

Coach Award Vocabulary and Acronyms Translated

BCA's	B alance, C oordination and A gility (speed)
3 B's	B oat, B ody, B lade or 5 B's B rain, B ackground
SEL	S afe, E njoyable L earning
CLAP	C ommunication, L ine of sight, A voidance, P osition (of most usefulness) Points to bear in mind when
IDEAS	Acronym for a organising coaching input I Introduce D Demonstrate E Explain A Activity S Summary
KISS	K eep I t S imple (S tudent, squadie, stupid)
SMART(ER)	S pecific, M easurable, A chievable, R ealistic, T imed (phased) (E xciting - Evaluation) (R eview - Recordable)
VAK	V isual, A udio, K inaesthetic - How people learn/think
TARP	Honey & Mumford - four recognised learning styles: T heorist, A ctivist, R eflector and P ragmatist It helps if you understand the range of learning styles
Mosston & Ashworth	Spectrum of Teaching Styles (A-J) Used at different times with different learning outcomes/tasks and to suit learners
Kinesphere	The area that the body is moving within and how the mover is paying attention to it. Also the area in which the mind can reach!
WASP	W atch A nalyse S et tasks P ractise
LTAD LTPD	L ong T erm A thlete D evelopment L ong T erm P addler D evelopment LTPD programme of learning developed from LTAD for paddlers. Book and Crib cards available
ScUK	Sports Coach United Kingdom
Home Nation	British Canoeing consists of four home nations. Scottish Canoe Association (SCA), Canoe Wales, Canoe, Association of Northern Ireland (CANI) and British Canoeing (for England) You need to know which is yours, their address and contacts.
Cross Stream	A BC learning programme to develop boat handling skills through practice drills and blending different disciplines.