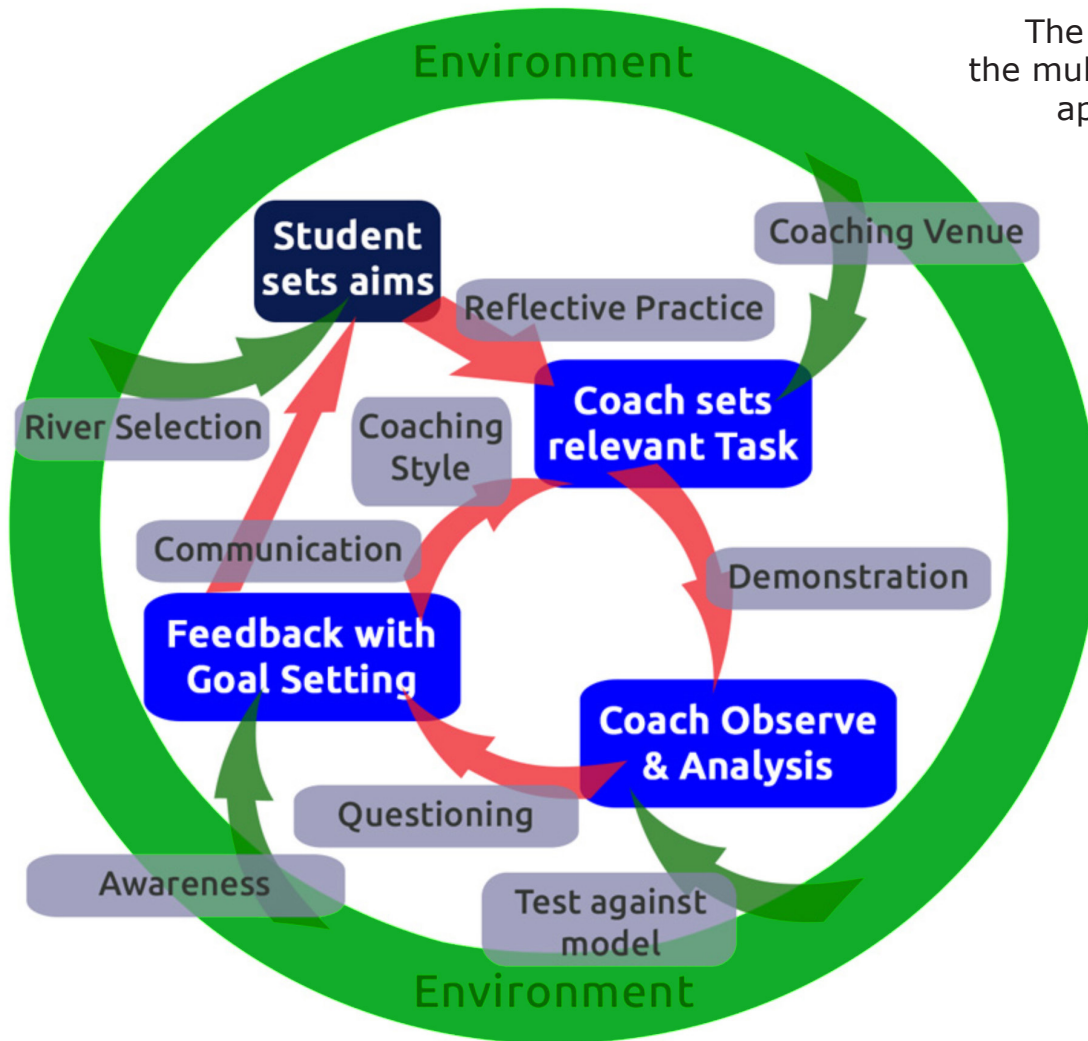


Multi-Layered Approach

The diagram indicates the multi layered, cyclical approach to paddler centred coaching.



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



Episodic White Water Kayaking Coaching Progress Model

"I attempt to orchestrate coaching venues to control the variables that directly affect the athlete, yet I can not be the captain of their ship, and as such minor mistakes in such a dynamic environment leads to occasional interventions. The personal inter play between the athlete and coach, has considerable context in the coaching process, shaping and forming outcomes, that may not be apparent in the initial goal setting." *Simon Westgarth*

<https://simonwestgarth.wordpress.com/2014/01/20/my-coaching-process-model/>