

## **Discipline Support Module Summary - Slalom**

This document provides a summary of the British Canoeing Awarding Body Slalom Discipline Support Module for course organisers and candidates.

### **Overview**

The British Canoeing Awarding Body Slalom Discipline Support Module is designed to assist coaches who want to gain more knowledge about the specialist discipline of Canoe Slalom. The course introduces and explains the basic techniques and coaching strategies. The module seeks to support the continuing process of good coaching practice on the riverbank, with the syllabi written to focus on coaches who are likely to be supporting beginners.

### **Audience**

The module is aimed at coaches who are interested in developing their knowledge to coach introductory gate techniques.

### **Prerequisites**

At the point of registration, the following prerequisites are required:

- £17.50 Registration Fee for Delivery Centre Comprehensive Members;
- A British Canoeing Awarding Body Coaching Qualification;
- Age 16 years of age, or older.

Note – Coaches new to Slalom techniques are advised to complete the British Canoeing Awarding Body Slalom Discipline Support Module. Experienced Slalom coaches/athletes are recommended to undertake the Slalom Coach Award.

### **Course length**

6 hours.

## **Delivery**

Practical activities will be in context of the core skills covered in the Canoe Slalom Technical Manual. Coaches will work toward understanding these core skills, while building slalom specific coaching tools to aid the delivery of fun and productive slalom sessions.

## **Learning outcomes**

Upon completion of this module, candidates should be able to:

- Identify the key demands of introductory Slalom performance;
- Recognise and understand the key elements of the basic Slalom strokes;
- Recognise and understand the key elements of basic stagger technique and regular upstream technique;
- Recognise and understand the elements of preparation, delivery and review within an introductory competition environment (linked to British Canoeing Awarding Body Level 1 and/or Level 2 Coaching Syllabi).

## **After the course**

After completing the module, candidates receive a letter confirming attendance from their Delivery Centre. During the course, candidates are issued with a British Canoeing Awarding Body Slalom Discipline Support Module Logbook. The Logbook is used to record work done out in the field with a mentor, and focuses on developing the key technical elements covered within the module. Candidates who successfully complete the logbook return this to their Delivery Centre for British Canoeing Awarding Body Slalom Discipline Support Module Certification.

## **Further reading**

Canoe Slalom Technical Manual

BCU Coaching Handbook.

Chapter 18, Canoe Slalom Racing.

Franco Ferrero (ed.) 2006. ISBN: 0-9547061-6-1.