

# CANOE POLO COMPETITION COACHING AWARDS



## THE COACH & COACHING - IN GENERAL

Every coach has their personal reasons for coaching. It may simply be that you like to help people to participate. Your motivation may change as time goes by. The BCU competition coach courses for Polo are designed to give you the help and information you need to coach with even greater confidence and effect. The courses lead to qualifications for those who need or desire them.

Under the BCU recommendations, any qualified BCU coach can coach Canoe Polo for a club in a swimming pool, provided a qualified lifeguard is on hand. However, when coaching or coaching the general public, or working out of doors, it is strongly recommended that a relevant qualification is held. See BCU guidelines "The Canoeist and the Swimming Pool"

## WHAT IS COACHING?

There are three stages involved in the process of coaching a session, planning, conducting and evaluating. When you coach you will become involved in many diverse activities. However, all effective coaching involves the following sequential process: 1. Planning and Organisation - 2. Supervising and Conducting - 3. Effective Coaching - 4 Evaluating and Progressing.

## THE ROLE OF THE COACH

The coach should have the fullest possible knowledge of the game at the level at which he is coaching. The style used to impart that knowledge will vary from person to person but all will have the same common goal. Coaches are usually held in high esteem by their participants and often become important role models, particularly with children and young people. A coach must be a friend, coacher, publicity agent, negotiator, scientist and a student.

To gain the respect and trust of participants, coaches need to organise themselves thoroughly and organise other people effectively. Participants welcome ordered, safe and well structured sessions during which they know what is expected of them. A disorganised coach is likely to produce disjointed and unsafe sessions.

## THE DUTIES OF A COACH

It is more than just knowing about the sport of Canoe Polo and having the skill to impart that knowledge. You as a coach are just as much a part of the TEAM as any one of the players and like any player in the team you have specific duties. The duties of a coach fall into three main areas.

### Pre-match

1. Organising the team's admin (especially at the lower levels where there is no team manager).
2. Taking and preparing the training sessions.
3. Analysing the opposition and preparing the tactics needed to beat them.
4. Selecting the team caps.
5. Selecting the team for the match (with team caps.)
6. Making sure equipment is legal.

### Match

1. Organising the warm up.
2. Choosing the starting five (with team capt.).
3. Where necessary, calling out the substitutes.
4. Analysing the team's performance during the game and making any necessary changes to tactics .
5. Recognising faults in the team play and rectify it.
6. Controlling the behaviour of players on and off the pitch.

### Post-match

Reviewing the performance of the team and your own coaching during the game, with a view to planning future training sessions.

Ensuring all equipment is accounted for at the end of a tournament (this is important at youth and novice level when club equipment is used.)

## NATIONAL COACHING FOUNDATION

The National Coaching Foundation (NCF) works closely with the BCU to provide a comprehensive service for coaches throughout the UK. This includes an expansive programme of courses which have proved valuable to coaches, a number of which are now written into the coaching scheme.

The NCF coaching scheme is divided into three types of course, introductory study packs, key courses and advanced workshops.

**Introductory Study Packs** - These packs, worksheets and videos provide an excellent introduction to the art and science of coaching. The worksheets are now available to help coaches apply the information to their own sport, check their understanding and generate some of the evidence required to gain the coaching awards in the BCU Polo Coaching scheme. These can also be run as a taught course.

**Key courses** - These courses are designed to help coaches to develop their practical coaching skills. They are now offered as a six hour course comprising a three hour pre-course home study pack and a three hour taught course and post course exercises. They can also be taken as a home study format.

**Advanced Workshops** - These are aimed at more experienced coaches and are of either 1 or 2 days duration. Each includes pre-workshop home study and a highly interactive workshop. Advanced Workshops are organised throughout the UK. Key Course level knowledge will be assumed.

Further information on courses can be obtained from your local sports centre, NCF Regional Office or the NCF Headquarters at the following address:

The National Coaching Foundation, 114 Cardigan Road, Headingley, Leeds LS0 3BJ Tel: 01532 744802

## COACHING QUALIFICATIONS

The total knowledge a coach requires is considerable; much is gained by experience and has to be stored for occasions when it will be used. As part of this process the BCU Canoe polo committee have developed with the NCF this Canoe Polo Coaching scheme.

The Awards:

### Level 1 competition Coach (Polo)

It is now possible to undertake Level 1 training in Canoe Polo coaching. The syllabus would be appropriate for the needs of somebody just starting to become involved in coaching canoe polo, especially with young people. The award is intended to provide the would-be coach, whether or not he or she is a canoeist with knowledge and information sufficient to enable the sport to be introduced in a safe, constructive and above all enjoyable manner.

### Level 2 competition Coach (Polo)

Club Trainer

2 day training course,  
20 hrs of logged coaching required.  
1 NCF introductory course 'Working with Children'.  
1 NCF Key course, 'Prevention and Treatment of Injury'  
1 day assessment

### Level 3 Competition Coach (Polo)

Team Coach

2 day training course  
30 hrs of logged coaching required  
3 NCF Key courses 'Delivering the Goods'  
'Coaching Children'  
'Motivation and Performance'  
2 day assessment.

### Level 4 Competition Coach (Polo)

Regional Coach

2 day training course  
30 hrs of logged coaching  
Must have assisted on trainer course  
2 NCF Key courses  
'Analysing Performance'  
'Nutrition and Sport Performance'  
1 NCF Advanced Workshop 'Working with Teams'  
2 day assessment coaching on a course run by the candidate. (A high standard of league team is required)

### Level 5 Competition Coach (Polo)

Senior Coach

A total of 100 hrs of instruction  
2 NCF Advanced courses /  
'Training for Peak Performance'  
'A Question of Style'  
1 NCF short course 'Mentoring Workshop (coaching coaches)'  
Must have assisted on Level 2 or 3 coaches course  
Assessment will be over 2 days at a Level 2 or level 3  
Competition coaches course run by the candidate.

**National Coach**

By appointment only





**LEVEL 2 COMPETITION COACH POLO (Club Trainer)**

- Aim:** To provide a minimum qualification for those wishing to train a group of novices to play Canoe Polo at club and school level.
- Location:** The course and assessment is to be run in a swimming pool or a suitable outdoor Canoe Polo site.
- Examiner:** Two Level 4 Competition Coaches (Polo) or one Level 5.
- Pre-requisites:** Be of a minimum age of 18 years. (Any 16 or 17 year old can take this award but will only hold the Level 1 Competition Coach (Canoe Polo) (Assistant Club Trainer) Award until their 18th birthday where they will be automatically given the Level 2. Also any candidate after completing the Training course will also hold the Level 1 until they have passed their assessment.  
Be a Comprehensive BCU member.  
No previous experience is required.
- Prior reading The Rule Book:** The NCF booklet ' The Coach in Action'.
- Requirements:** Two day training course.  
Twenty hours of logged coaching required between the training and assessment. One NCF Introductory course 'Working with Children'. One NCF Key course 'Prevention and Treatment of Injury'.  
One day assessment.

**TRAINING COURSE TO COVER:**

**THEORY**

- a. Background of Canoe Polo
  - Where to play within the BCU
  - The Regional league structure
  - The National league structure
  - A brief history of the sport
- b. A basic knowledge of the rules
  - A check on the prior reading
- c. Working with young people
  - The law and parental consent
- d. Basic coaching techniques
  - Identification and remedy of simple faults
  - Team selection
- e. Planning a coaching session
  - When and how much time for the session
  - What to practice and why
  - Types of exercises to practice different skills.
- f. The warm up and down
  - When how and why
- g. Basic tactics
  - Zoning
  - 4 and 1
  - 5 Out
- h. Equipment
  - Types and suitability

**PRACTICAL:**

- a. Warming up/down, stretching
  - Types of stretches
  - Types of exercises
- b. Basic Boat Control
  - Understanding basic paddling strokes
  - Tackling by hand and kayak and prevention
- c. Ball handling
  - Picking up of the ball
  - basic dribbling
- d. Throwing and catching skills
  - Single and two-handed catching
  - Shooting techniques
  - Throw,forward,sideways and backwards
- e. Goal keeping
  - Where to sit
  - Holding the paddle
  - Blocking the ball
- f. Positional play
  - Marking/Defending
- g. Tactical play
  - 4 and 1
  - Zoning
  - 5 Out
- h. In play match coaching
  - How and when



## ASSESSMENT

- a. Practical coaching assessment 50%
- b. 5 minute lecture on a subject as chosen by the candidate 20% (Good use of presentation equipment i.e. slide projectors, videos etc. is expected)
- c. 1 hour written paper 30%

**All candidates taking part must keep an up to date log book to be eligible for Coaching Awards.**

## LEVEL 3 COMPETITION COACH POLO (Team Coach)

- Aim:** To provide an intermediate qualification for those wishing to coach teams at Regional/ National league level.
- Location:** The course and assessment is to be run in a swimming pool or a suitable outdoor Canoe Polo site.
- Examiner:** Two Level 4 Competition Coaches (Polo) or one Level 5.
- Pre-requisite:** Be of a minimum age of 18 years and a comprehensive BCU Member. Either have completed the Level 2 competition coach (Polo) award or minimum of 4 star polo skills with a proven level of polo experience and completed the NCF sections of the Level 2 .
- Prior reading:** NCF Booklet 'The Body in Action'.  
The Rule Book
- Requirements:** Two day training course.  
Thirty hours of logged coaching required between the course and assessment.  
Three NCF Key courses 'Delivering the goods'  
'Coaching children'  
'Motivation and Performance'  
  
Two day assessment.

## TRAINING COURSE TO COVER:

### THEORY:

- a. A knowledge of the rules A check on the prior reading  
It is recommended that the candidates should have attended or attend a grade 3 referees course
- b. Coaching techniques Assessing and analysing individual performance  
Assessing and analysing a teams performance  
Fault recognition, both team and individual  
Fault correction techniques  
After match debriefs
- c. Opposition assessment Who plays where?  
Who is their main goal shooter?  
What side does he play?
- d. Coach/paddler relationships Friend  
Mentor  
Coacher
- e. Planning coaching sessions Planning and organising  
Supervising and conducting  
Evaluating and progressing
- f. Tactics Substituting  
Breaking up the zones  
Dead Ball situations/set piece moves
- g. Diet What to eat and drink when and why  
Dehydration
- h. Basic psychology and motivation
- j. Fitness training Types of exercises  
Gymnasium work  
Aerobic/anaerobic







- b. Planning coaching sessions      Planning and organising  
Supervising and conducting  
Evaluating and progressing
- c. Opposition assessment      Pre-match using video  
During a match using counter measures
- d. Tactics      4 and 1 chasing  
5 out from a zone  
Fast breaks  
Defence against a 5 Out
- e. Coaching coaches      Basic mentoring  
Running courses
- f. Fitness training      Physiology of exercise  
Cardiovascular training  
Retrain/recover from injury

**PRACTICAL**

- a. Paddling techniques      Analysis of stroke rate and stroke length  
Body position  
Trunk rotation
- b. Ball handling      Dribbling with the paddle  
Catching the ball with the paddle  
Advanced techniques  
Boat on ball Control  
One handed, both left and right hands
- c. Throwing and shooting      Sling shots  
Angled shots  
Planning ahead  
Communication  
Reverse passing  
Distance versus speed
- d. Paddle control      Pick up of the ball with the paddle on the move  
Blocking and control of passes
- e. Goalkeeping      Warm ups  
Positioning  
Holding the paddle  
Blocking and deflecting skills
- f. Tactics      4 and 1 chasing  
5 out from the zone  
Marking and obstruction  
Defence of a 5 Out  
Fast breaks  
Set pieces/dead ball situations
- g. Boat control      Kayak tackling  
Hand tackling and resisting

**ASSESSMENT**

- a. Practical coaching assessment      65%
- b. 1 hour written paper Multiple choice      35%

All candidates passing must keep an up to date log book to be eligible for Coaching Awards.



## LEVEL 5 COMPETITION COACH POLO ( Senior Coach)

Aim:	To provide a top grade qualification for those who wish to coach National teams or who are involved in coaching coaches.
Location:	The assessment is to be run in a swimming pool or a suitable outdoor Canoe Polo site.
Assessor:	Minimum of 2 Level 5 Competition Coaches (Polo) or the National Coach.
Pre-requisites:	Be a minimum of 21 years old Be a Comprehensive BCU member. Have completed the Level 4 Competition Coach (Polo) award.
Requirements:	There is no formal training course. The candidate will submit himself to the National Coaching organiser for assessment when he/she has completed the following:  Assisted on a level 3 Competition Coach (Polo) award Logged a total of 120 hours of instruction 2 NCF Advanced Courses 'Training for Peak Performance' 'A Question of Style' 1 NCF short course 'Mentoring Workshop (Coaching coaches)
Assessment:	The assessment will be over 2 days at a Level 2 or Level 3 competition coaches (Polo) course run by the candidate.

### NATIONAL COACHES

These are by appointment only to coach the National sides and will be appointed by the SCU Canoe Polo Executive Committee. There are at present four National Great Britain coaches who's responsibilities are:

Men's and Chief Coach:  
Under 21's coach and assistant men's coach:  
Women's Coach  
Teams Administration

All the National Coaches can appoint their own assistants as they see fit. The appointments are voluntary and are only a two-year term of office. The positions are filled to coincide with the finish of the World Championships.

