

Fundamental Paddlesport Skills

Time / Audience

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 all coaches 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.