

Canoe slalom

Discipline Specific Supporting Module

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Slalom Level 1 CPD Module objectives

- Identify key demands of canoe slalom performance
- Recognise and understand the key elements of basic slalom strokes (kayak / canoe)
- Recognise and understand the key elements of basic downstream / upstream gate techniques



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Slalom Level 1 CPD objectives (2)

- Introduce to basics planning and organising a slalom session
- To have experienced slalom coaching in a small group
- Review and give feedback
- Decide what you want to do next as a slalom coach – where to find information / support.



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Slalom level 1 CPD unit Timetable (a.m.)

- 1. Canoe slalom explained
- 2. Canoe slalom coaching
- 3. Slalom equipment
- Evil in the upstreams - DVD
- 4. Basics of planning a session
- 5. Practical session – warm up and stroke technique
- 6. Practical session – downstream technique / spins
- Morning review



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Level 1 CPD Module Timetable (p.m.)

- Lunch (Respect the project dvd)
- 7. Practical session – Upstream technique
- 8. Practical session – Deliver coaching
- Session review
- 9. Further action – action plans for students and coaches / further information
- Questions and answers / review



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Canoe slalom explained (1/3) What is canoe slalom?

- Whitewater / moving / flat water environment
- Developed as a sport 1930s
- Worldwide – 70 countries involved
- 4 (6) classes – K1M, K1W, C1M, C2M (C1W / C2W)
- Race against time, competitors
- 18 – 25 gates (6 / 7 upstreams)
- 90 – 120 seconds
- UK ranking structure – Div 4 > Premier



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Canoe slalom explained (2/3)

The key demands of canoe slalom

- Technical – control of boat in white water, through set course, using variety of techniques.
- Tactical – Pacing and racing strategies.
- Physical – Racing over 120 seconds. Anaerobic / aerobic systems plus sharp bursts of power.
- Psychological – Problem solving, coping abilities, competition strategies.

Canoe slalom explained (3/3) Core skills of slalom

- Technical, Tactical, Physical, Psychological elements
- Whitewater / moving water skills
- Problem solving skills
- Race preparation
- Racing skills (Ideal performance state / race focus / coping skills)
- Reviewing and feedback

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Canoe slalom coaching (1/4)

Principles of training

- Fun
- Safe
- Learning environment
- Aims of session
- Goal setting
- Athlete development plans
- Achieving the task
- Group needs
- Individual needs
- Working zone
- Plan, execute, review



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Structure of a session (2 / 4)

Plan, execute, review

- Planning the session
- Briefing the paddler
- Off / on water warm up
- The session (aims, delivery, feedback)
- Warm down / safely off water
- Session feedback



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Canoe slalom coaching (3/4)

Dynamics of a session

- Appropriate session
- Responsibility / Duty of care / risk assessments
- Environment (water, weather, site, facilities)
- Group dynamics - group size, experience, age, expectations
- Equipment
- Coach readiness
- Framework for session
- Session aims and objectives (agreed)
- Executing the session
- Introduction of skill
- Demonstration
- Explanation
- Activity
- Summary
- Dynamics of session (flow and change)
- Conclusion / Review



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Canoe slalom coaching (4/4) Assisting a session

- Roles and responsibilities
- Defining, understanding and delivery
- Planning
- Fun, safe, learning environment
- Needs of the group / individual
- Trust and accountability

Slalom equipment (1/2) Boats

- Kayaks, canoes (singles / doubles)
- Fittings (seats, footrests, bouyancy)
- Volume / size
- Sizing
- Progression

Slalom equipment (2/2) Paddles / clothing

- Paddles
- Paddle length, angle, shaft
- Blades sizing and progressions
- Clothing
- Bouyancy aids
- Helmets
- Shoes

Canoe slalom - resources

- "Evil in the Upstreams" dvd.



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Planning a slalom session

- Safety – Risk assessing a slalom site to run a safe slalom session
- Fun – what makes a slalom session enjoyable
- Learning – creating an environment for slalom techniques and skills to be coached.
- Practical assessment on flat.



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Practical session 1 (1/4)

- Basic physiology of warming up / down
- Forward paddling
- Turning strokes
- Basic exercises to develop core skills
- Understanding edge control



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Practical session 1 (2/4)

Warm up / stroke technique

- Coach should be able to:
- Direct an appropriate warm up / warm down.
- Run a forward paddling session.
- Introduce key turning strokes.
- Identify principles of basic strokes in a slalom context.
- Develop visual and technical models for strokes.
- Identify appropriate use of edge

Practical session 2 (3/4) Downstream technique / spins

- Setting up a slalom course and gates
- Introduce a basic downstream technique
 - Strokes
 - Turns
 - Tracking of boat
- Introduce spin techniques
- Discussion / whiteboard



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Practical session 2 (4/4) Downstream

- Coach is able to deliver:
- The principles of approach and lines
- The use of key strokes
- The appropriate use of edging and leaning



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Practical session review

- Lunch break
- "Respect the project" dvd



Practical session 3 (1/4) Upstream technique

- Introduce regular upstream techniques
- Setting up slalom course and gates
- Discussion / whiteboard

Practical session 3 (2/4) Upstream technique

- The coach is able to deliver:
- The principles of approach and lines
- The use of key strokes
- The appropriate use of edging and leaning



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Practical session 4 (3/4) Deliver coaching

- Agree aims with paddler
- Deliver coaching
- Review and feedback



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Practical session 4(4/4) Deliver the coaching

- Coach to gain experience:
- Set up the gates and the session
- Deliver the coaching
- Giving and taking feedback



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Practical session review

- Session 1 – Warm ups
- Session 2 – Downstreams
- Session 3 – Upstreams
- Session 4 – Delivery of coaching



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Further action

- Action planning
- Feedback
- Next steps
- Resources



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Further action - resources

- Websites
 - www.canoeslalom.co.uk
 - www.gbcanoeing.org.uk
 - www.bcu.org.uk
 - www.daveyhearn.com
 - You tube
 - Athlete / governing body websites
- Books
 - Every crushing stroke – Scott Shipley
 - BCU - resources
 - Ebooks – W.T (Bill) Endicott
- DVDs
 - BCU slalom technique dvd
 - ICF Evil in the upstreams dvd
 - ICF Respect the project dvd