

## Series Aims

What are the participants' end goal/s for the series?

SELF-LED HALF-DAY JOURNEY ON OPEN WATER  
(LOCAL LAKE) IN LONG KAYAKS  
SESSIONS WILL FOCUS ON TECHNICAL, TACTICAL,  
PSYCHOLOGICAL + PHYSICAL SKILLS

Session 1 aims:

INTRODUCTION TO LONG KAYAKS - BOAT HANDLING  
SKILLS: TURNING, FORWARD PADDLING, BALANCING  
SAFETY: CAPSIZE DRILL, DEEP WATER RESCUE

Session 2 aims:

FORWARD PADDLING SKILLS DEVELOPMENT:  
EQUIPMENT SELECTION (TACTICAL)  
IMPROVED EFFICIENCY (TECHNICAL)  
FORWARD PADDLING FITNESS (PHYSICAL)

Session 3 aims:

BOAT HANDLING SKILL DEVELOPMENT - TURNING,  
BALANCING, MOVING SIDEWAYS, STEERING (TECHNICAL)  
SAFETY: DEEP WATER RESCUE PRACTICE (TECHNICAL +  
PSYCHOLOGICAL)

Session 4 aims:

TRIP PLANNING SKILLS (TACTICAL) -  
WEATHER, PADDLING CONDITIONS, OTHER ISSUES  
SHORT-LED JOURNEY WITH COACH - APPLICATION OF  
TECHNICAL SKILLS

Session 5 aims:

FURTHER SKILL DEVELOPMENT:  
BOAT HANDLING (TECHNICAL)  
SAFETY INC. TOWING (TECHNICAL + PSYCHOLOGICAL)  
TRIP PLANNING (TACTICAL)

Session 6 aims:

SELF-LED OPEN WATER JOURNEY,  
APPLYING PHYSICAL, TECHNICAL, TACTICAL +  
PSYCHOLOGICAL SKILLS  
POST-JOURNEY REVIEW

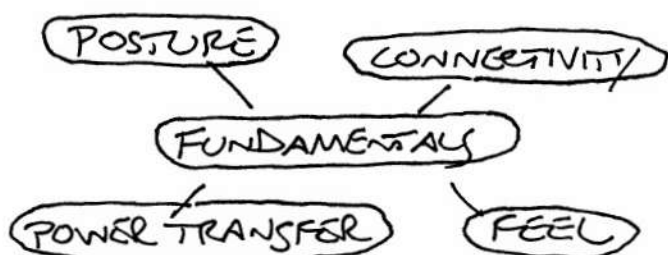
<b>BCU Level 2 Session Planner</b>	
<b>Coach:</b> NICK	<b>Date:</b> 01 MAY 2015
Session title: FORWARD PADDLING SKILLS IN LONG KAYAKS	Session number:
<b>Session Summary</b>	
Session aim/s: TO DEVELOP TECHNICAL FORWARD PADDLING SKILLS, FOCUSING ON EFFICIENCY	Length of session: 60 MINUTES
	Discipline: SEA KAYAK
	Number in group: 6
Summary of content: EXPLORATION + PRACTICE OF INDIVIDUAL KEY POINTS RELATED TO POSTURE, CONNECTIVITY, POWER TRANSFER AND FEEL.	
Any notes from last session: STUDENTS HAVE STRAIGHT LINE SKILLS AND BASIC FORWARD PADDLING COMPETENCE ON FLAT WATER, CAN LAUNCH/LAND SAFELY + HAVE OTHER BASIC BOAT HANDLING SKILLS	
<b>Safety, Equipment and Venue</b>	
Equipment required for participants: SUITABLY-SIZED SEA KAYAKS	Venue: SHEGOLD WATER VENUE 200M X 50M
Teaching and safety equipment: COACH KAYAK, TOWLINE, 1ST AID, COLD CASUALTY KIT	Support staff roles: N/A
Any medical or particular individual needs:  N/A	Parental consent forms collected: (Y) / N
	Medical declaration forms checked: (Y) / N
	Access checked: (Y) / N
Any specific safety considerations/hazards or safety control measures: MANAGE LAUNCH/LANDING FROM MARINA SLIPWAY BRIEF PADDLING AREA, RECALL SIGNAL BE AWARE OF OTHER WATER USERS (SAIL/POWER BOATS)	

	Content and Coaching points	Layout and organisation	Coaching Methods / Delivery style	Time
Introduction	DISCUSS + CHECK BOAT CHOICE / PADDLE CHOICE ADJUST FITTINGS, CHECK CONNECTIVITY	SHORE-BASED	DIRECT VERBAL/ VISUAL INFO Q+A DISCUSSION PAIRED PRACTICE, COMPARE CONNECTIVITY	8 MINS
Warm-up	RAISE HEART RATE WARM CORE + EXTREMITIES, MOBILISE MUSCLE GROUPS	SHORE-BASED THEN AFLOAT	COACH-LED 'COPY ME' PAIRED EXERCISES	7 MINS
Preparatory Activities	FORWARD PADDLING EX., FOCUSING ON POSTURE, CONTACT POINTS, BLADE ENTRY/EXIT	WITHIN DEFINED PADDLING AREA OUT/BACK COURSE, WORKING THRU FUNDAMENTALS	INDIVIDUAL PRACTICE, OPPORTUNITY FOR COACH OBSERVATION	5 MINS
Skills and Activity	<ul style="list-style-type: none"> <li>• HAND/PADDLE CONNECTION</li> <li>• BODY/BOAT CONNECTION</li> <li>• ENTRY/EXIT</li> <li>• BODY ROTATION</li> <li>• POSTURE</li> </ul>	MAKE FULL USE OF PADDLING AREA, FOCUS ON INDIVIDUAL POINTS WITHIN PRACTICE LESS	<ul style="list-style-type: none"> <li>• PRACTICE STYLE</li> <li>• RECIPROCAL- PAIRED PRACTICE</li> <li>• GUIDED DISCOVERY</li> </ul>	30 MINS
Challenge	<ul style="list-style-type: none"> <li>• EFFICIENCY - COUNT PADDLE STROKES</li> <li>• BALANCE + SYMMETRY</li> <li>• SPEED CHANGES</li> </ul>	<ul style="list-style-type: none"> <li>• AFLOAT - SET SPECIFIC EXERCISES TO DEVELOP COACHING POINTS</li> </ul>	<ul style="list-style-type: none"> <li>• PAIRED PRACTICE</li> <li>• TEAM ACTIVITIES</li> <li>• GUIDED DISCOVERY</li> </ul>	5 MINS
Cool-down Conclusion Clear-up	GENTLE PADDLE, FOCUSING ON INDIVIDUAL KEY POINTS	<ul style="list-style-type: none"> <li>• AFLOAT THEN ASHORE - DISCUSS KEY POINTS TO REINFORCE LEARNING</li> </ul>	<ul style="list-style-type: none"> <li>• STUDENT-LED WARM DOWN</li> <li>• Q+A DISCUSSION</li> </ul>	5 MINS

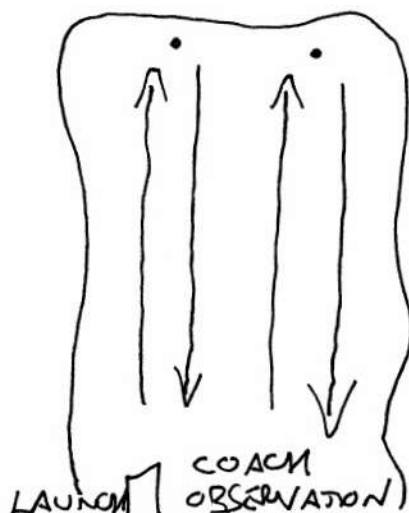
## Notes

### SPECIFIC FORWARD PADDLING EXERCISES:

- POSTURE - SITTING TALL, TILTED PELVIS
- CONNECTIVITY - LOOSE KNEES, +VE FOOT PRESSURE
- POSTURE - BODY ROTATION - STARTING FROM HIPS
- HAND/PADDLE CONNECTION - LOOSE GRIP, RELAXED
- BODY ROTATION - OVER ROTATE - '1-2-3-TAP'
- HESITATION EX. - POSTURE - HOLD HORIZONTAL PADDLE AT SHOULDER HEIGHT BETWEEN STROKES
- BALANCE/POSTURE - FULL ROTATION WITH FLAT BOAT
- ENTRY/EXIT - IN AT FEET, OUT AT HIPS
- SPEED CHANGES - '40-60-80-100 %'



### PADDLING AREA



### ACTIVITY

- Q+A
- VARIABLE PRACTICE
- PAIRED EXERCISES
- GUIDED DISCOVERY
- DEMONSTRATIONS
- CHALLENGE