type: none"> • Basic upstream and downstream techniques • Forward paddling • Sweeps • Bow rudder • Stern combinations • Slice thru/ staggers 	<p>Practical observing on water and through DVD / Video</p>	<p>The coach understands:</p> <ul style="list-style-type: none"> • These strokes are the ‘what’ of their coaching • Appreciate the generic principles of the basic strokes set against the specific needs of slalom • How to develop visual, technical models for these strokes 	<p>Key principles of upstream gates;</p> <ul style="list-style-type: none"> • Holding inside pole • Boat flat, (may be little off side edge) • Gliding in & accelerate out • Keep the boat running though out the upstream • Power away from the gate <p>Regular 3 stroke;</p> <ul style="list-style-type: none"> • Pre turn • Sweep into gate line (downstream side) • Plant bow rudder, grip water, pull and rotate up towards gate line • Switch to exit sweep on opposite side <p>Regular 2 stroke;</p> <ul style="list-style-type: none"> • Pre turn • Run in just below inside pole • Plant bow rudder, grip water, pull and rotate up towards gate line • Switch to exit sweep on opposite side <p>S Regular;</p> <ul style="list-style-type: none"> • Aim bow of boat below gate line • Carve in to eddy and plant bow rudder • Boat glides to top of the eddy • Turn entry bow rudder into an exit sweep • Reach around outside pole and plant rudder into the current

<p>Session 8 continued ...</p>			<p>Key principles of downstream gates;</p> <ul style="list-style-type: none"> • Set the boat up early to attack the inside pole • Flat boat • Control of rotation • Maintaining boat speed through the stagger/ downstream <p>Forward;</p> <ul style="list-style-type: none"> • Open gate sequence • Paddler able to open out & set up sequence in advance • Back end follows front end • Able to paddle through gates on Fwd strokes / Bow Rudders and Sweep Strokes <p>Spin;</p> <ul style="list-style-type: none"> • Start turn early • Slow boat up • Look over shoulders for the pole, once in sight snap the turn and drive back for next gate • Maintain boat speed • Accelerate the boat away from the gate
<p>9. Further action</p> <ul style="list-style-type: none"> • Reading • Action planning • Feedback 	<p>Background knowledge Coaching practices</p>	<p>The coach is able to action plan for their development and recognize methods of improvement</p>	

Slalom Discipline Support Module Part 1 (DSM1)

Example Programme

This example programme illustrates how the above session content can be delivered in the 6 hour course. Course Directors are at liberty to alter the training programme but MUST cover all of the syllabus content (as above).

0930 Welcome, course introductions, collect course paperwork

0945 Introductory PowerPoint slides covering:

- Session 1: Canoe slalom explained
- Session 2: Canoe slalom coaching
- Session 3: Slalom equipment

1000 Evil in Upstream – Getting Started

1030 On water at training location, practical session covering:

- Session 5: Fitness and warm-up
- Session 7: Foundation Slalom Skills tutor delivered session with students observing
- Session 8: Basic slalom techniques - downstream technique / spins – tutor directed small group workshop
- Session 6: The Principles of slalom – tutor delivered session to help focus students on the principles the slalom coach has to be aware of

1230 Back to classroom, Review

Session 4: Basics of planning a session – workshop where students are supported to produce a short lesson plan to be delivered in following session

Lunch

1400 Back to on water training venue

Session 8: Basic slalom techniques cont. – upstream techniques with students supported to deliver their planned lessons

1600 Session review

- Further action – Action plans for students
- Questions and answers & course review

1630 Course close