

## Pre-Session

**"Failure to Plan = Planning to Fail"**

**Kit List**

- Boat
- Paddle
- Deck
- PFD
- Helmet?
- Clothing
- Throwline?
- Knife?
- Towline
- First Aid Kit
- Repair Kit
- Survival Bag

A1 **Who** – Names, Age, Skill Level  
 A2 **Where** – Location, Weather, Water Level  
 A3 **What** – Trip, Practice, Introduction, Assessment  
 A4 **With** – Others, Kit, Coaches, Transport  
 A5 **How** – Plan for the Session  
 A4 **Why** – Objectives, Requests  
 A5 **Risks / Mitigation** – Cold/Clothing, etc.

**Session Notes:**

Card 1/1

## Session Plan

**"Positive & Confident"**

A1 **Meet Group**  
 A2 **Set Session Goals**  
 A3 **Consider Session Content**  
 A4 **Review Risks**  
 A5 **Kit Up**  
 A4 **Agree Signals**  
 A5 **Warm Up** – Off and On Water  
 A6 **Main Activity**  
 A7 **Cool Down**  
 A8 **Evaluate Session**

**Fun?**

**Group Control**  
 B1 **Your Position**  
 B2 **Student Position**  
 B3 **Distractions** e.g. Sun, Backdrop  
 B4 **Other Water Users**  
 B5 **Capsize Plan**

C1 **Paperwork**

Card 2/1

## Student Plan

**"Challenging but Achievable"**

A1 **Long Term Plan** – Time, Commitment, Vision  
 A2 **Short Term Plan** – Recent Progress, Environment  
 A3 **Session Goals** – Ability Level, Student/Coach Needs

**Specific Measurable Action Oriented Realistic Timely**

B1 **Visual** – Watch  
 B2 **Audio** – Listen  
 B3 **Kinaesthetic** – Feel (Caution! – Use all three)

**Concentration Motivation Confidence Burn-Out Anxiety**

**Plan Do Review**

Card 3/1

## Skills Coaching

**"Variety and Context"**

**Water Skills**

- Rotate (Sweep F+S)
- Straight Line (F+B)
- Stop (Fw + Bw)
- Steer (StemR + LowB)
- Sideways (SD, DoM, HD)
- Support (Low + Scull)
- Turn (StemS + BowR)
- Capsize + Empty
- Rescue (Eskimo+DW)
- Tow
- Break In/Out
- Ferry Glide
- Roll

A1 **Introduction** – Few Words  
 A2 **Demonstration** – In Silence  
 A3 **Explanation**  
 A4 **Activity** – Do It + Game  
 A5 **Summary** – Reinforce

**Clear Concise Calm Check**

**Bank Skills** Lift, Carry, Launch Return, Get Out, Secure Throwline

Card 4/1

## ...Skills Coaching

**"Flexibility"**

A1 **Inner Game** – Positivism & Fun  
 A2 **Principles & Concepts** – Encourages Independence  
 A3 **Guided Discovery** – Fewer Goals – More Trial and Error  
 A4 **Learner Self Appraisal** – Student Self Coaching  
 A5 **Collaborative Learning** – Small Groups – Peer Coaching  
 A6 **Questioning** – Encourages Thinking - Individualises  
 A7 **Shaping & Changing** – Rough Idea & Improve It  
 A8 **Whole-Part-Whole** – Simple Parts & Assembly  
 A9 **Copy Me** – Good for Young Students  
 A10 **Direct Instruction** – Watch for Passive Students  
 A11 **Practice Methods** – Watch for Boredom

Card 4/2

## Skills Analysis

**"Focus on What They Do Right"**

A1 **Position** – View and Feedback  
 A2 **Observe** – More Than Once  
 A3 **Student** – Q: Invisible Causes?  
 A4 **Think** – Should You Comment?

**Holistic** – Obvious  
**Deductive** – Experience  
**Analytical**

**Body Boat Blade Background Brain**

B1 **Think** – What Will You Say?  
 B2 **Wait** – For Them to Finish  
 B3 **Attention** – Do You Have It?  
 B4 **Now Feedback!** – Very Brief  
 B5 **Go** – and Do Activity Again

**Cause** – What They Did  
**Effect** – What it Meant  
**Change** – New Tactic  
**Smile** – Facial  
**Sign** – Thumbs Up  
**Speak** – Measurable

Card 5/1

## Fundamental Paddlesport Skills

- A1 **Active Posture** – Pelvis in Middle Position  
Coaching Point: **Tall**
- A2 **Boat Connection** – Contact Points, Fitting  
Feet, Knees, Hips, Trunk, Balance  
Coaching Point: **Grip Boat**
- A3 **Power Transfer** – Core Trough to Feet, Not Just Arms, Slowly  
Pull up to Paddle, Not Pull Paddle Through Water  
Coaching Point: **Grip Water**
- A4 **Feel** – Work With Water, Not Against It  
Boat/Paddle Water Interaction  
Sensitivity and Awareness  
Coaching Point: **Smooth**

Card 6/1

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## ... Observing Fundamental Skills

- A1 **Energy** – In verses Out - Equal?
- A2 **Looking** – Where are their Eyes Looking?
- A3 **External Factors** – Paddlers Response?
- A4 **Movement** – Shoulders, Arms?
- A5 **Expression** – Any Facial Signs?
- A6 **Neutral Pelvis** – Posture - How is the Pelvis Set?
- A7 **Tense Muscles** – Shoulders, Arms, Core?
- A8 **Active Connection Points** – Feet, Knees, Hips?
- A9 **Rubberneck** – What is their Head Doing?
- A10 **Yaw & Bounce** – Smooth Boat Movement?

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## Games

- A1 **Bank** – Body Paper/Scissors/Stone, Paddle Swap Circle, Pack Car, Pass the Paddle, Race to Boat Parts, Get In/Out Relay, Kit Games (e.g. Shelter Spin)
- A2 **Water** – Tag (Tap, Ball, Freeze), Tug-of-War (F+B), Hand Race, Charge of the Light Brigade, Various Carries, Different Grips (wide, close, cross, back), Javelin Race
- A3 **Turning** – Clock Face, Spin Race, Letters, Simon Says
- A4 **Steering** – Chicken, Gap, Limbo
- A5 **Draw** – Race, Sideways Tug-o-War
- A6 **Trip** – Swap Teachers, Scavenger Hunt, Follow My Leader

**Controls:** Boundaries, Rules, Equipment, Teams, Objectives

Card 7/1

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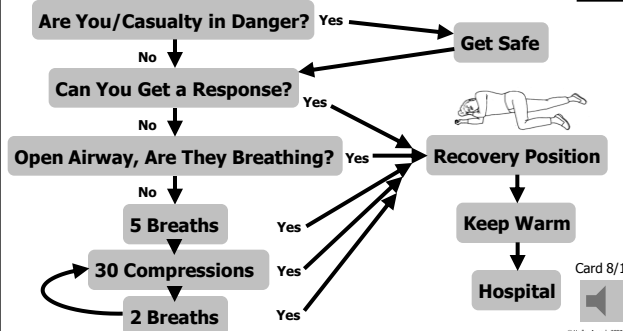
## Coaching Points

- A1 **Sweep** – Lead With Head, Paddle in at Toes, Out at Hips
- A2 **Draw** – Look Way You Want to Go, Paddle Vertical, C Motion
- A3 **Draw on Move** – Look Forward, Paddle Vertical, Quick Pull
- A4 **Low Brace Turn** – Lead with Head, Edge, Back of Paddle
- A5 **Bow Rudder** – Lead With Head, Edge, Lean Forward, Bow Draw
- A6 **Stern Rudder** – Look Forward, Arm at Chest, Paddle 20° to side
- A7 **Hanging Draw** – Look Forward, Arm at Chest, Pdl Cutting Point
- A8 **High Brace** – Look Away from Brace, Elbows Tight In, Drive Face
- A9 **Low Brace** – Look Away from Brace, Elbows Up, No Splash
- A10 **High Sculling** – Look Away, Elbows Tight In, Lean Forward
- A11 **Low Sculling** – Look Away, Elbows Up, Lean Forward  
Note; Look = Eyes and Trunk (Bellybutton)

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## Emergency First Aid Drowning



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## ...Emergency First Aid

- A1 **Danger** – Assess Situation, Get Safe
  - A2 **Response** – Talk/Shout, Gentle Shake
  - A3 **Airway** – Tilt Head, Lift Chin
  - A4 **Breathing** – Listen & Look, for at Least 10 Seconds
  - A5 **Compressions** – If Not Breathing
- Stay Calm**
- B1 **Get Help** – Dial 999, Send Someone
  - B2 **5 Breaths** – For Drowning
  - B3 **30 Compressions**
  - B4 **2 Breaths**

Card 8/2

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