

Fundamental Paddlesport Skills

Level / Time

This 3-hour practical workshop has been developed for paddling or non-paddling coaches working with paddlers in their first few years of paddling activity. The workshop can be tailored to suit coaches from Level 1 through to Level 5 from any discipline.

Introduction

This workshop aims to help ensure that paddlers develop quality skills during their formative years by expanding coaches:

- Understanding about what is required to add quality to performance
- Observation skills
- Ability to use appropriate games, activities and practices to develop performance

Learning Outcomes

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

- Understand the four concepts that underpin quality paddlesport skills (Active posture, connectivity, power and feel)
- Demonstrate an understanding of the four concepts through performance of a variety of discipline specific skills
- Observe and evaluate performance in relation to the four concepts
- Develop practices to improve observed areas of weakness