

# Fundamentals of Movement in Paddlesport

## Level / Time

This 4 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 and analysing 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 3 concepts that underpin the Fundamentals of Movement in Paddlesport (Balance, Coordination and Agility)
- Understand the link between FUNdamentals of Movement in Paddlesport and the four concepts of Fundamental Paddlesport Skills. (Active Posture, Connectivity, Power Transfer and Feel)
- Understanding the application of three concepts through observation/performance of a variety of Fundamental Movement skills and Discipline Specific skills
- Observe and evaluate performance in relation to three concepts at Novice (Cognitive), Practising (Associative) and Skilled (Autonomous)
- Develop practices to improve observed areas in relation to the three concepts