

# UKCC L1 Certificate in Coaching Paddlesport Course Outline

## Day 1

Course Introduction

Self profiling and personal introductions

Roles and Responsibilities [workbook sections 8 - 10](#)

### **Fundamental Paddlesport Skills**

### **Different boats - Development of Technical Understanding**

Coaching Delivery and using IDEAS

End of Day Review

Home Study - complete [workbook sections 1 - 3 \(to page 10\)](#)

## Day 2

Session preparation & management

Coaching - paddler centred VAK and coaching styles

Introduction to session planning

### **Candidates plan and deliver session one**

Candidates review their session

The technical template

### **Evaluating performance forward paddling session**

Establishing a safe working environment [Workbook section 5 & 6](#)

Home Study - plan coaching session & [workbook section 7](#)

## Day 3

### **Candidates deliver and review planned session two**

Understanding participants' needs (inc. LTPD) [Workbook section 4](#)

Awards - PaddlePower & Cross Stream [Workbook section 11](#)

### **Rescues**

Workbook Review and recap

Home Study - plan final coaching session

## Day 4

### **Candidates deliver and review planned session three**

Candidates complete paperwork

Complete assessor paperwork

Individual debriefs [Action Plan - Workbook section 12](#)

**Bold = Practical sessions in paddling kit**

[Green = Assessment tasks](#)