

BCU Level 1 Coach Session Planner

Coach: Andy Supporting Coach: _____ Date: Feb 12

Discipline: Kayak/double blade Venue: Kempston

Length of Session: 25mins No. in group: 4 Ability level: 2 star

Age Range of Group: 17-40

Risk Assessment and Local Operating Procedures Read: Y / N

Parental Consent Forms Collected: Y / N

Medical Declaration Forms Collected: Y / N Access Checked: Y / N

Medical needs: None specifically declared - will check

Individual needs: Could need larger kayak that will turn well Approach rather than Arcadia for Fred Large

Coach equipment required: Bank based coaching no boat

Equipment accessed from: Own equipment & Centre as required

Group equipment required: Table & tea tray. kayak and paddle each

Safety equipment required: Safety equipment - static session (line, knife, phone, first aid kit)

Aim of session: Improve kayak turn by focusing on fixed blade and sight line

Skills to be coached: Sweep stroke

List of objectives: Body: turned to direction of travel, well braced legs to power turn
Blade: powerful forward plant to drive boat away from
Boat: establish effective edge - smooth movement

I have checked the session plan is in line with good practice

Content	Coaching points: I.D.E.A.S	Layout/ Organisation	Delivery Style	Time
Introduction e.g. name, aim, safety etc	Names Any meds? Kit check Head/Toe Boat fit AIM: Improve kayak	Top of field in circle turn	Friendly Direct Instruction	3min
Warm-up	slow jog as introducing pairs back to back - pass paddle around - legs apart	Top of field space to move apart to increase rotation	Direct instruction/ Command	3min
Preparatory Activities	Table top pre-load ask each to sit in kayak hold blade in catch position and get them to turn away from blade	Picnic bench with tea tray		5 min
Skills/Activity	Allow time for group to try stoke on water observe and intervene as appropriate	Move down to the river. Brief at gate - footpath, boundaries, capsize	practice	5 mins
Challenge for the Skill/Activity	How far will one stoke take you? Posture/Connectivity/Power Transfer/Feel	work in pairs observing/ coaching each other	peer to peer and practice	6 mins
Summary Identifying future coaching opportunities	Ask for key components of sweep stroke Think about low brace turn leading on from sweep	Rafted by landing stage	Guided learning - questions	3 mins