

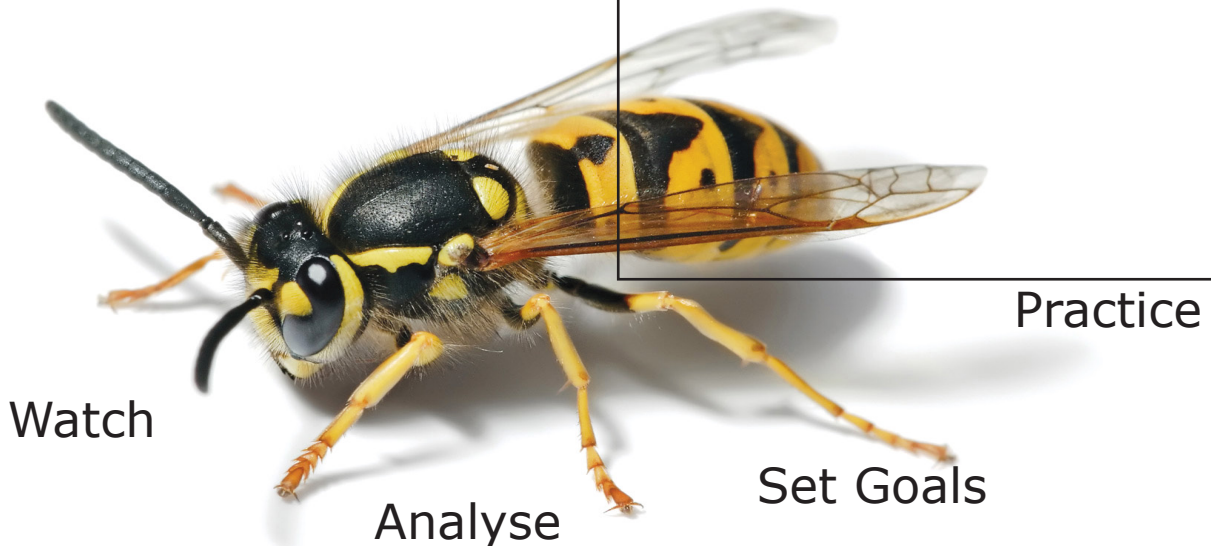
Beyond IDEAS

Within the training for L1 coaching, IDEAS is explored and used as the model for organising your coaching session.

When working with beginners or introducing new skills this structured, pre-planned group approach will work well. It will give learners VAK prompts to work with. As a concise 'fit all' this model works well and should not be abandoned.

However as L2 coaches, there will be occasions when you will be looking to tailor your input to suit the needs of individual paddlers you are working with. The generic IDEAS model might not offer the right structure.

WASP



Make time to watch

We may need to make observations and set our intervention to improve a particular aspect or technique. A good coach may spend a long time watching to make the right intervention. WASP offers a more paddler centred approach to a coaching intervention. The session may start with a basic profiling task to allow time to Watch and Analyse the particular technique or skill and to identify a key improvement point to work on. Through questioning and feedback, goals can be agreed and a practice structure established.

Multi-layered

This tailoring of the coaching intervention can be built upon and can include external influences such as the paddling environment. Reflective practice can evolve in a partnership between coach and paddler.

As this partnership evolves the coach should be aiming to coach the paddler in a way that encourages independent learning. Drawing on;

- Intrinsic feedback
- Probing questions
- Factual observations
- TTPP