

## **Discipline Support Module Syllabus - Slalom**

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

### **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 Canoe Slalom techniques are advised to complete the British Canoeing Awarding Body Slalom Discipline Support Module. Experienced Slalom athletes are recommended to undertake the Slalom Coach Award.

### **Course Length**

6 hours.

### **Overview**

The British Canoeing Awarding Body Slalom Discipline Specific Support Module is designed to assist coaches who want to gain more knowledge about the specialist discipline of slalom. The course introduces and explains the basic techniques and strategies for coaching slalom paddlesport. The course is a mix of theory and practical activity to ensure everyone has time to try things out. 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 the beginners.

### **Delivery**

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

sessions. The course will involve both bank and water based practices. The content will include the foundation skills of slalom, some training theory and discipline specific coaching practice.

## **Learning Outcomes**

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

- Identify the key demands of Canoe 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 a competition environment (linked to British Canoeing Awarding Body Paddlesport Instructor and/or Coach Award Coaching Syllabi).

During the course, participants will also:

- Have been introduced to the basics of planning and organising a slalom session;
- Have experienced slalom coaching in a small group;
- Have decided what they need to do next as a slalom coach and where to find help and more information.

## **Further Reading**

British Canoeing Canoe Slalom Media Workbook.

BCU Coaching Handbook. Chapter 18, Canoe Slalom Racing.

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

Session	Objective	Learning outcome	Key content (Slalom paddler pathway)
<b>1. Canoe Slalom explained</b> <ul style="list-style-type: none"> <li>• What is Canoe Slalom?</li> <li>• What are the key demands of Canoe Slalom?</li> <li>• What are the Core Skills of Slalom?</li> <li>• Introduce Paddler pathway</li> </ul>	Theory and background knowledge	<b>The coach understands:</b> <ul style="list-style-type: none"> <li>• The essence of Canoe Slalom</li> <li>• The core skills which Slalom requires</li> <li>• The principle of TTPP</li> </ul>	Introduce paddler pathway.  Introduce overview of basic, intermediate and advanced levels within paddler pathway model.  <b>Upstream gates:</b> DSM 1: <ul style="list-style-type: none"> <li>• Regular 3 stroke</li> <li>• Regular 2 stroke</li> <li>• S' Regular</li> </ul> <b>Downstream gates:</b> <ul style="list-style-type: none"> <li>• Forward strokes / Bow Rudders and Sweep Strokes</li> <li>• Forward with Back Blades</li> <li>• Spin</li> <li>• Back Off</li> <li>• Down Stream in Eddies</li> </ul>

Session	Objective	Learning outcome	Key content
<b>2. Canoe Slalom Coaching</b> <ul style="list-style-type: none"> <li>• What is a Canoe Slalom Coach?</li> <li>• Boat v Bank-based coaching.</li> <li>• Basic goal setting for slalom.</li> <li>• Principles of Training</li> <li>• Dynamics of a session</li> <li>• Assisting a session</li> <li>• Use of Video</li> </ul>	Theory and coaching practices	<b>The coach understands:</b> <ul style="list-style-type: none"> <li>• What a slalom coach is</li> <li>• The pros and cons of coaching from the water or the bank</li> <li>• The fundamentals of goal-setting using SMARTER expand SMARTER as per Level 1 (Slalom/competition use)</li> <li>• How Training works</li> <li>• How a session can change</li> <li>• Assisting or supporting another coach</li> <li>• Filming and analysis from video</li> </ul>	

<b>3. Slalom Equipment</b> <ul style="list-style-type: none"> <li>• Slalom Boat Types</li> <li>• Fittings and points of contact</li> <li>• Paddles</li> <li>• Clothing</li> <li>• Sizing</li> <li>• Progression</li> </ul>	Theory and background knowledge	<b>Coach understands:</b> <ul style="list-style-type: none"> <li>• The issues of equipment type, size and spec on coaching slalom at introductory level</li> </ul>	
<b>4. The Basics of Planning Slalom Session</b> <ul style="list-style-type: none"> <li>• A 3 point focus:             <ul style="list-style-type: none"> <li>– Safe</li> <li>– Enjoyable</li> <li>– Learning</li> </ul> </li> </ul>	Hands on awareness of planning a session	<b>Coach has experience of:</b> <ul style="list-style-type: none"> <li>• Risk assessing a slalom site to be able to run a safe slalom session</li> <li>• Use of CLAP for dynamic risk management</li> <li>• What makes a slalom session enjoyable!</li> <li>• Creating a learning environment for slalom techniques and skills to be coached</li> <li>• Rescue options, managing the site and group</li> </ul>	

Session	Objective	Learning outcome	Key content
<b>5. Fitness and warm-up</b> <ul style="list-style-type: none"> <li>• Basic Physiology of warming up and warming down</li> <li>• Demo warm up for slalom</li> </ul>	Theory Coaching practices Practical skills	<b>The coach understands:</b> <ul style="list-style-type: none"> <li>• How to direct a warm up appropriate to the activity and warming down</li> <li>• The physiology of slalom</li> </ul>	
<b>6. The principles of slalom</b> <ul style="list-style-type: none"> <li>• 3 dimensional movement.</li> <li>• Trim</li> <li>• Edge and Rotation.</li> <li>• Edging Vs Leaning.</li> <li>• Basic paddle use.</li> <li>• 4 quarters of the boat</li> </ul>	Theory	<ul style="list-style-type: none"> <li>• The coach is able to understand the principles of static and 3 dimensional movement</li> <li>• The appropriate use of edging and leaning</li> <li>• Basic paddle use for slalom and placement around boat</li> </ul>	Key principles and philosophy of slalom skills; <ul style="list-style-type: none"> <li>• Keep developing Forward Paddling</li> <li>• Start using different stroke patterns around gates</li> <li>• Experiment with edging your boat</li> <li>• Maintain sound posture</li> </ul>

<b>7. Foundation Slalom Skills</b>	Practical	<p><b>The coach is able to deliver:</b></p> <ul style="list-style-type: none"> <li>• the use of foundation skills in order to develop slalom paddling and its techniques</li> <li>• The fundamentals: Posture, Connectivity, Power transfer and Feel</li> <li>• TTPP</li> <li>• Boat Body Blade</li> </ul>	<p><b>Forward paddling</b></p> <ul style="list-style-type: none"> <li>• Good rotation in trunk</li> <li>• Placement Vertical Blade on entry (A-Shape)</li> <li>• Pressure kept on blade face</li> <li>• Drive down with top arm.</li> <li>• Apply pressure on footrest</li> <li>• Drive boat passed the paddle</li> <li>• Pull out at hips</li> <li>• Blade kept close to boat (top hand controlled)</li> </ul>
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<b>8. Basic slalom techniques</b> <ul style="list-style-type: none"> <li>• Basic upstream and downstream techniques</li> <li>• Forward paddling</li> <li>• Sweeps</li> <li>• Bow rudder</li> <li>• Stern combinations</li> <li>• Slice thru/ staggers</li> </ul>	Practical observing on water and through DVD / Video	<b>The coach understands:</b> <ul style="list-style-type: none"> <li>• These strokes are the 'what' of their coaching</li> <li>• Appreciate the generic principles of the basic strokes set against the specific needs of slalom</li> <li>• How to develop visual, technical models for these strokes</li> </ul>	<b>Key principles of upstream gates;</b> <ul style="list-style-type: none"> <li>• Holding inside pole</li> <li>• Boat flat, (may be little off side edge)</li> <li>• Gliding in and accelerate out</li> <li>• Keep the boat running though out the upstream</li> <li>• Power away from the gate</li> </ul> <p>Regular 3 stroke: Pre turn</p> <ul style="list-style-type: none"> <li>• Sweep into gate line (downstream side)</li> <li>• Plant bow rudder, grip water, pull and rotate up towards gate line</li> <li>• Switch to exit sweep on opposite side</li> </ul> <p>Regular 2 stroke:</p> <ul style="list-style-type: none"> <li>• Pre turn</li> <li>• Run in just below inside pole</li> <li>• Plant bow rudder, grip</li> </ul>
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			<p>water, pull and rotate up towards gate line</p> <ul style="list-style-type: none"> <li>• Switch to exit sweep on opposite side</li> </ul> <p>S Regular:</p> <ul style="list-style-type: none"> <li>• Aim bow of boat below gate line</li> <li>• Carve in to eddy and plant bow rudder</li> <li>• Boat glides to top of the eddy</li> <li>• Turn entry bow rudder into an exit sweep</li> <li>• Reach around outside pole and plant rudder into the current</li> </ul>
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<p><b>Session 8 continued ...</b></p>			<p><b>Key principles of downstream gates:</b></p> <ul style="list-style-type: none"> <li>• Set the boat up early to attack the inside pole</li> <li>• Flat boat</li> <li>• Control of rotation</li> <li>• Maintaining boat speed through the stagger/ downstream</li> </ul> <p>Forward:</p> <ul style="list-style-type: none"> <li>• Open gate sequence</li> <li>• Paddler able to open out and set up sequence in advance</li> <li>• Back end follows front end</li> <li>• Able to paddle through gates on Fwd strokes / Bow Rudders and Sweep Strokes</li> </ul> <p>Spin:</p> <ul style="list-style-type: none"> <li>• Start turn early</li> <li>• Slow boat up</li> <li>• Look over shoulders for the pole, once in sight snap</li> </ul>
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			<p>the turn and drive back for next gate</p> <ul style="list-style-type: none"> <li>• Maintain boat speed</li> <li>• Accelerate the boat away from the gate</li> </ul>
<b>9. Further action</b> <ul style="list-style-type: none"> <li>• Reading</li> <li>• Action planning</li> <li>• Feedback</li> </ul>	<p>Background knowledge</p> <p>Coaching practices</p>	<p>The coach is able to action plan for their development and recognise methods of improvement</p>	

## Slalom Discipline Support Module

### Example Programme

This example programme illustrates how the above session content can be delivered in the 6 hour course. Course Directors are at liberty to alter the training programme but **MUST** cover all of the syllabus content (as above).

- 0930            Welcome, course introductions, collect course paperwork
- 0945            Introductory PowerPoint slides covering:
- Session 1: Canoe slalom explained
  - Session 2: Canoe slalom coaching
  - Session 3: Slalom equipment
- 1000            Evil in Upstream – Getting Started
- 1030            On water at training location, practical session covering:
- Session 5: Fitness and warm-up;
  - Session 7: Foundation Slalom Skills tutor delivered session with students observing;
  - Session 8: Basic slalom techniques - downstream technique/ spins – tutor directed small group workshop;
  - Session 6: The Principles of Slalom – tutor delivered session to help focus students on the principles the slalom coach has to be aware of.
- 1230            Back to classroom, Review

Session 4: Basics of planning a session – workshop where students are supported to produce a short lesson plan to be delivered in following session.

Lunch

1400            Back to on-water training venue

Session 8: Basic slalom techniques continued – upstream techniques with students supported to deliver their planned lessons.

1600            Session review

- Further action – Action plans for students
- Questions and answers a course review

1630            Course close