

## **Coaching Young Paddlers**

### **Time / Audience**

This 3-hour module is aimed at Paddlesport Instructors and Coaches.

### **Introduction**

This module has been introduced in recognition of the hundreds of thousands of young people who are instructed by British Canoeing coaches every year and the importance of providing the best support and help to meet their needs. It is designed to help coaches who may work with young people aiming at Olympic success or those providing someone's very first experience in paddlesport. It aims to help coaches deliver sessions in a way that meet young paddlers' needs, so that they want to come back for more and that they help young paddlers to be the best they can be, whatever their ability or aspirations.

### **Learning Outcomes**

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

- Describe the benefits of adapting practice and behaviour to meet the needs of young people;
- Plan and deliver coaching sessions to maximize learning and enjoyment;
- Recognise young people's needs based on their physical, social and psychological development;
- Recognise the diversity of paddlesport and the benefits to young people;
- List the British Canoeing and National Association youth initiatives and have discussed methods and issues relating to implementation at their club/centre;
- Apply good practice when coaching young people.