



Six Progressive Sessions

As a Level 2 Coach you will be expected to plan and deliver a progressive series of sessions, which are derived from the needs of the participants.

The series planner consists of an overview of a 6-session block of work; it starts with a clear goal for the series. The six sessions must also show a clear progression of an appropriate technique, skill, or tactic.

Recreational Coaches may tend to programme block plans that focus on skill development, movement skill and boat handling, whereas performance Coaches or those involved with racing and competitive disciplines may focus more on physiological and psychological areas to enhance performance. As rounded Coaches with a focus on LTPD, we should be able to design and implement a 6-session block of work that deals with either recreation or performance...or even blend the two.

When programming a 6 session block of work try to be creative, you are only restricted by your imagination! As you become more experienced you will find this becomes easier as your coaching toolbox becomes more and more full. A good point to remember is to try to focus on core concepts rather than individual strokes.

For example, a 6-session plan based on the low brace turns isn't going to keep participants motivated, whereas a programme focusing on versatility of boat handling will encompass lots of elements that are central to overall paddling performance. On the following pages you can see two examples of a 6-session block of work. The first one relates to recreational coaching and the second to performance coaching.



Series Aims

What are the participants' end goal/s for the series?

Participants will understand the relationship between the movement of their body and boat with regard to handling and response. They will have an improved practical application of edge gained through better understanding of balance.

Session 1 aims:

*Focus on introducing the concept of changing the shape of the boat in the water and focus on the notion of balance as a concept in Paddlesport. Group will consider static and dynamic balance and play various games to highlight the effects of weight transfer.
A Coach led session.*

Session 2 aims:

*The group will have the opportunity to explore the concept of edging in craft with different hull designs (V, flat, rounded). Tasks and games will be aimed at highlighting the differences in craft design when edging. Group will also consider the difference between edging and leaning.
A student centred session.*

Session 3 aims:

Look specifically how the movements behind edging and balancing should feel. Tactics that emphasise kinaesthetic awareness will be used (i.e. blindfolding) (Coach and student led)

Session 4 aims:

Bracing and other stroke progressions will be explored. What is the role of balance and edging in strokes like bracing and sculling for support? (Student led)

Session 5 aims:

How does edging and weight transfer affect our stability through the turn? This session is about turning on the move and how changing the shape of the boat assists the turn (bow rudder, low brace turn etc.)

Session 6 aims:

This session is a consolidation of the previous 5. Extensive opportunities for variable practice will be given. Games and competitions which highlight key concepts will be used as well a session focusing on stress proofing.

Series Aims

What are the participants' end goal/s for the series?

Participants will have developed their kayak racing skills through focusing on key concepts, using both practical and theoretical learning.

Session 1 aims: *Goal setting; This session will look at the concept of goal setting. It will encourage the group to set realistic, achievable but challenging goals that are both long and short term. A flexible perception of success will be discussed and encouraged with an emphasis on achieving individual aspirations. Short goal setting activities will be employed to highlight discussion points.*

Session 2 aims: *Endurance training; This session seeks to improve paddlers' muscular endurance; it will use activities that require extended periods (at least 30 minutes) of sub-maximal paddling. The "rating of perceived exertion" or Borg scale will be used as a training tool to standardise individuals effort out put.*

Session 3 aims: *Motivation; This session will focus on individuals' motivation and seek to explore reasons for participation and how this can affect performance. The notion of task and ego orientation will be discussed as well as intrinsic and extrinsic motivation. This is a practical session with theoretical discussions stemming from practical activities.*

Session 4 aims: *Conditioning; This gym-based session is designed to develop muscular strength required for K1 racing. Specific muscles required for performance will be targeted, such as deltoids, lats, biceps, triceps, abdominals, and pectorals. Paddlers will complete 2-3 sets of a 10-exercise circuit. Each exercise will consist of 10 -12 repetitions.*

Session 5 aims: *Dealing with competition; Psychological issues surrounding competition. Exercises designed to control anxiety and arousal will be introduced (such as imagery and mental rehearsal). 'Psyching up' exercises such as positive self-talk and levels of optimal arousal will be introduced. This is a classroom session but has a practical theme due to practising psychological exercises.*

Session 6 aims: *Anaerobic training; Interval training to develop paddlers lactate threshold, thus improving aerobic fitness needed for starting races and sprint finishes. This is a boat-based session and will consist of 30-minute blocks of paddling exercises; alternating between 5 minute hard paddling (sprint) and 5 minute easy paddling (technique/style). This is an intense session and due attention will be paid to the physical well-being of paddlers.*