

Fundamentals of Movement in Paddlesport

Time / Audience

This 4-hour practical workshop has been developed for paddling or non-paddling coaches working with paddlers in their first few years of paddling activity. The workshop can be tailored to suit all coaches from any discipline.

Introduction

This workshop aims to help ensure that paddlers develop quality skills during their formative years by expanding coaches’:

- Understanding about what is required to add quality to performance;
- Observation and analysing skills;
- Ability to use appropriate games, activities and practices to develop performance.

Learning Outcomes

By the end of this workshop, participants should be able to:

- Understand the three concepts that underpin the Fundamentals of Movement in Paddlesport (Balance, Coordination and Agility);
- Understand the link between FUNdamentals of Movement in Paddlesport and the four concepts of Fundamental Paddlesport Skills (Active Posture, Connectivity, Power Transfer and Feel);
- Understanding the application of three concepts through observation/performance of a variety of Fundamental Movement skills and Discipline Specific skills;
- Observe and evaluate performance in relation to three concepts at Novice (Cognitive), Practising (Associative) and Skilled (Autonomous);
- Develop practices to improve observed areas in relation to the three concepts.